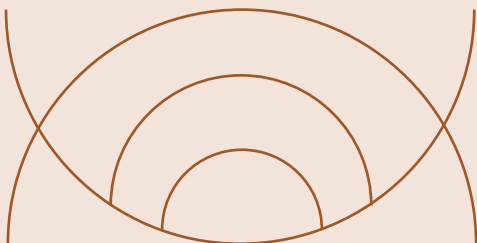


The Self

club
psora



From our founder



Congratulations! You've made it to the tail of the snake, the point of rebirth. This chapter is short and sweet. We take a break from physiology so you focus on the big picture and one very important question: who do you want to be in this life?

Each time you arrive here in your healing journey you may need to do a little Marie-Kondo of your life — your social network for instance and the events and activities you partake in. Say no to things that you don't want to do! Give yourself permission to make choices that benefit you and your healing first. Cite your goal to heal your chronic illness if you receive pushback. Sometimes people need a reminder that you're on a special path that requires dedication and commitment.

On that note, think about the people in your life giving you pushback on the lifestyle changes you're making. Lean on your friends who get where you're coming from and want to support you. There may even be an organic filtering process where the friends who see you rise to the top. Let this be your guide for how to prioritize; quality over quantity. Consider this when you schedule meetups so they give you energy, not drain you.



There can often be a grieving period when you make a big change in your life. It's like your favorite shoes no longer fit. As a person who experienced my first psoriasis flare later in life, I felt this grief strongly. I changed a lot as a person in the year I spent completely dedicated to clearing my skin and understanding my condition. Some of the people I thought were my closest friends had trouble supporting me in the lifestyle changes I was making — like cutting back on alcohol and late nights out. Others scoffed at the idea that I was trying to heal myself. It turned out that they were only compatible with one version of me. Eventually they fell away from my life path.

It's okay to grieve the version of yourself you're letting go of and it's an important part of the process. By participating in this course, you're accelerating your own evolution and learning the tools to carry that with you throughout your whole life.



- Miriam Thom

The Self

As a Pillar of Self-Healing

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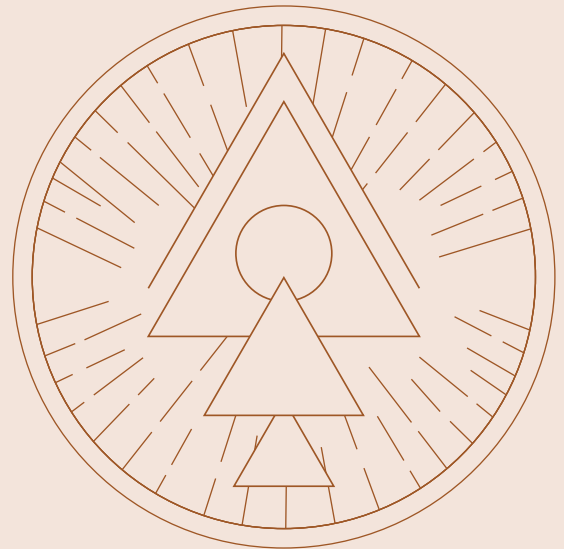
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The Self

Changing your life in the ways self-healing often requires is an incredible feat. Your relationship with your Self is at the heart of the dedication it takes to make this change and stick with it.

Welcome to your final pillar of the self-healing cycle! This is your chance to consider what assumptions about your mind and body have been challenged in the past few months and all the moments in which you've thrived.

Changing your diet for a few weeks is tough, but a lifelong shift in how you approach feeding yourself is a whole different ball game. Maybe you've sat for nine minutes of quiet time every day since you started with club psora. This chapter is about finding the strength to sit for another 343 days this year.

In a world of yo-yo health trends, we're trying to provide a model that empowers long-term change — the circle of healing that begins and ends with you and your commitment.

