

# SELF-CARE: THE ART OF BALANCE

Mary Jo Feely

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# THE ART OF BALANCE

A balanced life is essential for personal effectiveness, peace of mind, and living well. Whether we work, go to school, or are retired, we all have responsibilities. The challenge we face is to balance what we must do with what we enjoy and choose to do. As we well know, this is not always easy, and we experience health consequences when we are unable to reduce stress. Nurturing and taking care of ourselves, knowing our priorities, expecting the unexpected, and maintaining a positive attitude can help us create balance in our life.

*“The ancients envisioned their world in two halves, masculine and feminine. Their gods and goddesses worked to keep a balance of power. Yin and Yang. When male and female were balanced, there was harmony in the world. When they were unbalanced there was chaos.”*

— Dan Brown, The Da Vinci Code

## Feminine & Masculine Energies

Yin (feminine) and Yang (masculine) represent the opposite principles found in nature that are ever-changing to create balance in life. We find them in pairs such as the moon and the sun, female and male, light and dark, passive and active, night and day.

In our pursuit of health and wellness, having balance in our life is essential. Paying attention to the balance of yin and yang helps us remain healthy.





# CREATING A HOLISTIC LIFE PRACTICE

## Reach For What You Need

Sometimes we can get the idea that we are not “doing” enough. While this idea may be real, it isn’t always true. In any given moment we are doing the best that we can. And that actually is “enough”.

Of course, we may really want to ramp up our self-care activities, which is a good thing. This can range from taking a walk or a detox bath, to exploring the healing properties of essential oils, crystal and gemstones. Whatever we decide “to do” to create a shift and deepen our self-care practice is to be celebrated!

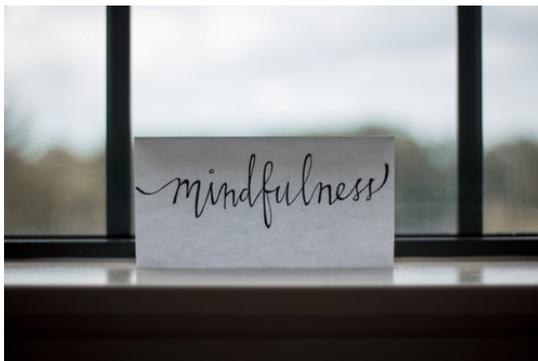
There is not right or wrong way to nurture yourself. Just keep in mind that for a balanced approach, you will want to incorporate physical, emotional, mental and spiritual practices. Creating a holistic and balanced self-care routine that addresses body-mind-spirit is the goal.

The beauty is that the choice is yours. The sky’s the limit!

# HOLISTIC HEALING



Physical



Mental



Emotional



Spiritual

# MAINTAINING BALANCE

## Emotional Wellbeing

Emotions are “energy in motion”. When we experience a balanced emotional state, we feel at ease and peaceful. Many life experiences, some recent and others from long ago, can influence our ability to remain centered and calm. Unsettling emotions feel uncomfortable, so we often simply want to avoid or ignore them. To heal them, however, it is best to focus our attention on them while nurturing them.

Allowing oneself to feel what we’re feeling, paying attention to whatever is arising, and sharing our emotions and feelings with others who we trust are practice that can support emotional self-care.

## Mental Wellbeing

Our mental health is impacted and influenced by a great number of factors, many of which we learn to navigate throughout each day. We live in a culture that encourages us to be busy, and multi-tasking has become the norm. When this happens, our brain state becomes agitated and out of balance, and we experience a sense of heightened alertness that is hard on our bodies and cells.

## Physical Wellbeing

Our physical health is essential. It is the most basic of all aspects of our being. Just as a child needs to master various milestones before becoming more aware of themselves and others, the same is true for our overall health. While we may yearn to bring fullness into our life, that cannot happen in its fullest if our basic health needs are not met. Self-care, which includes getting enough exercise and rest, proper nutrition, and feeling safe and secure, are at the root of attaining physical health.

## Spiritual Wellbeing

We are created to explore and deepen our spiritual connection with others. This includes the earth upon which we live, plants and animals, and other people. Developing a spiritual life and finding practices that support it takes a lifetime. In order for us to develop spiritually, our physical, emotional, and mental needs must first be met.

Self-care that nurtures spiritual health varies widely between people. From prayer and meditation to flying a kite or having a cup of tea. The important thing to keep in mind is that how you deepen and develop your spiritual life is unique to you.



