

"Find Every Act Respectful"

GOD: "Getting Over Denial"  
"Getting Over Division"

"Getting Over Divisiveness"

... "Gettion Over Defensiveness"

HELL is a a way for: "Healing Everything Little by Little".

HOPE: "Holding Omnipresent Positive Energy"

"Healing with Omnipotent Potential Energy"

**THIS PAGE WAS CREATED SO YOU DO NOT NEED  
TO SEND YOURSELF TO THIS FACILITY!**



## Self Care for Hospice Volunteers

**Here are some "pointers" to help you help yourself:**

- Bend correctly, as you pick lift or up things. Do not strain your back. And, do not pick up heavy things. Ask for help when necessary.
- Staying hydrated with Water is necessary to life and your body, for cooling, cleansing,

flushing, lubricating, transporting nutrients throughout your body and more.

- Eat nutritious foods; keep a balanced diet in mind. Though fats and sugars pack energy, you don't need to over energize ... and store all that energy as bulk and/or weight. However, don't worry about an occasional excursion into "fun foods" that bring you JOY!
- Exercise 20 minutes a day, preferably in the sunshine to absorb the vital energies of the universe. Walk in Nature and release what no longer serves you – give those things to God and the Universe to resolve or dissolve.
- Do not carry (or Release) the burdens or negative beliefs of others. These are energies for you to use or let go of. This is your choice.
- Look for "what is right" with those you work with. As a hospice worker, you need to realize that death is as much a part of life as birth; and "death" brings complete healing of what ever dis-ease anybody chooses to make their own transition.
- Allow life and your "patients" to be who, what, where and as they are with loving allowance. The greatest gift you can give them is your love!
- Be gentle on yourself and others ... reduce and release all your dis-eases ... or what even inspires your unease. For, dis-ease always precede disease.
- Stretch your muscles ... along with your mental and spiritual self. Regular massage, tai-chi or other rejuvenation techniques can help relax, release and rejuvenate your whole person. And wholeness is always healing.
- Know when you are getting tired and rest or sleep as needed. Listen to your body/mind, as you would to those of a hospice patient.
- Challenge your mind. Read interesting books and/or take classes and engage in creative adventures.
- Find or create a social support network, with people of similar interest, through church, synagogue, mosque, hobbies, schools or classes or other interests of yours.
- Allow your Emotions to come alive as Energy in Motion. "Energy loves to move"! Listen to your emotions. Though they do not exist in our material world, they still matter. A complete life, as a human being "simply human" includes laughter, sadness, joy and all other emotions.
- Learn when to say "Yes" and when to say "No". Don't take on too much. As at the dinner table, it is best to fill your plate with just enough to satisfy, but not so much that it creates pain.
- Take time for yourself, to refill your cup ... read, write, enjoy beauty, art, music or a hobby; do what makes your heart sing ... so your cup can run over to help others who are in need.

### **An Affirmation for Health-Care Workers**

May I be a clear Channel for Divine Earthly and Heavenly Energies of

Light, Life, and Love, so that these energies manifest in, around and through me in the physical, mental, emotional, and spiritual bodies and lives of those whom I come into contract with this day.

## Celebrate Life!

*Life is to be celebrated, not celebrated!*

- Only as you heal yourself and find wholeness within, will you be more fully able to heal others or the world. And at the same time, you may open your heart and know that it shall be refilled as needed.
- Release your cares by De-Stressing. Life is a combination of stress and relaxation, push and pull, giving and receiving; so after a busy day, take time for yourself to Relax, Release and Rejuvenate.
- Be Good to yourself. "Treat" or take time to pamper or reward yourself for all that you do for others. Practice spiritual "tithing" by giving 10% back to YOU; you are part of Creation and worth it!
- Become aware of the ABCs of creating your life: Your Attitudes, Beliefs and Choices. Some of these work 24/7/365! You may even want to surrender to the Universal Forces and allow them to nourish you from the inside-out.
- Take care of your Spiritual Self as well, through relaxation, regular prayers, times for meditation, affirmations, Relax with Self and love who you are, for you are a part of All-That-Is.

**Without You, this world would not be the same! So, please take care of yourself so you can take care of those who need your care, caring and love.**

" The key to health is to make your plans and then don't worry about them".