We capitalize the Self because it refers to your highest essence of being, the happiest, healthiest version of you. It can sometimes be difficult to access the Self, to communicate with it, to understand its wants and needs. Part of our work here at club psora is opening that pathway, pulling away the brambles that inhibit access and those essential conversations.

This week, we consider aspects of the Self relating to how we value ourselves, how we show ourselves love and how we sometimes self-sabotage. We discuss the shifting identity that a chronic health condition often entails and reflect on the power of vulnerability in sharing our stories.

These principles are tools to think about ourselves in new ways, to gain new perspectives and empower self-reflection. They are the pathways to motivation, empowerment and long-term commitment.

This is where you find the strength to begin the cycle anew.

Principles

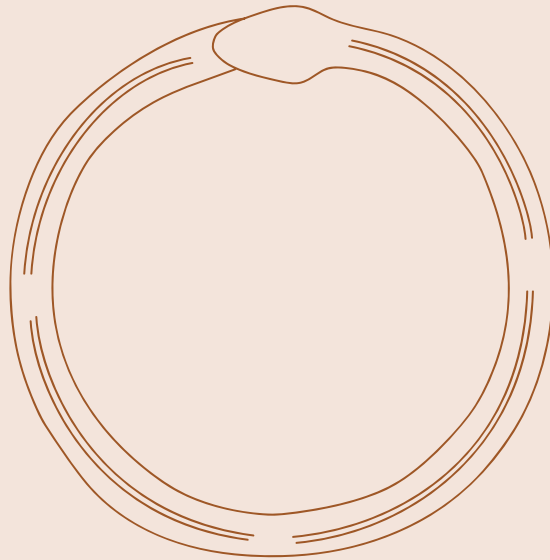


Defeat is a state of mind;
no one is ever defeated
until defeat has been
accepted as a reality.
Defeat simply tells me that
something is wrong in my
doing; it is a path leading
to success and truth.

- Bruce Lee



Life is full of
opportunities to get
derailed from what we
like to call your divine
path. And you will, we
promise. Take your
challenges in stride.
Honor the missteps,
learn from your falls.
When you need to pick
yourself back up or
you've lost your way,
look to the core
principles of the Self to
guide you home.



Healing as a circle

When it comes to the path of healing, there isn't always a final destination. Even when we think we've arrived, we find that a new journey quickly begins.

When it comes to healing your skin, going clear is definitely a goal. But once you get there, you'll realize there's plenty of work to be done to prevent future flares. Don't get us wrong, going clear is a huge success! Staying clear is a lifelong commitment, one that involves a recurring consideration of:

—— the source of your goal to go clear

—— giving your body the tools it needs to restore, grow and flourish

—— engaging the mind-body

—— renewing the commitment you've made with your Self.

As you navigate these principles, you'll inevitably go through multiple stages of transformation, letting go of former versions of yourself to make room for a new you. Ideally, you'll develop habits here that allow this evolution to continue throughout your lifetime.



How we spend our time greatly impacts how we feel about ourselves. In fact, it can be defining.



Casual behaviours can turn into habits, which can turn into life-long patterns — for better or worse.

Self Care is Self Love is Self Worth

You've likely spent a lot of the last few months in introspection and reflection. This is such a crucial part of healing — but let's face it, it can be tiring to be in a constant state of self-study.

In addition to healing ourselves, we also have to live, work, rest and unwind. Ask yourself: how do I spend my time? Maybe you've identified activities you engaged in because you thought you had to, which now don't seem so necessary. As for habits of escapism — we call these fillers. Like overeating, binge-drinking and spiralling on screen time, a filler is a distraction. It's something you consume to fill time and headspace and avoid your true Self.

Think about how much time you spend doing things that make you feel creative, happy, relaxed and content — activities that serve as positive substitutes of what were previously fillers. Finding these replacements can be a challenge in itself. When the parts of ourselves are disjointed, it can be hard to know what makes us feel truly whole.