# WORKING WITH GEMSTONES



## Why Work with Stones?

Stones and crystals have been used to help heal and restore the body for many thousands of years. Their vibrational properties vary widely, and each plays a unique role in helping to clear and balance the human energy field. The energy frequency of a specific crystal and your personal energetic needs, be they physical, emotional, mental, or spiritual are important aspects to consider when choosing gemstones for healing.

Some crystals have minerals embedded within them that are well known for their healing properties. For example, copper reduces inflammation and swelling. Wearing or carrying a gemstones that has a high concentration of copper, such as malachite, can support aching joints and sore muscles. Some crystals heal quickly, while others require more time to shift, clear and rebalance the physical body and energy field.



*“In a crystal we have the clear evidence of the existence of a formative life principal, and though we cannot understand the life of a crystal, it is nonetheless a living being.”*

—Nikola Tesla

## Get Grounded & Calm Down

When our energy field resonates with the magnetic frequencies of the earth, we feel safe and grounded. The earth’s magnetic vibrations help our energy field (aura) become stronger, and we find that we are able to calm ourself more easily. Just as a home built upon a strong foundation is stable, so it is with our physical and energetic system.

Crystals and stones that can help us connect with Earth frequencies include: Hematite, Shungite, Pyrite, Dragon Stone Jasper, Septarian, Tiger Iron, Red Jasper, Ruby and Rainforest Jasper. Gemstones that support calming include: Lepidolite, Rose Quartz, Chrysocolla, Malachite, Ruby Fuchsite, Turquoise, Emerald and Eudialyte.

## Clear & Transform Your Mind

Clearing our mind of unwanted and unneeded clutter and busyness is an art form! It takes practice—a practice built, literally, from the ground up. When our physical and energetic bodies are well-grounded and calm, we can then move on to the work of clearing our minds and transforming our lives.

Gemstones that can help us clear our minds include: Lapis Lazuli, Sodalite, Blue Lace Agate, Clue Apatite, Fluorite and Amethyst. Crystals and stones that promote transformation include: Indigo Gabbro, Nuummite, Clear Quartz, Selenite, Chiastolite, Kyanite and Shiva Lingam.

Video Links: [Explore Crystal Healing](#)

# ESSENTIAL OILS ARE ESSENTIAL

Breathe deeply. Pure essential oils take us on a sensory journey that can instantly soothe and balance both body and mind. From the sweet aroma of lavender to the stimulating fragrance of eucalyptus, essential oils ignite the senses and enliven the body. Packed with botanical essences, we discover rich healing properties that cannot be found elsewhere. Whether it's a single oil that elevates our spirit or a blended formula that promotes mental clarity and balance, these powerful essential oils invigorate our senses as they transform and heal.

## Lemon

Lemon has a strong, purifying, citrus scent that is revitalizing and uplifting. Lemon is a power antioxidant. It is delightfully refreshing in water and may be beneficial for the skin. Lemon may also be used to enhance the flavor of foods. Lemon essential oil is cold-pressed from the rinds of lemons.

Video Link:

[Healing with Essential Oils](#)