- from *The Way to Health*, by Robert Butts & Jane Roberts

WATER IS MOST IMPORTANT



**Water is considered necessary to life**, and your body is mostly water. It is important to have good water, especially water that has a lot of minerals in it, not water that has been chlorinated or fluoridated. The individual gets water in many ways: through food, through cooking, through absorption. The best water comes from vegetables that have digested and eliminated a lot of the chemicals that are less than healthy for the individual. You get a lot of water that way.

Each individual should have three to four glasses each day. And, if one is experiencing urinary tract issues, including prostate problems, plenty of water is necessary (possibly 8 glasses a day) in order to cleanse, refresh and flush the stresses or toxic build up in the tracts and tubes involved in eliminating properly.

Those that want to keep good teeth should have the equivalent of six or seven glasses, and make sure that they wash the mouth out with water after each meal.

Children should have as much as eight glasses.

The best water is a spring or natural water, not a fluoridated water.

## You are Self Actualizing!

Ultimately, your health and healing is not exclusively about your body; the foods that you eat or don't and the exercise you get or not. It is about exercising your spirit; what you put into your mind and what comes out of your mouth, as you practice growing and sharing your heart. For, Love is the Grand Elixir! And as each one of us is a part of All-That-Is, we and our world heal together, as one. We and our universe are expanding together!

### **CAUSES & CURES**

Know that many illnesses are the result of dis-ease and disharmony, caused most often by our fears, frustrations, angers and judgments. Thus, these negative elements may be replaced by positive thought, changing dis-ease to ease, disharmony to harmony while bringing positive vibrations in the mind, the emotions, through your attitudes, beliefs and what you concentrate on. This changes and improves the functioning of the cells and organs of your body.

Most illnesses have to be treated with correct nutrition first, so people can see their body functioning well before the internal, conscious, subconscious, mental, emotional and spiritual healing takes effect. It is possible to heal they self even while taking terrible nutrition, but again, ultimately, you have to deal with the causes of being ill-at-ease, illness, dis-ease, disease, chronic conditions and even the choices of death and destruction.

Love, however, is the Great Elixir of Life Lived!

### **AGING?**

Humankind has the inborn ability for a 240 year lifetime and through ancient methods of regeneration, even more!

However, from the very beginning, even as a child, you hear phrases like, "Wait till you get old, you will feel aches and pains." Or, you ask someone how they are today and they will tell you, "Oh, I 'm fine, for an old man." These thought forms create weakness, disharmony, illness and decay by creating rigid paths within the mind. An individual of any age can feel youthful in the mind, and the body will react accordingly, but your society consistently says, "When you are old you must retire." And so you look in anxiety upon that date. You say and think things that cause you to begin to deteriorate even before you reach thirty-one!

Frank Lloyd Wright said, at age 92 said something like, "It's only a number. You are only as old as you want to be."

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### Self-Care: An Assessment

Consider the following 40 statements below, filling in the blanks that follow with the number that best corresponds with your life at this time.

Responses: 1 = Very True 2 = Somewhat True 3 = Rarely True

1. When people get upset, I try to smooth things out. \_\_\_\_
2. I am able to listen to other's problems without trying to fix them or take away their pain. \_\_\_\_
3. My self-worth is determined by how others perceive me. \_\_\_\_
4. When I am exposed to conflict, I feel it is my fault. \_\_\_\_
5. I feel guilty when others are disappointed by my actions. \_\_\_\_
6. When I make a mistake, I tend to be extremely critical of myself: I have difficulty forgiving myself. \_\_\_\_
7. I usually know how I want other people to treat me. \_\_\_\_
8. I tell people how I prefer to be treated. \_\_\_\_
9. My achievements define my self-worth. \_\_\_\_
10. I feel anxious in most situations involving confrontation. \_\_\_\_
11. In relationships, it is easier for me to "give" that to "receive". \_\_\_\_
12. I can be so focused on someone I am helping that I lose sight of my own perceptions, interests and desires. \_\_\_\_
13. It is hard for me to express sadness. \_\_\_\_
14. To make mistakes means that I am weak. \_\_\_\_
15. It is best to not "rock the boat" or "make waves". \_\_\_\_
16. It is important to put people at ease. \_\_\_\_
17. It is best not to need others. \_\_\_\_
18. If I cannot solve a problem, I feel like a failure. \_\_\_\_
19. I often feel "used up" at the end of the day. \_\_\_\_
20. I take work home frequently. \_\_\_\_