



nurture yourself

THE MOST IMPORTANT RELATIONSHIP YOU'LL EVER HAVE.

by Alison Canavan

The most important relationship you will ever have is the one you have with yourself. It is the only relationship that begins the moment you are born and stays with you until the day you leave this earth. Every other relationship you have with family, friends, partners, children and colleagues is filtered through the lens of how you relate to yourself.

For most of my life, I didn't understand this. I poured everything I had into others, thinking love meant giving until there was nothing left. I said yes when I wanted to say no. I worked past my limits. I gave from a place of depletion, not abundance. Inevitably, it led me into cycles of intense burnout. It wasn't until I stopped and truly began to nurture my own relationship with myself that everything shifted.

Here's the truth I've learned: when you fill your own cup first, you have infinitely more to give. Real love and generosity don't come from running yourself into the ground. They come from a place of overflow from a heart that is nourished, balanced, and at peace.

This ties into a universal truth known as the Law of Circulation. This law reminds us that life is a constant flow of giving and receiving. When we give freely, without expectation, without strings attached, we open the channel for energy, love, and abundance to circulate back to us. But here's the catch: if your giving comes with conditions, or if you only give to get something in return, the flow is blocked. True giving is unconditional.

But there's another piece many people forget: receiving. The law works in balance – you can't just give, give, give and expect to thrive. You must also learn to receive.

And this is where so many of us struggle. Think about it – when someone gives you a compliment, do you take it in fully? Or do you brush it off with a quick deflection? That small moment reveals so much. If you cannot receive a kind word from another, chances are you're also struggling to receive love, compassion, and kindness from yourself.

And here's the beautiful paradox: you can only give to others what you are willing

to give to yourself. If you want to offer others patience, you must first cultivate patience with yourself. If you want to give love, you must be willing to sit in love for yourself – even the messy, imperfect parts. This isn't selfish; it's essential.

When you begin to honour your own needs, fill your cup, and truly nurture yourself, you become a vessel through which love flows more freely. Giving becomes joyful, receiving becomes natural, and relationships with others and with yourself begin to flourish.

The relationship you have with yourself is the foundation of everything else. If you are kind to yourself, the world softens. If you are compassionate with yourself, you extend that same compassion outward. And when you choose to love yourself first, you create a ripple effect that touches everyone around you.

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