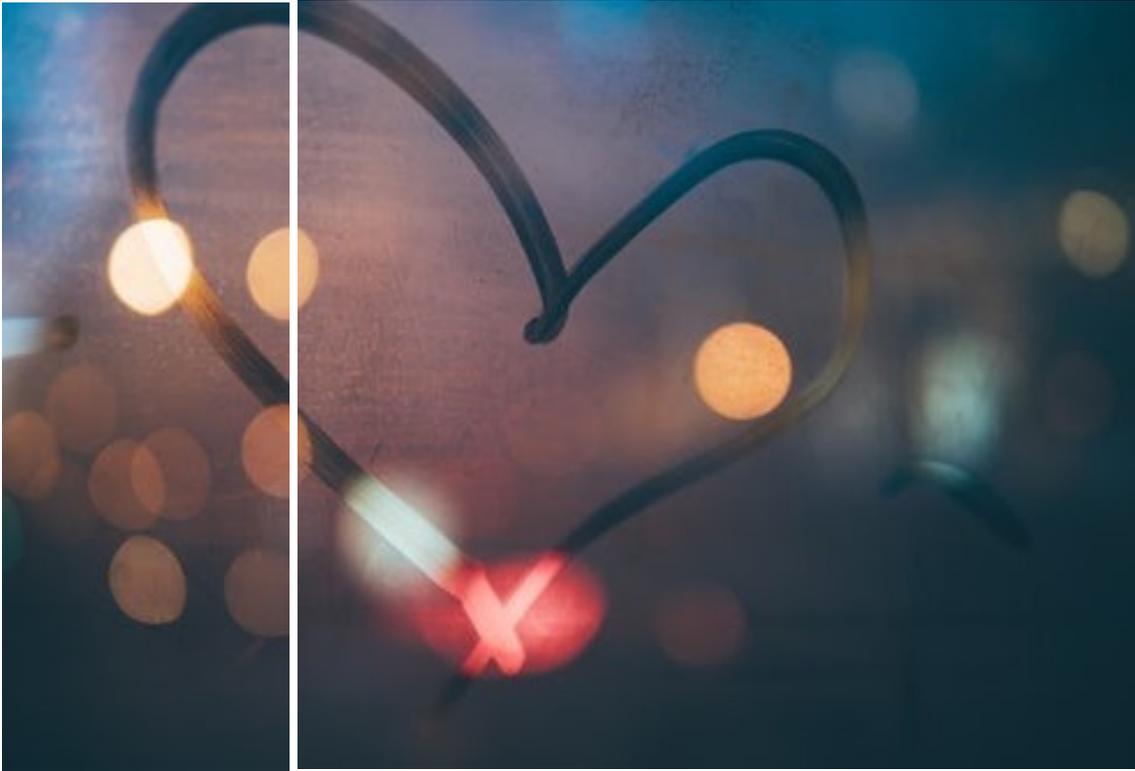
## Peppermint

Peppermint has a strong, fresh and minty aroma. It is one of the oldest and most highly regarded herbs for soothing digestion. Studies have shown peppermint to have a supportive effect on the respiratory system and the liver, improve mental sharpness and concentration, and affects the brain's center that triggers a sensation of fullness after meals.



## Lavender

Lavender has a fresh, sweet, floral, herbaceous aroma that is soothing and refreshing. Because it is the most versatile of all essential oils, no home should be without it. Lavender can assist the body when adapting to stress or imbalances. It is a great aid for relaxing and winding down before bedtime, yet has balancing properties that can also boost stamina and energy.



## HEALING - A NATURAL PROCESS

*When you open yourself up to the innate healing power contained within your body you heal — body, mind, and spirit.*

## Healing At Home

### **You Are Your Own Healer!**

Within you resides everything you need to heal yourself and others. Simply put, healing is the process of sending compassion and love wherever it is needed.

Begin by placing your hands upon any part of your body that is hurting, then send nurturing and loving thoughts to that part of your body. This is a simple yet powerful form of healing. You can do the same with feelings, thoughts and emotions as well.

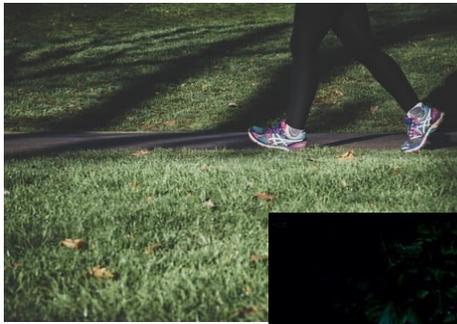
Offer love to whatever arises, and allow the healing energies within your body to flow. Open your heart to the transformative power or compassion, and heal.

It is truly as simple as this!

# Creating A Self-Care Practice

Nurture

Body • Mind • Spirit



Balance  
Self-Care



Video Link:  
[Creating  
Sacred Space](#)



Mary Jo Feely is the Director of the Center for Crystal and Healing Studies, and owner of 4th Dimension Healing, a private healing practice in Stillwater, Minnesota. Mary Jo has a passion for healing and wellness. She works with clients and students, helping them deepen their own ability to heal themselves, and expand their healing gifts as they learn to help others to do the same. Mary Jo offers in-person, virtual and self-paced online courses. Topics include: Usui Reiki, Crystal Healing, Energy Healing, Meditation, Spiritual Development, and Self-Care.

Mary Jo is a registered nurse of over 42 years, accredited and certified Healing Touch Practitioner, Usui Reiki Master/Teacher, Certified Crystal Healer, Healing Touch Spiritual Ministry Healing Practitioner, and mystic. She has been working in the Energy Healing field since 2003 and has studied and received extensive training in Healing Touch, Usui Reiki, Back Chakra Activation, Hara and Crystal Healing, Essential Oils, and Christian, Tibetan Buddhist, and Hindu meditation practices. Mary Jo also offers healer mentoring and is available for seminars, workshops and retreats.



*4th Dimension Healing*  
Energy Healing • Classes • Gemstones

## About Mary Jo Feely

Mary Jo is a member of:

- American Holistic Nurses Association
- Healing Touch Program, Inc.
- Healing Touch Professional Association
- International Center for Reiki Training Reiki Membership Association
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