

Care of the Whole Self

Yoga-Inspired Practices
for Befriending the Self



Book Discussion Guide

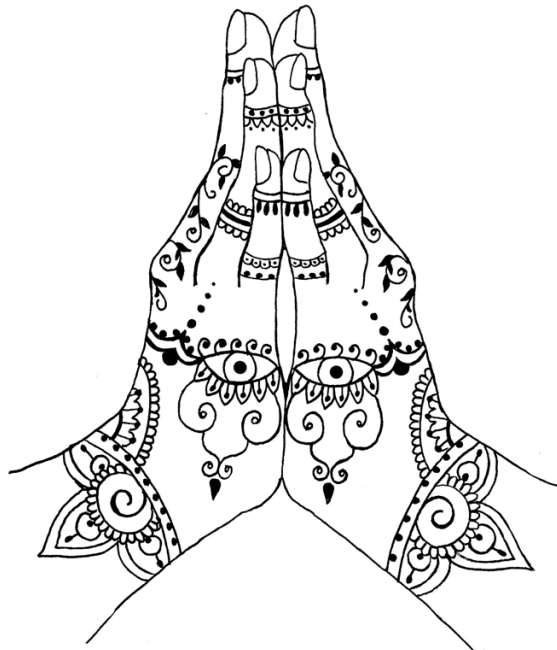
Hello, friend!

Thank you for picking up *Care of the Whole Self: Yoga Inspired Practices for Befriending the Self*. My hope is that this book will be a compassionate practical guide on your journey toward whole-self-care and prioritizing your wellness—especially in a time of global transition and upheaval. We need all the assistance and wisdom we can get!

The whole self as I envision it encompasses all dimensions of yourself, which are interrelated and connected. My book invites the knowledge that if you work with one, you will ultimately impact all layers of the self. You will also arrive at a deeper understanding of the workings of the universe and the oneness that is behind all phenomena.

This discussion guide can be used in solo contemplation or in working in community around the cultivation of whole-self-care. May it offer you a solid foundation to build a whole-self-care plan that will transform your life and lead you to the lasting peace you deserve.

In Peace,
Maryam





Chapter One: Self-Care in Hectic Times

In this chapter, we explore how we are losing one of the greatest tools humans have: our intrinsic ability to look within, check in with ourselves, contemplate, and inquire internally. We are overly focused on external results and productivity, to the detriment of our rich internal landscape. We often engage in self-care habits out of the fear of getting sick, instead of from a place of love for ourselves. While illness can be a powerful initiator into the importance of self-care and healthy living, a downward spiral in our health is not requisite in order for us to act lovingly and mindfully toward ourselves.

Journaling Questions

- What are the stresses that you encounter on a daily basis?
- What is your typical response to them?
- What would you like your response to be?



Chapter Two: What Whole-Self-Care Isn't—and What It Is

In this chapter, we explore what self-care is and what it isn't. Nourishing one's entire being requires feeding all parts of the self. Our well-being and vitality are found in being fully present in our wholeness, all the while practicing the guiding principles of compassion, clarity, and generosity.

Journaling Questions

- Do you feel that you are currently nourishing all aspects of yourself (physical, energetic, mental, emotional, sensual)?
- If yes, how? If not, what parts of your life are out of balance?



Chapter Three: Dimensions of the Whole Self

This chapter describes the dimensions of the self, which are interrelated and connected. Understanding that they are interrelated invites the knowledge that if you work with one, you will ultimately impact all layers of the self. Being aware of this may help you make wiser decisions.

Journaling Questions

- Reflecting on the five dimensions of the self, think about your personal relationship to each of them. Are there certain ones that feel more imbalanced than others?
- What are the hurts that you may need to address?



Chapter Four: Calibrating Your Nervous System

As this chapter reveals, our nervous system is a beautiful, elegant system of communication nestled into every corner of the body. Science continues to provide us with insights into the nervous system every day. Learning to connect with our body's natural relaxation response is key to cultivating a more peaceful connection with ourselves—one that honors our whole-self-care.

Journaling Questions

- Reflecting on your life, what kinds of habits do you think could be powerful in developing your **proprioceptive**, **interoceptive**, and **neuroceptive** systems, all of which contribute to the relaxation response and greater whole-self-care?



Chapter Five: A Whole-Self-Care Plan

In this chapter, we transform the notion of discipline into one of devotion. It seems that in life, we can easily be slaves to discipline, but can we be devotees who commit to practices from love rather than obligation? We make this shift by transforming chores into rituals that we consciously choose.

Journaling Questions

- What are your current daily practices for whole-self-care?
- What are the support systems in your life that can help you in developing a daily whole-self-care routine?



Whole-Self-Care is a Marathon, Not a Sprint

The best way for us to put our knowledge and the principles in this book to use is with a community of others who are devoted to growing, learning, and practicing the tenets of whole-self-care. We learn and grow best when we are doing it in a supportive group of like-hearted people. Here's how you can continue your journey through whole-self-care.

1. Bookmark www.maryamovissi.com, which includes video and audio practices from this book, as well as other resources to support you and your loved ones in your continual care of your whole self.
2. Sign up for my Befriending the Self newsletter at www.maryamovissi.com to receive updates about courses, webinars, and other relevant content that you can share with your friends and family.
3. Use this guide to start conversations with friends, family, and loved ones.

For more information about the book or inquiries about my offerings, contact me [here](#).