



Self Care

Self Care is relative to where you're at in life... So let's figure this out first before diving into it all!

The Self-Inquiry Series, with,

Ana Maria Santuario

Workshop 004 of the series, Self-Inquiry for the Modern Age.

<https://anamaria.org/self-inquiry-for-the-modern-age/> ©Ana Maria Santuario 2023.



Energetically – where are you?

Self care always starts with admitting to your reality. It's no use making a vision board of wash hard abs and Beyonce's buttocks if you like to eat cake and chocolate for dinner. Better to look at why you eat said food and where it started in your time of life? Self care begins with your reality becoming checked, not denied!

Were you fed junk food as a snack as a child, perhaps to placate your feelings and to stop your crying in the pram as your mother took you shopping, yet again? If it was, it's likely forgotten to be the source of such a pattern as comfort eating. Perhaps you were 5 years old, maybe 7, for some, even a squawking infant under 1 receives dollop of processed sugar in some form. Reality is, you likely picked up the pattern from under the family roof.

Did you go outside a lot as a youngster? Did you run, swim, play in trees and jump in puddles? Or did you sit on the sofa watching another episode of Neighbours or Home and Away? Even worse, did you watch the entire repeat Omnibus on Sundays and absorb it all for a second time? Were you joyfully thriving as an explorer of the world around you, or kept locked inside for fear of your safety?

Wherever you're at right now came from some place you may or may not recall, and it can help to accept and forgive yourself when you come to acknowledge yourself as a product of your life, not the ultimate maker of it! You are not to blame for your present circumstances, you are merely a product of past experiences accumulating into this present form of 'you-ness'.

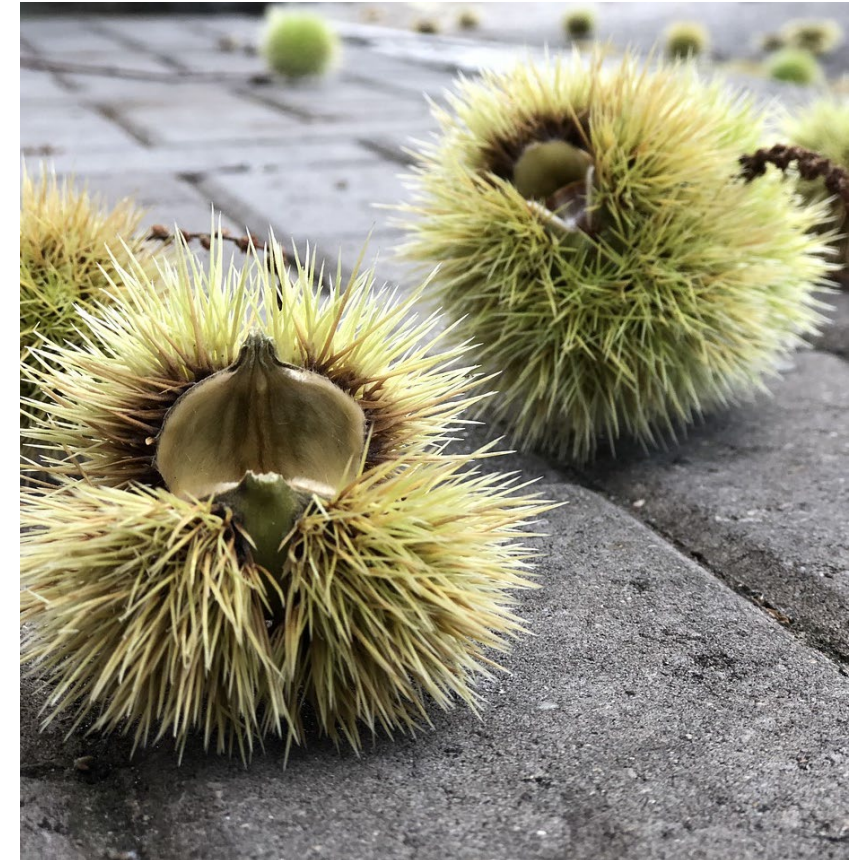


Unwounding – carefully...

