

Unselfish Self-care

Woodbridge Women's Conference 2016

Jessica Croker

Being Selfish vs. Self Aware

Selfish	Self Aware
self aggrandizing— over blown view of strengths	humble
self absorbed—sees what's immediate	sees the big picture
self-pity— overblown view of weaknesses	accepting
closed	open
pessimistic	optimistic
can't see things as they really are	sees things as they really are
judgemental	takes things at face value
acted upon	act
obligation	opportunity
sees body, time, life as a possession	sees body, time, life as a gift

“Whenever **the adversary** cannot persuade imperfect yet striving Saints such as you to abandon your belief in a personal and loving God, he **employs a vicious campaign to put as much distance as possible between you and God.** The adversary knows that faith in Christ—the kind of faith that produces a steady stream of tender mercies and even mighty miracles—**goes hand in hand with a personal confidence that you are striving to choose the right.** For that reason he will seek access to your heart to tell you lies—lies that Heavenly Father is disappointed in you, that the Atonement is beyond your reach, that there is no point in even trying, that everyone else is better than you, that you are unworthy, and **a thousand variations of that same evil theme.”**

—*Elder Jorg Klebingat, Oct. 2014 General Conference*

Not every voice you hear in
your head is a trusted voice.

Let's name the voices—

- ◆ The Inner Critic
- ◆ The Inner Judge
- ◆ The Inner Victim
- ◆ The Inner Rebel
- ◆ These are natural man and adversarial voices.
We don't need practice to hear them.

It takes practice to hear the still small voice of the Holy Ghost and the yearnings of your own eternal spirit.

They are respectful voices and don't impose themselves on us unbidden.



© Greg Olsen

[Jesus Christ] wants him, in the end, to be so free from any bias in his own favor that he can rejoice in his own talents as frankly and gratefully as in his neighbour's talents— or in a sunrise, an elephant, or a waterfall. He wants each man, in the long run, to be able to recognize all creatures (even himself) as glorious and excellent things. He wants to kill their animal self-love as soon as possible; but it is His long-term policy, I fear to restore to them a new kind of self-love— a charity and gratitude for all selves, including their own; when they have really learned to love their neighbors as themselves, they will be allowed to love themselves as their neighbours.

—C.S. Lewis, *The Screwtape Letters*

“I would charge you to say again and again to yourselves... “I am a [daughter] of God” and by so doing, begin today to live closer to those ideals which will make your life happier and more fruitful because of an awakened realization of who you are.”

—Harold B. Lee October, 1973

“We pay too little attention to the value of meditation, a principle of devotion... Meditation is the language of the soul...Meditation is one of the most secret, most sacred doors through which we pass into the presence of the Lord.”

—*David O. McKay*

Remember that “I Am” is a
name of God.

Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? ... For the temple of God is holy, which temple ye are.

–1 Corinthians 3:16-17

All beings who have bodies have power over those who have not.

–Joseph Smith

Why do we exercise?

- ◆ To experience and enjoy our bodies.
- ◆ To better serve others and God.
- ◆ To show gratitude and respect for our temple-bodies.
- ◆ To have more energy.

Move your spine in all 6
directions every day.

Try TABATA intervals.

- ◆ 20 seconds of work, 10 seconds of rest until you reach 4 minutes
- ◆ Take a minute of rest and do another
- ◆ Do 2 or 3 times and you have done a quick, **EFFECTIVE** and efficient work out!
- ◆ Try holding plank, jumping jacks, mountain climbers, lunges, squats, crunches...

“No woman is a more vibrant instrument in the hands of the Lord than a woman of God who is thrilled to be who she is.”

–Sheri L. Dew

Connect with me:

www.seedpod.yoga

facebook— Jessica Hone Croker