Sometimes we may even mistake fillers for something that feeds us. The momentary gratification might feel good because it's distracting us from something — our anxiety, ongoing conflict or negative feelings about our condition. This said, fillers are a part of life, and they ideally can and should be consumed in small doses. Enjoying a glass of wine is different than drinking every night to numb anxiety. Scanning the 'gram for 10 minutes can be a fun little dose of relaxation and connection with friends and peers — scrolling for hours every night because you can't sleep is a very different thing!

Be honest with yourself about your habits in your free time. This can start with simply taking note and reflecting. Then might come some more difficult questions. What are you distracting yourself from? What are you numbing? What are you avoiding? Remember, it can be difficult to serve your highest Self at every moment of the day — but it's not hard to consistently carve out even just a few minutes for this version of you.

Self Care is Self Love is Self Worth

Keep your promises to yourself. The more you do, the more you build self worth. When you keep your word to others, you build trust and respect. The two work in a symbiotic dance and help each other grow. Enhancing your self worth will have a direct effect on your quality of life because in fact, the two go hand in hand.

Fulfilling activities ultimately act like gifts to yourself, a form of showing yourself love. Sometimes our negative patterns and behaviours can signal a form of self-sabotage, that we feel we don't deserve the things that make us feel good or empowered.

In order to love yourself deeply and genuinely, you must know your own value and self worth. Try something this week: when you do something for yourself, say quietly in your mind, I deserve this.

Making these changes doesn't have to mean an overhaul of your life. There are so many simple activities to increase dopamine and serotonin in healthy ways. For some, this could mean spending more time creating (watercolor paintings to hand-knit socks to love poems, they all feel pretty great). For others, it simply means moving more, spending time outside in the fresh air, going deeper into your meditation practice and setting aside time in your day to self-soothe and self-care.

The latter can look like a dozen different things: listening to more music, cooking special meals, lighting candles when you have a bath, enjoying aromatherapy, using ambient lighting at night. One of our favourite ways to incorporate self love into daily routine: when using creams to relieve your symptoms, treat this time as a ritual. Thank your body for the progress it's making and massage the creams or oils into your skin in a way that feels like nourishment.



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MORE. SELF. CARE.

Make two lists:

1. Activities and situations that give you energy.
2. Activities and situations that drain you or you used as a filler to provide temporary or unsatisfying distraction.

Do more of what feels good. When something feels good, don't deprive yourself of it, lean into it. You deserve every ounce of feeling good, and don't forget to remind yourself of that.

For those who haven't experienced living with a skin condition, it can be very difficult to understand what it's like in our shoes. If you had your first flare later in life, you may feel that you've already lived two lives: the one before and the one after diagnosis.



Depending on the severity of your skin condition, you may have experienced double-takes or sympathy stares from strangers. Due to the fact that skin conditions are so often hidden, most people are unaware of the emotional and physical strain they can have on your life.

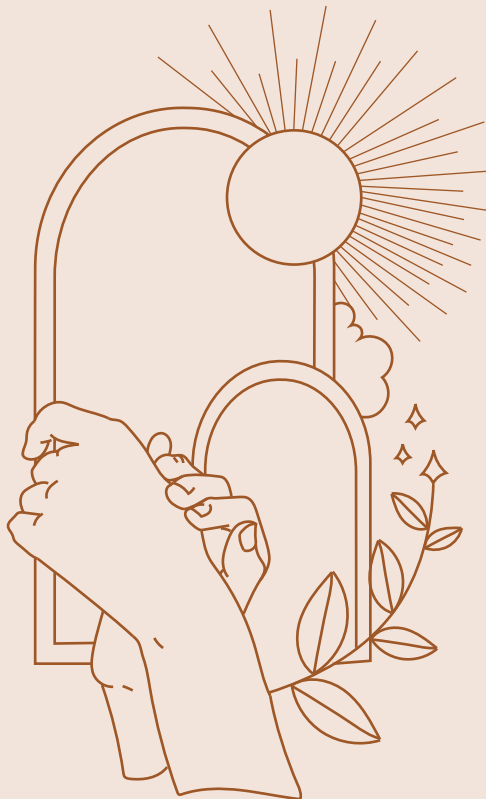
Identity

A guiding principle to view your diagnosis is that your skin condition didn't happen to you, it's happening with you. How will it help you become more of yourself in this life?

