

Self Care – The Journey Back to Self – Increasing Existential Awareness

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WHAT IS SELF CARE?

A journey of self discovery and nurturance of authentic self.

- Living on the inside from our authentic self and
- Living on the outside with compassionate connection and loving kindness towards others – recognizing our shared humanity and one-ness
- Being mindful of our self in relationship to others and the universe

WHY?

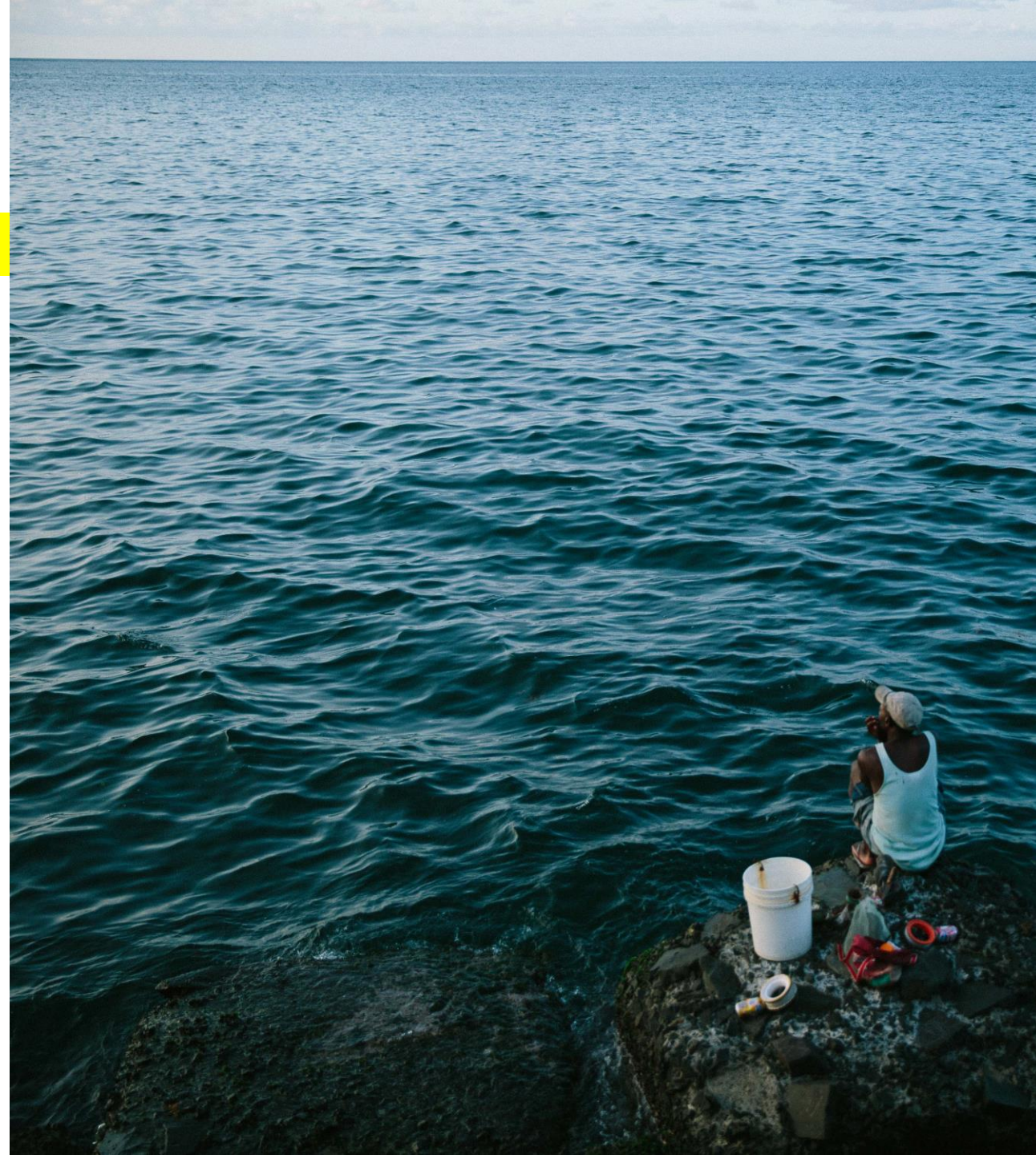
We are alone in our journey through life.

