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Fri, 4/24 8:08AM 1:26

SUMMARY KEYWORDS

diligence, practice, lyme disease, diligent, day, supplement, healthy lifestyle, spiritual practices, heal, daily lives, sleep, messy, remember, perfection, healthy, protocols, separate, balance, patience

SPEAKERS

Claire Dalton



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Hey guys, when you have Lyme disease, it is really important that we practice two things every day. And those two things are diligence and patience. And there's a really fine, fine line between those two things, right, which means that we have to find balance in our daily lives. So what I mean by diligence is that we have to be diligent in everything we do if we want to heal, so we have to be diligent in what we're eating and eating right to be diligent in drinking enough water, getting enough sleep, taking our supplements and our protocols, practicing healthy lifestyle, even just spending time with healthy people, and especially being diligent in our spiritual practices. And then as we do that we can heal as we practice a diligent life, right? We also have to remember that perfection and diligence are two very separate things. Okay. So their life is messy, and it's crazy. And especially with Lyme disease, that seems to be the case. And so there will be days that you don't get enough sleep or there will be days. Maybe you forget to take a certain supplement. And we have to be able to realize that that's okay. It's okay to forget things and to be gentle with ourselves. And so the next day we just we practice diligence again and we'd be patient and we love ourselves. And we remember every day to love ourselves because we are worth loving, even if we have Lyme disease. So don't forget that guys. Thanks.