“You are allowed to be angry about your own circumstances by the way – part of the journey is getting mad at what your parents and society may have turned you into! But don’t blame them forever; own it, claim it as your truth and work from your starting point, everyone has one, it’s called the NOW MOMENT.

Delving into the past only gets us so far, eventually we have to claim our life as our own and drop the shame, blame and guilt, it’s essentially how you let go of the past and become present enough to open to a newer and brighter future. However, stay safe throughout your journey and please seek support when deep trauma or unmanageable insights become triggered. You may very well require help to work through it all SAFELY.”

- Ana Maria, 2021.





What do you take time for?

Energy matches us to certain activities; when you are thriving, perhaps Zumba calls, a Latin dance class, a concert or two, a walk along the river, or painting to your hearts content? Perhaps you eat well when you feel good and eat poorly when you feel bad about something. Our inward energy can determine our outward projections, i.e. depression, stress or anxiety are all displays of energetic alignment within yourself. Listen to what your behaviour is telling you. And if you have children, mind their behaviours too and see what they are 'speaking' through how they feel and appear to project themselves.

Behaviours speak volumes about what is happening inside of yourself. A collection of stories lives inside of this mind and body you call home and it's helpful to reveal some of them to manage a move towards new and different. Anyway, in a nutshell... what you do likely reflects your energy and where you direct this limited energy you wake up with matters more than you know.

If you spend time watching bull s**t television programmes that make you feel bad you will likely feel bad for longer than you want. If you eat terrible things like sugar, processed fats and other unhealthy chemical-based toxins (which are plenty and given on this earth) then you will likely feel like the food you're eating – *rubbish!*

This happens more as you age, as a generalisation. For example, a kid can eat what they want and still bound about until noon; but they still sugar crash, they still function less than optimally; and once they hit the teenage years, many succumb to skin issues and dietary complaints as their once easy life, although unchanged in lifestyle, is no longer accepted by their growing and changing body. Emotional baggage also accounts for energetic rubbish sometimes attempting to resolve itself by physical release, such as acne, asthma, chronic sinusitis and other ailments attached to emotional discharge.

Time will thank you for placing focus onto your health, and these habits are easier to develop as a younger individual. To programme yourself to eat well is not a hard thing, just eat well until it's all your body remembers and wants. This should become a parent's role, but with many of them being unhealthy too, where does the cycle end? Perhaps ending it for yourself is the way this all leads?



Where is your love?



Do you like yourself? I mean to ask, do you like the shape of your body, your skin, your hair and nails? Do you like your name, your voice and accent?

Do you enjoy the feeling of life in your form? The way your legs run and are able to bounce you high, the way your head can be stood upon, and your weight changed by drinking a big glass of water?

How much do you appreciate the body you live in? Enough to take really good care of it? Like a car, it needs the right fuel; energy is fuel, in one sense, what you eat really will become you! Did they teach you this in school?

Other than that ridiculous food groups plate and/or pyramid, who was taught how food is ingested, digested, absorbed, and released? Who was ever *really taught* about who and what they are?

Were you empowered with knowledge, a knowledge so ancient that a person of millennia past would gasp at us sitting eating the world's worst foods – toxins and other chemical rubbish designed to make you overeat and gorge.



Enter, Self-compassion formed by way of self- knowledge and awareness!

“Do you like yourself may only mean, do you accept yourself wholeheartedly and with a compassionate understanding of how you came to be this you? I recall, many years ago now, how a posh kid at university laughed at how I spoke. Raised by commoners is what I was, raised by two common folk with poor education backgrounds and little attention paid to spoken grammar.

