

### *How to Use Your Love Pages*

Make sure you have a PDF reader on your computer or device. We recommend using Adobe Reader. It's free and you can download it [HERE](#). If you already have Reader, you can follow the same link to make sure you have the latest version.

Download this Love Page to your computer or device by clicking on the link, if you haven't done so already. It should download immediately.

If you want to work with this Love Page on your computer it is all set to go for you to add your beautiful Self to these pages. STOP BEFORE YOU DO — and make sure you opened your Love Page in Adobe Reader or your effort WILL NOT SAVE. Do a quick test to make sure. Open your Love Page and type a few words, close it and reopen it to make sure it saved your work.

Mother would prefer you print off your Love Pages and write longhand. She has taught for years that this is a more effective technique than typing to take you deeper into your Being. And She's not the only one! Studies show that writing out your thoughts, feelings, and desires longhand gives you a much bigger return on your effort. You can also write it all out in your *Igniting Your Glory!* journal.

Here's the most important thing — whatever you choose, make sure it's what works best for you. This is your course. Move through it in a way that supports and nurtures your love and growth. No matter what Mother suggests, if it's a deal breaker for you She would MUCH rather you choose the path that keeps you engaged and consistently showing up.

If you are struggling with the technology of your Love Pages, please contact us at [support@belovedpublications.com](mailto:support@belovedpublications.com) so you can get past the frustration and into the creation.

## Best Feeling Ever

*“What you seek is seeking you.”  
-Rumi*

Sharing your gifts with the world as a manifestation of what really matters to you is at the heart of service.

1) What does service mean to you, from the perspective of both your shadow and light?

2) For you, what's the difference between service and servitude? Defining each word might help with clarity.

3) Write down all your fears concerning service, no matter how illogical or fantastical. Don't censor yourself here. Your feelings matter! Examples might include fear of: ongoing expectations (yours/others), what your bright light would attract, not knowing who you would become, your needs neglected/subverted, feeling great, intimacy, connection.

A large rectangular area with a dotted border, intended for writing down fears concerning service.

4) Write in detail about 2 positive experiences in which you were of service and felt great while doing it.

A large rectangular area with a dotted border, intended for writing in detail about 2 positive experiences in which you were of service and felt great while doing it.

5) In each example, what was your motivation for doing the service?

A large rectangular area with a dotted border, intended for the student to write their answer to question 5.

6) Did those experiences motivate you to do more service or cause you to stop that type of service?

A large rectangular area with a dotted border, intended for the student to write their answer to question 6.

7) Write in detail about 2 negative experiences in which you were of service and felt awful while doing it.

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8) In each example, what was your motivation for doing the service?

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9) Did those experiences motivate you to do more service or cause you to stop that type of service?

Empty response box for question 9.

10) Do you dream of doing some kind of service but your resistance keeps you from taking action?

Empty response box for question 10.

11) What's underneath the resistance? Be specific. This is your chance to go below the surface and hold space for what you find.

Empty response box for question 11.

12) Create a positive vision of service utilizing the energy of trust, all supportive thought patterns, and your inner circle of support, of what it might be like to share with others what you're great at, love doing, and care about deeply. Describe what that would look and feel like.

13) Read over what you've written. Is it possible that sharing all these Self expressions could be of service to others?

14) If yes, why does that feel like truth to you?

15) Does being of service feel like a natural or organic extension of doing what your great at, love doing, and what really matters to you?

Empty response box for question 15.

16) If yes, why?

Empty response box for question 16.

17) If no, why?

Empty response box for question 17.

18) Spend some time writing about your comfort level around being on the receiving end of service.

Empty writing area for question 18.

19) If it makes you uncomfortable in any way, are you willing to shift that perception?

Empty writing area for question 19.

20) Is it possible that service has the potential for empowerment for all involve?

Empty writing area for question 20.