

## Ruminations At Five

Claire from Mani

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### 1. Is your mind a safe space?

Hello friend,

How have you been taking life? Are you ok? What have you been up to?

Life has been schooling me, and I have been taking my lessons seriously. There have been days of laughter punctuated sometimes by the uncertainty of the future yet I remain hopeful. Leisurely, I have taken reading a lot more seriously - yes I am a nerd. Now let's get to the fun part. shall we?

In the last few weeks, I have become increasingly enthralled by poetry. In this newsletter I'd be sharing an excerpt from a book by Najwa Zebian **'The biggest mistake we make is that we build our homes in other people, We build and decorate them with love, care, and respect that make us feel safe at the end of the day. And when they walk away we feel empty because everything we had in us, we put in them which unfortunately is the wrong place'**. What can you take away from that citation?

The piece reminds me of how it is possible to invest so much in relationships, to churn ourselves inside out and still be jilted or treated unkindly. It exposes the risk of opening ourselves to the wrong person(s). However, the million dollar question is how do we know who is the right person and who is the wrong person? Unfortunately, I do not have the answers. Do you and can you share with me?

However, I know that investing as much effort as we put in others to make them feel loved, cared for, and respected can also be extended to making our minds a safe space. So that, while you care for others you do not fail to care for yourself as well. Build a home within yourself. This too is important.

Don't forget to care for your mind. It will thank you.

*In the spirit of world suicide prevention month, I want you to call your loved ones. let them know you care about them and you're rooting for them.*

With kindness,

Claire.

### 2. Self-love Simplified

**'It was when you realized that no matter who left you would always stay. That no matter who hurt you, you would find a way to heal again. You'd always be there for yourself. That's when you learnt what self-love meant. It was you and it was always going to be you in the end - Ruby Dhal '**

Good morning friend, Claire is here again, in your inbox to briefly chat with you before you go about your day's work. I hope you are well.

At this point, I would like you to read the first paragraph again and thereafter pause for at least 15 seconds. Have you done it? I'd be waiting for you when you finish.

Yes, I know that you are probably hearing about self-love for the umpteenth time. But breathe, let the words speak to you. Think of those times you wiped your tears, times you picked up yourself and wrapped your wraps around your chest offering yourself comfort. Think of those moments you muttered 'we move' even though you were scared, hurt and uncertain of the future.

Yes, your courage in the face of it all proves self-love. As you go about your daily activities, I want you to remember this.

*In the spirit of world suicide prevention month, I want you to call your loved ones. Let them know you care about them and you're rooting for them.*

With courage,

Claire.

### **3. Promise me**

Hello friend,

Do you ever make promises you don't keep? You do right? Someone out there is waiting for you to fulfil your promise to them. Ok, maybe you made a promise because, at the time, it seemed like the easiest option out. To be candid, this is not the best thing to do.

When you make promises, ensure that you mean them and try to fulfil them. If you won't be able to fulfil your promise, still communicate it to the person(s) involved. It saves you from guilt and them from being disappointed or worst still false hope.

So, the key point to take away today is that if there are any promises you made to anyone out there, try to fulfil them as soon as possible. Also, do not make or be pressured to make promises you can't keep.

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Yours in nobility,

Claire.