- If we do not care for self:
 - we become 'burnt out,' 'fatigued' and lose life's luster – joyless, pleasure anorexic, or over-indulgent in harmful pleasures
 - we lose our resilience and ability to manage life's hardships and traumas
 - our body gets exposed to excessive stress hormones



HOW?

- Find the balance between solitude and communion - retreat and return
- Go from multiplicity of life to simplicity
- Focus on being, not doing
- Open our hearts – first to our selves, and next to others
- Live from a mystical space of wonder and love, not fear and evil



INCREASE SELF AWARENESS OF OUR MIND





NAMING

introspection – uncovering
conflicts - acknowledging
vulnerability and suffering
(psychotherapy)



CONTEMPLATION

witnessing, mindfulness,
attentional focus



RITUALIZING

connecting to the sacred in what
seems ordinary



CREATIVITY

bringing beauty into our
sensations



ANCESTRAL REVERENCE

guidance, calming, inspiration



CENTERING IN NATURE

connecting to the larger universe
in all its wonder, beauty,
awesomeness and mystery



MINIMIZING EXISTENTIAL CONFLICTS/ANXIETY



EXISTENTIAL GIVENS/ULTIMATE CONCERNS

FREEDOM

One is solely
responsible for self

ISOLATION

No one can fully share
one's consciousness

MEANING

Why do I live?


DEATH

Inevitable end to
conscious being



FREEDOM

FREEDOM

A woman with sunglasses is shown in profile, looking out over a body of water at sunset. The background is a soft, warm glow from the setting sun, creating a serene and contemplative atmosphere. The woman's hair is dark and styled, and she is wearing a dark top. The overall mood is one of freedom and reflection.

- Absence of an external structure
 - We live in a universe without any sign posts – any inherent design
 - Beneath us there is no ground
 - Hence, we are the architect/author of our playbook – our choices and actions
- Conflict:
 - Between our confrontation with groundlessness and our wish for ground and structure
- Question to Self:
 - How have I chosen to live within the mystery and map out my journey?

ISOLATION



ISOLATION

- We are thrown into the world alone and will die alone
 - We alone experience our being not even those we are intimate with can enter into our experience of life. No matter how close we become to another, there remains a final, unbridgeable gap
- Conflict:
 - Between our awareness of our absolute isolation and our wish for contact, protection, and being part of a larger whole
- Questions to Self
 - How do I turn up in the interpersonal realm – do I fear loneliness?
 - Do I cling and try to fuse with other?



MEANINGLESSNESS



MEANINGLESSNESS

- Meaning: Why do we exist?
 - What is the point of living?
 - If we must die, if we must constitute our own world, what meaning does life have
- Conflict:
 - Between seeking meaning and being thrust into a universe that has no meaning
- Question to Self:
 - How do I construct meaning in my life?