Yet here I was at university, carving my own path and tackling stigmas I thought were dead and gone. This plonker even thought it alright to mimic my way of speech, and poke fun at a very significant part of who I was – it was my voice for justice’s sake! She wasn’t laughing when I came out of the degree first in my class and having broken the record for the final pass grade of the final examination though, was she?

Who you are is a complicated thing, never let another person’s perception of you define this life you’re here to live. There is a shame attached to being poor, to coming from certain socio-economic backgrounds... let it go! This is not baggage to define you, it is baggage to drop and ease up your passage through life! We are all one in the same, and the more of us who rise from the trenches, the more seekers of justice we seem to have on this earth.

Those born to fame, glory and riches have little to no motivation to end poverty and the stigma attached to certain ailments of such suffering, since they never lived it... but we who lived with such things are the ones who know WHY it’s important to end this for everyone, not only ourselves, and not only to donate money in the direction of change, but become the very change that we seek... because if we had a hand back then, we would have likely grabbed hold of it or ungraciously thrown away said hand and stayed stuck...

But the more we carve new paths, such as this self-help and enlightenment platform, the more we make way for those who follow to live better and healthier lives. I am here for the past, present and future generations’ collision, a place where we are all one in the same... a place to find something new from all that is, was and will forever be. Let’s free the world together, by first freeing ourselves. Namaste. Amen. Blessings to you for treading a new path – scary, ain’t it?”

- Ana Maria, 2021



The New Age! Really?

Aren't we supposed to be some highly inventive and creative creature? A thing that made mud into houses, frictioned wood into flame and whose mind actually invented the means to move on wheels? For something so damn smart, how are we able to equal it in dumbness?

You are taken advantage of, perhaps not you personally, if you have your head screwed on! But *you*, as a collective, are very easy to manipulate, mind control and direct towards a certain position. Just look at factory run Brexit, how easy was it to smoke screen any real dialogue or input from government officials and turn it into X-Factor? How easy was it to put Trump on the stand and for his voice to be heard as a representative of a once great Nation? (p.s. were they really ever that great for stealing land and scalping Indians? Taking a warrior's achievement as their own and turning it towards a means of torture?!).

The stories we tell and believe are fantasies and the history books are full of Western supremacist rubbish that delves into one side's perception of events, and never once uncovers the atrocities of what 'invaders and settlers' 'accomplished!' Just read up on Pocahontas and see what Disney's retelling of the narrative betrays - *reality*. The systematic decimation of cultural values, integral stories of society and people's whole lives and identities still happens every single day. Thievery of the most astonishing scale is all the 'white world' committed to for a time, and perhaps still do, as they stole life itself. Has the slave trade remained prominent, just changed its face? (Work. Shop. Sleep. Drink. Socialise. Work. Sleep. Repeat...)

We are still living a similar story, with Expats going to live overseas to make at least 4 times more than the locals! Really? With men who have more than enough shutting down small businesses with monopolies and answering to no one but their banks! With the pharmaceutical fog covering up what health and remedial therapies really look like! We will reveal more on these topics at a more appropriate time, but be wary of what you know, it's not always based in fact, only the illusions you're programming into yourself. This is the point I am intent on making – you are easily programmed to think what you're designed to think – *the collective story*.

Our New Age sucks butt! Excuse the profanity, but it does! With everything that we know why doesn't a better world for all exist already? I'll leave you to ponder on it before I break the illusion at a later date, since slow and steady wins the race and I want to stay more focused on what matters in this moment - YOUR WORLD WITHIN! This is the key to ending humanity's suffering, this is the key to peace, this is the key to you becoming whole and joyful and something like love embodied... to love yourself always comes first... if you have no love for yourself, then, quite frankly, you have no love to offer this life around you, no matter who you are!



Work on the inside to resolve the outside!

“The world takes advantage of your easily programmable state, isn’t this what advertising campaigns are designed to do... hook your attention, play on your thought patterns (easily predictable ones), and earn someone with enough money to play this game with the population another pay check, one they are unlikely to share with those in need of reaching the status quo of having ENOUGH!

