

Facets of Self-Care in the Yukon



Standing L to R: Clara Sharp, Anne Macalre, Judi Urquhart, Regina Wright, Mary Gamberg.

Kneeling L to R: Louise Dawson, Kay Yamada

A year ago the pictured women gathered to plan the activities of the Whitehorse Healing Touch support group for the fall/winter season. We are holding Regina Wright's rose quartz crystal to help us maintain a heart-centered presence while we make our decisions. We were invited from our homes to the library meeting room by a beautiful 'chakra scarf' of rainbow in the eastern sky. Our theme might have been '**Just Say Yes**' to what we can do from our strengths, respecting the whole of our individual lives, and mindful of the wisdom expressed by one of our favorite quotes from "The Fat Flush Plan"...

Self-care is essential to survival, it is essential as the basis for healthy authentic relationships, it is essential if we honestly want to nurture the people we care about. Self-care is not selfish or self-indulgent. We cannot nurture others from a dry well. We need to take care of our own needs first, then we can give from our surplus, our abundance.

When we nurture others from a place of fullness, we feel renewed instead of taken advantage of. And they feel renewed too, instead of guilty. We have something precious to give others when we have been comforting and caring for ourselves and building up self-love.

We said YES to a monthly volunteer offering to the public. We said YES to a monthly exchange and support gathering for everyone who has taken any Healing Touch training (roughly 70 to 75 people in the Yukon, according to Trish Eccles who has coordinated Healing Pathway and Healing Touch International courses in Whitehorse since 2001). We said YES to volunteering at the two-day Yukon Wholistic Health Fair, providing information and free sessions to the public. We said a qualified MAYBE to a request for a volunteer program at Macauley Lodge, an intermediate care facility in Whitehorse, wanting time to investigate carefully whether we were the right people to offer the program and whether we had enough volunteers to make it work. So, as a group, we were respectful of our limits and the scope of our abilities. This was true of us as individuals also, as we each decided how much we could commit and where in our daily lives we needed to place our attention.

Regina Wright emphasized that looking after all aspects of our selves is an ethical issue. We owe to our clients, including friends and family, our best intentions, our best readiness to be the clear channel for healing energy, and this means knowing when to say "NO, I'm too tired to be fully present".

Many people have found the Yukon to be a sacred place. There is an extensive community of qualified and developing alternative health care providers. This means that there are a multitude of self care options available on every level, physical, emotional, mental, and spiritual. The individual challenge is to find from among the many options those that truly help us, and to be open to the changing nature of our own needs. For Mary Gamberg her practice of Aikido is like moving meditation. Anne Macaire spent 10 days at a remote cabin on Frances Lake 'chopping wood and carrying water' but mostly sitting on the beach (no books allowed!)

Yoga, Tai Chi, meditation, self reflection with the guidance of mentors and other teachers or alone; matching the energetic clearing with cleaning up our spaces and our habits; receiving sessions and giving sessions; tending to the business aspect of being a healer; feeding ourselves and the community through volunteer efforts - all these are facets of self-care in the spaciousness of the Yukon.

*submitted by
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