If you've found yourself here, we imagine that you have taken one of two roads: you've either dealt with your skin condition since childhood, been on and off medications, found a way to manage and you're coming to us with intrigue of what else is possible.

The other path is likely someone who has been diagnosed in their adult life and did not accept the label of incurable — so they found club psora as an alternative. The biggest difference between those two relationships is that the first has likely accepted their skin condition as a part of who they are — their chronic illness intricately tied to their identity. Whereas the second story is probably still grappling with how to assimilate their diagnosis with their lives. You can be anywhere in between or off this spectrum at club psora because it's never too late or too early to heal.

Sometimes, we can be so focused on fixing our bodies that we end up losing sight of our higher selves. Your ego has probably been bruised by your skin condition. But what's deeper than ego is your true Self. Remember, if you're able to reframe the narrative around your diagnosis where your psora becomes a guide rather than the antagonist, you're taking your first step toward the healing journey.



Sharing Your Light

Nothing empowers your highest Self more than giving what you were created to give. But first, you have to find your voice. Let's expel the myth that we are othered and share our stories as a sign of our strength and vulnerability. You've found a club where you belong. Your story and what you bring to all of us is cherished.

With the growing awareness of skin conditions through social media, the public's understanding of what it means to live with chronic conditions like psoriasis and eczema is changing.

Those challenges will connect you to other people who have gone through something difficult — not just those with skin conditions. In trauma work, they say talking through a particularly difficult experience can alleviate a block in your body. "Coming out" with your diagnosis on social media, to your boss or even your friends can melt away a lot of the shame you're carrying about the way that you look. You'll be surprised at how receptive people are when you do open up.

Here's how we look at it: similar to the contract you signed when you first joined club psora, your soul came into your body with a contract to live out during its time here on earth. We all have a different contract and reason to be.

The purpose of life is to discover your very specific gift or light and share it.





HOMEWORK

Write a list of all of the labels that you've been given overtime. Maybe this was something your siblings or friends called you when you were young, your diagnosis, the thing your teacher said to you in the gym, the negative self-talk you say to yourself in the mirror, the thing your grandmother said to you over tea — write down every last word. Then, tear it to pieces.

Make a post on social media about your skin on your public-facing profile and see what happens when you open yourself up to vulnerability. You don't have to write a novella, but maybe that's what feels good to you. Whatever you say, let it come from the heart. Tag @clubpsora if you want us to reshare. You've got this.

Not particularly into sharing on social media? Email or DM us and we'll share with members only or you can lead a circle share at the next livestream or zoom. Expression is freedom!

Focus: The Hero's Journey

The Hero's Journey is a circular narrative in which the hero faces a call to action and embarks on a journey. On this journey, they go deep into the abyss of their darkest shadow before a transformation brings them home a changed person. It's facing the unknown and coming out on the other side that allows us to ascend to our higher selves in this life.

The Hero's Journey is a story structure codified by Joseph Campbell in the late 1940s. Campbell is the grandfather of contemporary mythology analysis and one of the first literary minds to use these traditional archetypes in modern application. For those of us on the healing journey, it's an essential story of perseverance and empowerment.

Responding to that first call-to-action can be really difficult. But you've taken the step and are hopefully beginning to see your own hero's journey unfolding in real time. Lean into the guiding words of your mentors, the darkness of your shadow, your negative-mind, and your triumphs in the last month — what are they telling you?