Enough is never a relative term... enough means food (not poisons and toxins, but real food), safety and shelter, water, cleaning tools and products (again, not chemically enhanced ones) and a community. When there is not enough to serve the human population, it is when desperation speaks louder than words and violent patterns of behaviour can and will emerge as a result.

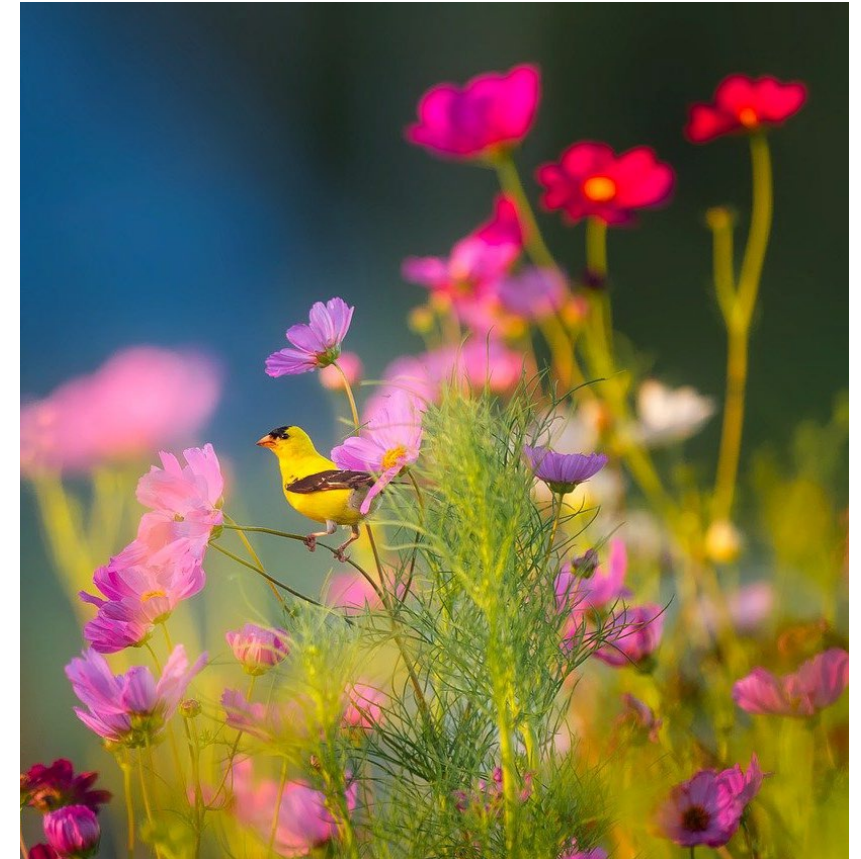
Real love is another thing we all require to remain and sustain health, but the love we need is a forgotten pastime, one replaced by stories told in film, music and literature. This love is not real and has people searching to fill the void resulting from life in consumerist society, a lifestyle that has many looking in all the wrong places – EXTERNALLY. An external solution will only last a short time, *within* is the place to resolve your heart and life’s sufferings.”

- Ana Maria, 2021.



With all that we know...

- Why is the world still a madhouse? Because literally, it really is a mad house! People gorging on food until their weight makes them unable to walk; people injecting toxic chemical rubbish into youthful faces and lips bursting with bubbling Botox. I have sat and wondered who the first volunteer victim of a breast implant was – can you imagine that in experimentation? It was a long walk getting to where we are now as a species.
- I cannot believe what I'm seeing this world around me... I cannot recall a moment when I looked at something awful and said, hey, that looks good! Wait, yes I can, tanning beds, all the craze as I turned teenager. A cancer feeding machine that no one taught me would harm and age me beyond repair! What the actual...!
- With all that can harm you, are you prepared for the new battle, since the battle to survive has changed locations? Inside is where we fight to survive and stay centered in reality and truth!



