

This month's čičyε circle teaching



“Everything has energy; everybody has energy. We need to take care of each other’s energy and our own.

Make sure that you’re aware of what’s going on around you. It’s a judgement call whether you engage with that energy or not. If I didn’t think I was in the right energy for something, I would step away and take care of myself. In order to be responsible and to get myself in the right energy, I would have to do self-care; look after myself with integrity.

Self-care would involve taking care of the body, and the mind as well. It would also mean taking care of the words that you say, taking care of your thoughts. Yes, even your thoughts come into play. And when you’re caring for children, all of these things come into play, even before the child is born. Definitely when the child arrives, you would have to take care of your thoughts and your actions. And even more so when you’re a grandparent.

We need to be very aware of where we are at in life, and make the best call for the children because they’re innocent and they don’t necessarily have the words to speak up for themselves. Children don’t necessarily have the words to use to be able to say: you’re not giving me 100%. So, we have to do it for them. We should always be at our best when we are speaking up for them, because it’s the children that will pay the highest price if we aren’t. We need to be more aware of our own energy and the energy of anybody else we’re with.



Taking care of energy, taking care of self is crucial.”

- Rose Adams, čičyε circle member