

Ignite Your Flow

**7 Ways to Take Steps From
Selfcare to Your Creative Flow**



Inside Wisdom | Jessica Versluijs

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INTRODUCTION

hello!

Hello, my name is Jessica. Originally coming from the Netherlands. At the moment I share my life in Spain with my partner and our beloved cat, while our wonderful daughter resides in Amsterdam. Together, we embrace the adventures life brings our way.

For a long time, life felt like it was sailing smoothly, or so I believed. I was working hard, doing my best and thought this was the normal way of living. That was until 2002, when my pregnancy became a pivotal moment of awakening for me.

Guided by a deep intuition, I realized the importance of self-care. This is just a glimpse of my journey, which had been quietly unfolding beneath the surface.

*To Your Inside Wisdom,
Jessica Versluijs*



MY SELF CARE JOURNEY



Through this transformative process, I learned to reconnect with my hidden feelings, and often finding solace and clarity in nature. It was during this time that I discovered how clarity and inspiration came from within, the name "Inside Wisdom" was born.

Since 2007, I have been dedicated to guide others to connect with their inner wisdom, harmonizing their physical, mental, and emotional selves, and encouraging them to create from a place of flow.

Discover here how seven self-care tips can help you truly nurture yourself, paving the way for creativity to flourish with greater joy, calm, and confidence. Are you ready to embark on this transformative journey?





01. BREATHE & BALANCE

Many of us are breathing shallow, especially when we are 'busy' or completely absorbed in an activity. For example, when you are on your phone or engaged in other screen activities.

Your breathing helps you eliminate waste products. When you breathe deeper and fuller, you release unnecessary tension.

How can you improve your breathing?

- For example, practice this simple breathing exercise: inhale for 5 seconds, hold for 5 seconds, and exhale for 5 seconds. Continue for 1 minute and repeat it a couple of times a day.
- Read the [blog 5 Tips for Focused Breathing](#).



02. FEEL THE MIND

When you engage in creative play, and you are overly focused on your thoughts, can hinder your progress. It can disconnect you from your body and feelings. The most enriching creative flow occurs when you are in tune with both your body and your feelings.

The first step is to recognize the tendency to solve, control, or overthink in your mind.

How can you reconnect with your feelings?

- Listen to my guided meditation, "[Feeling and Tuning In This Moment](#)" (8 min.).
- Close your eyes, place your hands on your belly, and focus on your breathing and the sensation of your hands. This practice helps you become more attuned to your body and feelings.



PRO TIP

Acknowledge Emotions: Identify any emotions you're currently experiencing without judgement. Simply notice them and name them (e.g., "I feel anxious" or "I feel content")



03. FROM RESTLESSNESS TO RELIEF

Two key signals that guide me are:

- When I feel rushed or experience uneasy energy, it indicates that I'm not in tune with my natural way of being.
- Conversely, when I feel a deep sense of calm combined with joy, it signifies that I'm in my element.

If you find yourself feeling unrest, here's how you can reconnect with your powerful flow:

- Acknowledge the unrest and accept it. Notice how it manifests in your body.
- Write down the sensations you experience; this process helps dissipate the unrest by directing your attention to it.
- Remind yourself that you can handle these feelings.
- Change up your current activity. Consider altering your pace—either slow down or speed up. Breathe more deeply and consciously, or move your body in a new way.



04. SHIFT TO MOTION

Reflect on which of the following statements resonates with you the most:

- Are you someone who is frequently on the move, often choosing active pursuits?
- Or do you prefer a more relaxed approach?

How can you discover the right form of movement for yourself?

- The key is to engage in activities that bring you joy. When movement feels like an obligation or a chore, it loses its appeal and enjoyment.
- If you're inclined towards active movement, consider exploring more passive and gentle practices like yin yoga, yoga nidra, restorative yoga, slow walking, or Qi Gong.
- Conversely, if you favor calmer activities, intentionally seek out more intense and dynamic experiences. Have fun experimenting!
- Don't hesitate to try new forms of movement, surprise your body!



PRO TIP

If you are at home or you feel free wherever you are: Put on one of your favorite songs and start dancing!



05. FROM RUSH TO SLOWING DOWN

If you often find yourself driven by restless energy, you might be operating in survival mode. This state is typically marked by a fast pace and unconscious actions.

Consider, for instance, 'eating quickly, not truly tasting or enjoying your food. What impact does this have on your body?

What happens when you intentionally slow down?

- Try preparing a cup of tea or coffee with deliberate slowness.
- Select an activity you usually perform mindlessly and execute it very consciously, at a snail's pace.
- Pay attention to your breathing and movements, and notice the effects.
- Give yourself this space and be open to the surprises it may bring.



06. THE JOURNEY INWARD

Yes, I'm talking about meditating.

Why meditate?

- You experience calmness;
- You have clarity about what you want;
- You make decisions and choices more easily;
- You are less distracted and can focus better;
- You have more energy;
- The right people come into your life, and
- You attract situations that support your desires
- The feeling things are falling into place, synchronicity

How can you get started?

- Start with short, guided meditations.
- Look for example on the app Insight Timer and try out what suits you.



PRO TIP

Try out this short 1 minute guided meditation "*The Nose is the Portal to the Soul*"



07. WHAT MAKES YOU HAPPY?

Do you have activities in your daily life that are making you feeling happy?

It also can be doing something creative, as long as you allow yourself the space for it. It is an important way to live from your own wisdom, because your soul becomes very happy from this!

What makes you feel happy?

Perhaps painting, cooking, building, drawing, sculpting, singing, knitting, dancing, acting, writing, making a vision board, working in the garden, playing a musical instrument, or something else that makes you very happy. For example, I also become very happy from swinging in the playground. What is it for you?

Do you allow yourself time for this?

Do you know the excuses: 'no time for it', 'I don't know how', 'what will others think?', 'What if it...', 'That's not for me', blablabla.

If you are very honest, underneath that resistance often lies a fear of actually doing it.



For a long time I thought myself I wasn't sure what made me happy and what to do as something creative, so I decided to dive more into this.

It helped me to start walking in nature, in the woods, by the sea, along the river. Doing this made me realize and experience the beauty of nature.

And I came across the two books that inspired me in my creative journey. The book 'The Artist Way' from Julia Cameron and the book 'Big Magic, Creative Living Beyond Fear'. It felt like Elizabeth Gilbert took me by the hand and invited me to let my own creativity be heard.

Answer these 3 questions for yourself:

- *What activities would you like to do where you can express your creativity and that make you very happy?*
- *What is holding you back from doing it?*
- *What mini step can you take today to respond to a deep (hidden) desire within you?*





TAKE ONE ACTION TO IGNITE YOUR FLOW

Are you ready?

- *Which of the 7 tips resonated with you the most?*
- *Choose one now that you will take on today or in the coming days.*

I hope that with these 7 ways, you will take a step forward, take better care of yourself, get closer to your own wisdom, and have more fun and joy!

Can you let me know what it has brought you?

I would love to hear from you!

Send an email to jessica@insidewisdom.nl

To your self-care and creative flow!

Jessica

PS. look around on www.inside-wisdom.com