Did nature not make you beautiful as intended?



This means war!

- There is a war emerging, a war against mental health and suicide prevention. The world has lost its collective mind and those who are the victims of such a world are lost and forgotten in a sea of every man for himself (or lady for herself, please allow these sayings to occur, I'm not ignoring a collective, I'm speaking in the way I was programmed to – don't take it personally, please and thank you).
- This war is one that begins at a younger and younger age, with children falling to pieces at just 5 years old. I've seen it, I've felt the horror of it, and nothing can end it except all and one together forming a revolution of knowledge and re-education. With governments reluctant to empower their people, we must now come to do this for ourselves... enter... *self care and home schooling!*





So, Self Care? What is it really?

- Is it what we do to achieve this perfect image of health and beauty we see on television, cinema screens and in magazines? NO, NOT EVER!!!
- Did you know that super slim models have been known to eat cotton wool soaked in orange juice before the catwalk so they don't faint from malnourishment and fatigue? Or that each image you see has been shaved to perfection by a computer software programme? Check it out for yourself... there is nothing real about the faces, bodies, or even the hair that you see!
- This world is built on selling you a lie, and all the while it is damaging your psyche and self image in the process...
- What do you really see in the mirror? A beautiful soul living in its home? Or a thing to loathe and try to change against your own ability and will to do so?



REALITY CHECKING IN!!!!!!

Real people have real bodies... but you will never see them as acceptable so long as your mind focuses in on an illusion of perfection. How many of you out there spend hours at the gym and go home to live all alone? How many of you feed your body healthy food, but smoke and binge drink on weekends? Where do you stop, and the world begins... or are you totally enmeshed within the societal norms surrounding you?

Life looks different in all the places on earth I have come to know and love... some people hold a jiggy buttocks in high esteem, others prefer small and boney, or peachy and firm, it all depends on the collective story... as well as a perception-of-self projected by the surrounding media outlets.

ENTER... YOUR OWN STORY!



FREEING YOURSELF FROM ILLUSION...

- Freeing your mind is the toughest task once it is already programmed to see, think and hear the things it will. When someone tells you how swell you look, or how beautiful you are, do you believe them?
- Here be your greatest indicator of your self image and value? However, be wary of believing yourself to be beautiful, when really you are 'making' yourself beautiful with other things and devices. Do you wear or need makeup to feel beautiful, or be plucked and tweezed to perfection? Do you really feel beautiful or have you bought into the illusion beauty magazines sell you?
- Or are you nature's version of beauty – the one she/he created? Goddess, God, mother earth, universal energy, source energy, Love, all are one in the same to me... the creator goes by many names, I accept them all... just as I accept all of you, if only you'd come to accept your own beautiful nature and learn to release suffering from this mind-body projection.
- There is a reason we are asking questions that only you can seek the answers to, since this is all becoming a life learning experience... there is nothing to learn here, no certain answer to be found. For I cannot say what healthy is for a person sat in a rice paddy and who cannot make a smoothie each morning for breakfast, with chia seeds and matcha powder. I cannot tell a person living at the base of Everest to eat a banana a day to support potassium intake.
- I cannot make up any rules, only encourage you to break them!

To learn more of such topics, read the debut publication, 'Faith, In Stories That Change,' by Ana Maria, which explores who and what we are in more depth. She unleashes her stories to support the unravelling of your own. Find out more at www.anamaria.org



So, what's real self care?

