



Discover Great Health

CHILDREN LEARN FAST

I saw a dad with his 2-year old daughter sitting outside. He had just gotten off work and was tired. She ran over to him and threw her arms around him and kissed him. Then she said, "There. Now all "yooz" bad feelings go away." No picture could more aptly describe his joy than this image.

NURTURING IS PROVISION

An interesting thought I've had over the last several years is that when we nurture and care for children, we are in fact providing them with sustenance to grow and learn to do the same. They give us back what we have given them. They learn to tend wounds. No greater feeling is there than having a small child kiss the booboo away.

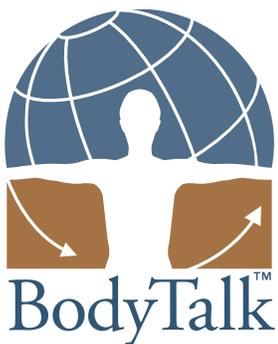
PROVISION IS NURTURING

Taking this a step further, I began to see that provision is nurturing. That they really are the exact same thing. Where does one end and another begin? Providing for a family is nurturing them. It provides the environment through which they grow and learn to do the same. We think of provision and nurturing as separate because the way in which they manifest looks different.

REDEFINE LOVE

Many people who know me have heard me say many times that I have redefined the way I think about love. Because I have redefined it, I also see nurturing and provision as inseparable parts to love. Love is accepting someone exactly the way they are (even ourselves) without question, without reservation, without judgement. May you experience love in your life.

The views expressed in this article are educational in nature and reflect the personal and clinical experiences of the author.



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