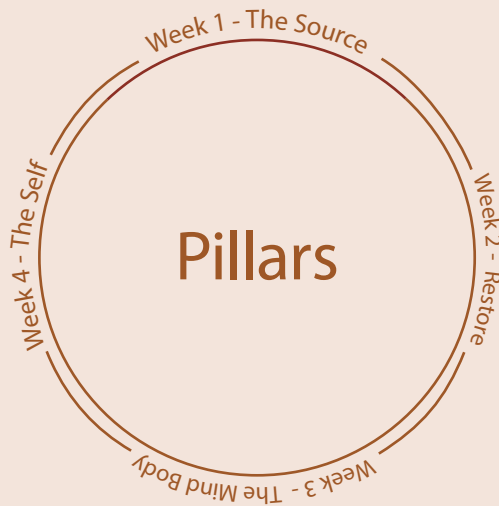
Like all journeys, sometimes the hardest part is making your way home. You may not be close to that part of the journey but when you do get there, you may return to find that everything has stayed the same and you're a different person. Integration can be one of the trickiest parts of transformation but it's essential that we don't let a habitual and comfortable environment pull us back into our old patterns and behaviours. The journey home is a path of uniting your old self and your new self in harmony. It's a path of mindfulness, balance and deeper understanding — far beyond your skin.



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Create a phrase for yourself, an affirmation or mantra. You can choose something from your Declaration to yourself in remission — something that you wrote before beginning the journey.

An example: I am worthy. When you start to feel like you're up against the world and you just want to give up: repeat that mantra to yourself. Note which moments this phrase arises for you and record those situations in your journal. Make this process of awareness and reflection a habit. If you manage to redirect yourself in a moment of vulnerability where you were in danger of being derailed, reward yourself. Take a moment and breathe. Dedication to your higher Self feels good.



Congratulations on completing the club psora cycle of healing! Take some time to reset, absorb the curriculum and look back over previous packages. Congratulate yourself on all you've learned, reflect on the specific areas that interest you, and connect with your community. Integrate what you've discovered, reread for absorption and continue to evolve and heal. Remember you're on the journey now, be gentle with yourself as lasting results can take time. Healing is after all, an inside job.

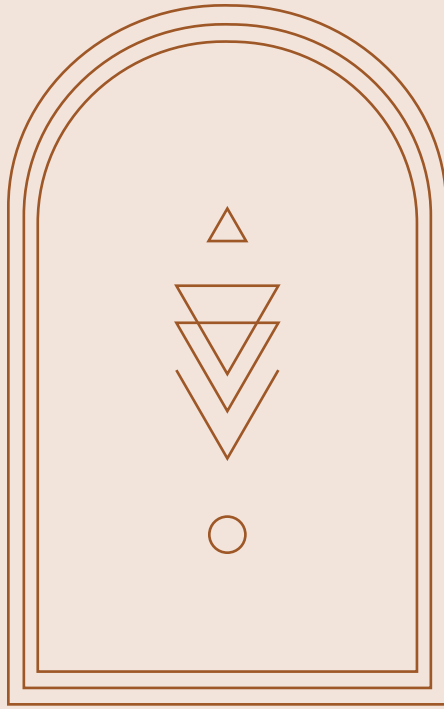
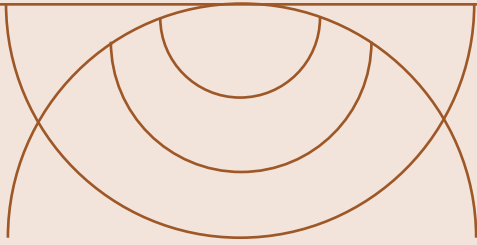
At club psora, our goal is to help you heal your skin by guiding you towards homeostasis — a state of self-maintained balance in the body. Since every case is different and we still don't know exactly how various skin conditions start, there is no perfect cure. Your triggers and sensitivities may change throughout your life and therefore, your approach will have to as well. The more energy you put into the process, the more you will get out of it. Every time you return back home or to the start of the healing cycle, the work begins again.

Don't forget to write in your journal and find 9 minutes of quiet time every day.

We're here for you.

xo

**club
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The Self

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