- It's hard to say, real is relative, and it varies across the planet... sometimes it's easier to look at what isn't real, since it will lead you to clearer and more defined boundaries of your own personal reality.
- Is it possible that a happier you is hidden beneath a whole set of rules you inherited from a rather confusing world?
- Are you able to enjoy food as opposed enduring self-punishing routines that foster a hatred of yourself every time you eat cheese or cake, or exceed your daily calorie intake?
- Life is a luxury for so many of us, with supermarkets full of treats, so many in fact that we cannot seem to find our way through the haze and walk on by to the only stalls that matter... fresh produce!
- Milk is a monstrous productive enemy of the earth, with greenhouse gases thrown off the charts by cow's methane production, as a result of immense amounts of milk being required to meet the lie that milk is a requirement of any human diet!!
- I once read that a calf grows 20 times its birth weight in the first year of life... Do we, as humans, require such growth enhancing hormones, especially as infants? Milk has nothing to do with calcium benefits or nutritional intake – it has to do with MONEY! Money makes you unhealthy, or rather, another person's greed for it!
- So self care is built around so many illusions, and one by one we must unpick them from our mind and find a way to counter their damaging lies...

“To know what’s real you must come to terms with being a factory hen, a sheep, a person made to believe certain things and live in a certain way because you are designed to belong to something greater than yourself – the system! I won’t go all conspiracy theorist on you... There is no conspiracy, only GREED!”

- Ana Maria, 2021.





SELF WORTH

- A lot of your care practices will be fuelled and sustained by your levels of self worth.
- Whether you feel worthy of love from another human being will often reflect any internalised feelings of – do I love myself?
- What does loving yourself look like? Is it pleasuring yourself regularly? No, just kidding. Is it looking adoringly at your reflection like Narcissus, the Ancient Greek hunter who rejected all external forms of love, yet mirrored his need for it by staring at his reflection in a pool of water until the day his life ended? All the while forgetting to bask in the glory of shared love and experience...
- What is self worth even really about? Is it perhaps attached to our previous topics of BOUNDARIES and SAFETY PRACTICES? Is your worth decreed by others or yourself? Is your value of time placed wisely in the right places, or is your likeness of life found in more mundane and time-wasting activities?
- Are you alive or are you sleepwalking? Both can look the same to another, it's what YOU believe that counts. Being content isn't doing what you're told, it's about being unabashedly YOU!



What are you worth? Do you even know? And why are you still thinking about it?

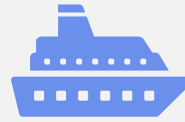
- A long time ago, perhaps even still in some places left untouched by modern mankind, a woman was worthy of exchange – a herd of sheep, a collection of camels, a dowry (collection of money handed over on the day you were married).
- A woman was worth what men wanted her to be worth, men too when you account for slavery and other atrocious acts of humanity!
- So, what are we worth is not a question with an easy answer, since ingrained in our psyches are millenniums worth of stories. Woman have been goddesses, priestesses and witches. Men have been hunters, warriors and slaves. Our worth is all messed up, and it's difficult to pin down.
- Worth is value, and these days no one is teaching a young girl her own value, instead she is seen to be selling herself short, selling her virtue on the cheap, and often for NOTHING IN RETURN!
- We are still thinking about your worth since to care for yourself means knowing and feeling that you are worthy of being taken care of and treated with respect... end of story.
- If nobody taught you how to care for yourself properly then it means that they were not taking very good care of you in the first place... and your inherited value was less than your actual worth.
- You are always worthy of all and everything; love, health, family, friendship, happiness and joy. Life will always have ups and downs, but having your real worth reflected back by life around you means that you are able to usually bear what comes your way. Without your worth being matched externally, life can become a trudge and quite lonely or difficult to navigate...



And we are all about navigating...

- Think of your body like a ship, this vessel you're blessed with to travel through your lifetime on this earth plane, you are never not worthy of living this life well and in good health. This is a fundamental law of nature! The only thing preventing your real world reflecting that is the stories you've learned from this life that exists around you, and so within you!
- All children deserve self-care to fall at the centre of their hearts, since life provides for all they will every require; the love of a parent, the fruits of their mother, and by extension the earth; as well as a protector, a lord, a father in heaven.
- There are stories that we use to make sense of our world, and God can become one of them, as can spirit, evolution and universal law; yet mankind's destiny seems to always seek for what they already have – *everything they will ever need*.
- The story of Adam and Eve is a prime example of what it looks like to fall from the grace of God's good will. You have the perfect world to survive in, a perfect home, surrounded by such magic and splendour as Eden, yet the mind wants what it cannot have, and there lay the centre and seed of your suffering...
- I want a car, no, not that one, a better one. I want a body I cannot achieve, I want blonde hair, not brown, I want everything and I want it all now, otherwise I'll remain perpetually unhappy. Wait, even when I work my life away I still won't have it all?! Then what the heck am I doing it all for?
- Bugger me if I know... I'm just speaking my thoughts aloud, thoughts I've had pondering in my person since forever!