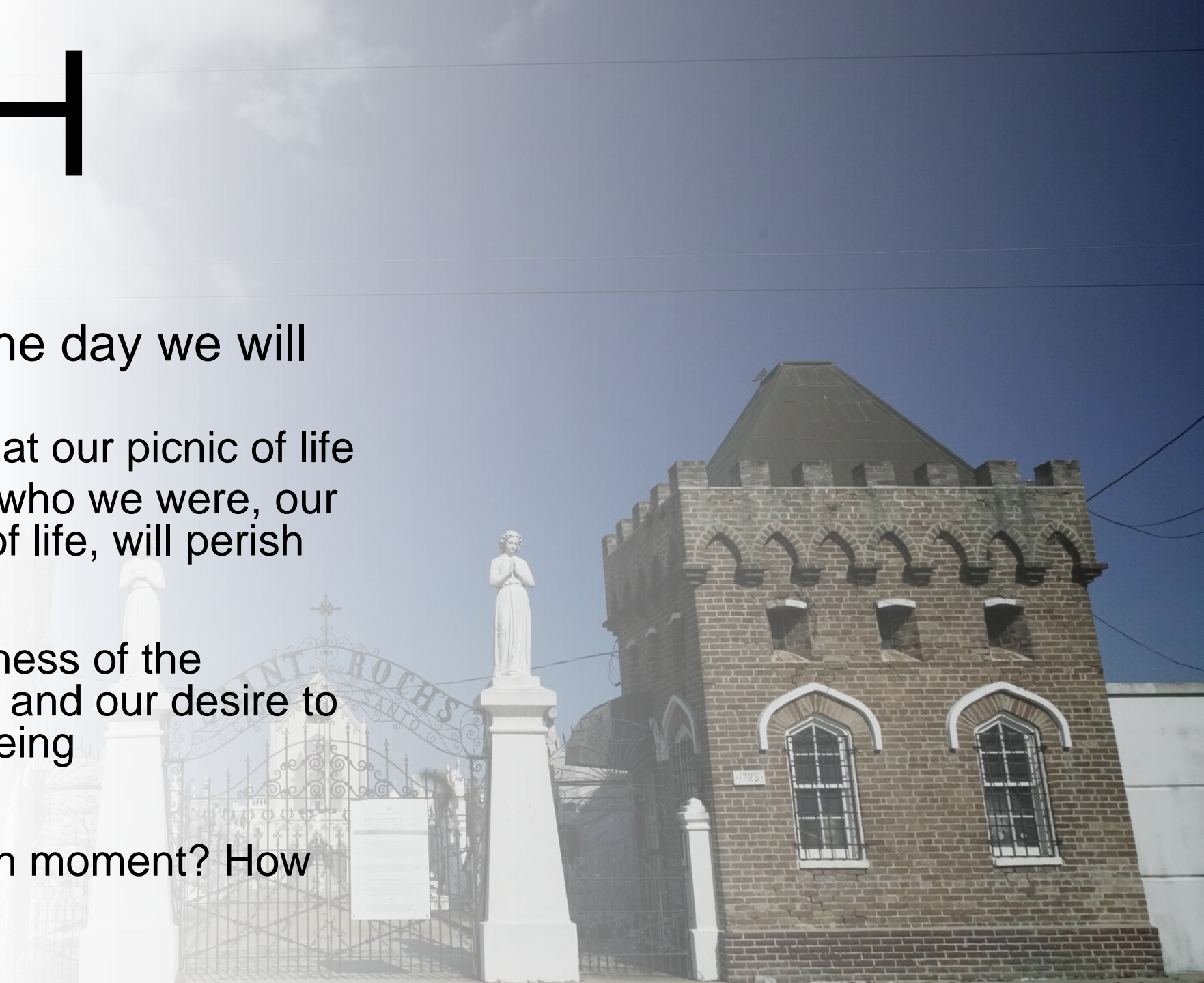


DEATH



DEATH

- We exist now, but one day we will cease to be
 - The distant thunder at our picnic of life
 - When we die, all of who we were, our unique experience of life, will perish
- Conflict:
 - Between the awareness of the inevitability of death and our desire to persist in our own being
- Question to Self:
 - How do I live in each moment? How do I want to depart?



A photograph featuring two women. In the background, a woman with glasses and a yellow top looks down. In the foreground, a woman with braids and a purple bracelet looks down thoughtfully. A semi-transparent yellow banner is overlaid across the middle of the image.

FINDING PEACE: INCREASING
SELF-AWARENESS OF LIFE, QI, SOUL

Finding Peace

- Observing self is limitless, no boundaries – pure awareness – experience of connection with reality
 - Who am I? What am I?
 - Beyond the thinking, emotional or functional self
- The observing self - Awareness
- Who is watching us in the mirror – who is seeing, who is hearing
- “I am aware, therefore I am.”

