

## Nourishment\* by Jenny Werbeloff

The Macquarie Dictionary defines nourishment as: ‘to keep alive with food, etc’; ‘supply with what is necessary for maintaining life’; ‘to encourage for further growth’; ‘to sustain with food or nutriment’; ‘to foster or promote’

Nourish is a word I use often. I find it is sprinkled through my oral and written speech. I experience nourishment as a full-bodied, life-giving elixir that not only maintains me, but supplies a depth of sustenance that is deeply satisfying, and promotes a state where I abundantly flourish.

It is not surprising that this word is so important to me. Having come from an incubator, as I was born at seven months, and tube-fed, I imagine ‘struggling to survive’ was imprinted in my being. What does it take for me to be able to generate an ongoing life-sustaining stream of well-being? I have held this question as a constant enquiry that has guided my life and the answer I have discovered, I wish to share with you.

Nourishment is a state of being I offer myself, that I continually feed to my body, mind, heart and spirit, in order that I am self-replenishing.

So, what does this mean? What is this state of being? Is it easily accessible to everyone? How do we measure this? How will I know when I have it? How do I recognise when I don’t have it?

I like to take the example of a tap running. Like our present state of alarm over our water crisis which has occurred as a result of us continuing to withdraw without ensuring our ongoing supply, *and* believing that ‘what I do makes no difference’. However, as we now know, the depletion catches up, regardless of what we believe. In the same way, most people have been running out of this life-promoting elixir (life-energy) with great cost to their health and wellbeing, their joy and overall life fulfilment, since they began to draw on it for their survival.

Using without replenishing this life-affirming and life-promoting fuel is the reason that struggle enters almost every area of our lives. We have never been formally taught that we need to replenish this, *or that we can*, so our taps are continuing to run unchecked and we are deprived of this essence (essential) vibrancy that promotes wellbeing and joy.

When I am in a situation that saps my energy, I become aware of a feeling of discomfort in my body, which I could feel as restriction, pressure or turbulence in my abdomen, tightness in my chest or pressure in my throat, heat or tension in my shoulders and head, or a restriction to my normally rhythmic, slow and easy breathing.

All of these are powerful indicators that, if we notice, alert us to another possibility, another choice. Our bodies are our barometers and, with awareness, we can develop this skill very easily.

Being in tune with myself is the key. Once I notice discomfort, I make a new choice. I change ... My new choice, which involves a different way of thinking/doing/living, adds to my comfort and gives me a feeling of vitality, openness, aliveness, and ease. I have discovered that shifting from restriction to ease and greater vitality is something that I have absolute control over.

I experience 'nourish' as a word that denotes life-giving. This is a quality that, once held in the consciousness, gains momentum and for me, dictates all my choices. As 'running out of puff' is not what I am interested in doing, I mould and shape my life in accordance with this foundational premise. I have discovered that with this as a definition and a guide, it is very simple to do. I urge you to let go of 'struggling' and re-place your thoughts, beliefs, actions and way of being so that they are aligned with a joyful expression of yourself and your life.

It is very simple to do. It is your choice. It is up to you.

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