Where is your ship headed?



So, back to navigating this vessel, are you caring for it well enough, or are there holes you're leaving unplugged which is slowing down your life trajectory and making the ride a little bumpy?



Were you responsible for the holes or were they placed there in childhood? These holes can become painful to touch, so do be careful where you place your thoughts right now.



There's no real need to know where the holes come from, but it can become a helpful activity to think about it all, *when you're ready!*



What to do with said holes?



There are ways to plug the holes and patch them up temporarily, these would be with what I like to call numbing exercises and denial. But nothing lasts forever and these kind of 'exercises' only tend to provoke holes to open in other unexpected places, or get bigger when you're focussing on the plugging with closed eyes and ignoring the sinking ship altogether. Here I'm thinking of addiction, a sad tool for escaping life, yet one that ends up capturing your vessel and holding it captive. Whether you escape or not is just up to grace... I hold hope for all, but it really is a path better left avoided if you can.

Please know, if you are touching on this path of addiction, early doors are available for your escape. Denial means you take steps away from help, away from reality... help means facing reality head on and facing your truth – that you are in real danger of becoming powerless to fight back, further down the line it just becomes more complicated. Addiction is a one-way street that leaves people changed and beyond repair in some ways. Please become aware of your own nature and ability to develop addiction as a rule of physiological certainty, should you continue to use an addictive substance there is a likely outcome of substance misuse, increasingly so in our modern societies.



A note on addiction:

- Popular lifestyles can lead to this dark place, a weekend drinking pattern seeping into weekdays and then a beer on the sofa alone... it all feeds the neurons in your brain, those making new and interesting pathways that are impossible to undo once fused into place.
- Transferable addiction is a thing, you CAN replace old habits with new ones, but it takes a lot of strength and determination and the right support system in place. Not everyone can survive this path, especially since it has nothing to do with who you are, or how strong you are, it is a psychological disease, a neurological and chemical response that gets so ingrained, so permanent, that you cannot undo what you have done to yourself.
- Addiction is a mind pattern; a brain change resulting in patterns of predictable decline and deterioration. I will cover this more as a whole series... but if you are addicted to something, become aware of it, place it in focus and DO SOMETHING ABOUT IT!
- Doing nothing results only in one thing – it getting worse... staying the same is unlikely for a real addiction. Perhaps you manage it, but your struggle will always consume your focus, time and life; quite sad, isn't it?
- No life of an addict is unsavable, if only the world would change its perception and tell the real story!!!
- The truth of addiction is scientific, not common tales told of scumbags and people who CHOOSE it. No one chooses this life, NO ONE!!! And I will expose this in a coming series of *The Science of Addiction*.

Please see powerful and influential readings on addiction and recovery, shared via Anamaria.org/references-and-reading.



So, back to those holes in your ship...

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- Where your holes are matters more than you know, but not everyone is built to find them, nor are they prepared for the fallout of finding them. Trauma is what we're touching on here, the things we bury beneath the psyche, the things we leave alone safely in the subconscious.
 - Thankfully, there are several universal practices that can and will support the repairing of your ship...
 - Nutrition is a given, what energy you put into your body matters, likely more than you've ever been told. Malnutrition will determine how your mood swings; probably encourage life occurrences, such as depression or other mental health decline; and it can lead to poor developmental processes as a child, as well as into your young adulthood.
 - Nutrients HEAL! It is proven! All you need do is watch [Superjuice Me](#), a story of juicing miracles presented by Jason Vale on YouTube, to begin opening our mind to alternate realities... ones based in fact-based evidence and transparent research!
 - Then there's the miracles of high vitamin therapies, the attempted curing of cancer with high vitamin c intake (we're talking 5000mcs given intravenously) is now being explored, add in the removal of processed sugar from a diet, which feeds cancer cells, and you may see a cure for cancer yet! Although, preventative measure are always preferred.
 - Going outside brings harmony to your energetic systems... putting your feet on the ground, taking your shoes off and enjoying the vibrating and very alive earth calming your body and mind is proven to be an effective remedial approach to stress. Whether you believe it or not, science attests to our connection to this mother earth... there is no disconnect between you and the life that is all and one! Nature is what you are, not something you visit!

Note: There are some powerful documentaries attesting to all this information, as well as professional, doctoral research.



So what is self-care?

- There is no ultimate answer to that question since self-care can and will become relative to your preferences, likes and enjoyments.
- It's no good telling a person with agoraphobia (fear of crowds and open spaces) to go out and enjoy the world when it is not something possible for them to do, at least not right now, and possibly not ever.
- It's not a problem to be and accept yourself and work from there, I just wish we'd stop pretending that self-care has an end goal, that it's something to achieve instead of embrace and enjoy! That it's something looking like a one-size fits all solution!
- Loving yourself means loving your life... and caring for yourself means making the life you love living last for as long as possible, and making sure you are mobile enough, energised enough and perfectly content enough with becoming your whole self, whoever that may be.
- A world without you is a lesser world, a world with you will become richer and more colourful, so never believe that your worth is less than another human beings, we were all gifted with life and as such, are all worthy of it, as well as of the grace of knowing we are exactly who life designed for us to become...
- Caring for yourself means accepting who you are from a place of self-compassion... it doesn't mean working to shift and change your life and whole world, it means embracing who you really are, experimenting with your joys and passions, and including more pleasures in your daily world. It will mean taking it easy from time to time, and maybe allowing that fat month to go unnoticed when you gave in to eating your stress away.



“You are human – being human is a beautiful thing, not something punishable by inward offence, contrary to what we seem to live as a collective species of self-loathers.”

- Ana Maria, 2021.



So what is self-care? Continued...

- Self care means a lot of things to a lot of different people... and this one size fits all society leaves no wiggle room for diseases such as post-natal depression, anxiety disorders, and chronic illness, including those which prevent a person from trying something new and different.
- You are allowed to be whoever you now are, just know that with some right information replacing some outdated beliefs and thought structures, you may lighten your load... and those holes in your ship can remain there without your sinking, because you may just free yourself of some heavier burdens, such as gym regimes, forced diet fads and other nonsensical remedies playing at solving a deeper issue...
- Learning to float with holes is more than possible, once you clear off the debris other people's lives threw at you and stuck onto your sails... Free yourself by becoming yourself, accepting yourself and then living as who life made you to be, no apologies required!



NEXT TIME:



We will touch on things such as mindfulness, breathwork, introductions to cooking and more in the months to come... just bear with the programme and get to know yourself...



It's where all change really begins... with knowing where you're starting from.



I hope you come to read up for yourself, enjoy learning about researched & evidenced information, and stop believing that the world you're sold is the world you need.



You have everything you will ever need... your body... let's look next session at how to take real care of it...



Stay the course...

This is a journey of self inquiry, not a lecture series, please know that this road map leads you in one direction... within yourself – the only place to discover your real world and purpose.

With love I wish you well on this journey within your own heart and mind... and am ready to answer questions, should you have anything crop up that you wish to ask.

Reach out @ <https://anamaria.org/got-a-question/>

Please be made aware that I do not engage via social media and this is the only way to contact me directly. Thank you.