

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 so you can get past the frustration and into the creation.

Building Your Circle of Support

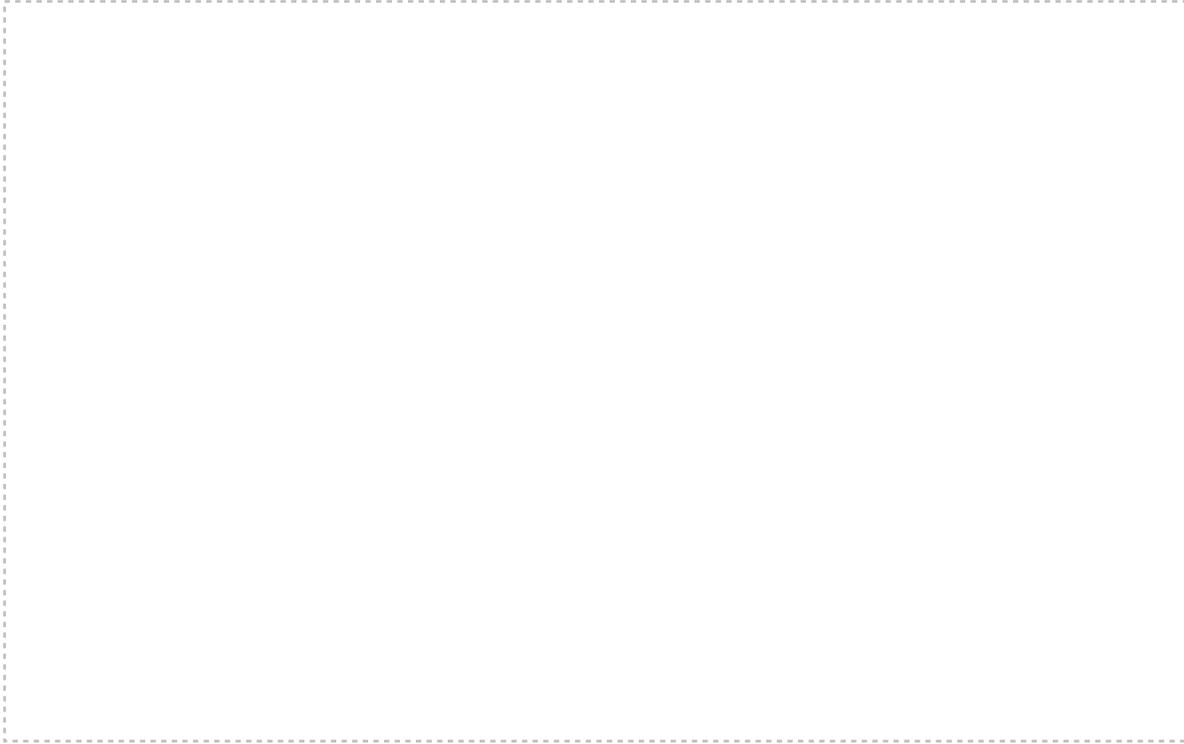
“Love is the bridge between you and everything.” -Rumi

Building your support system is critical to getting the most out of this course and the whole of your life. Your support system will provide what you need to thrive. It not only encourages all that you are to come out and play in the world, but also celebrates you just for being you. What or who’s included in your circle of support may change over the course of your life but the need to have one will not.

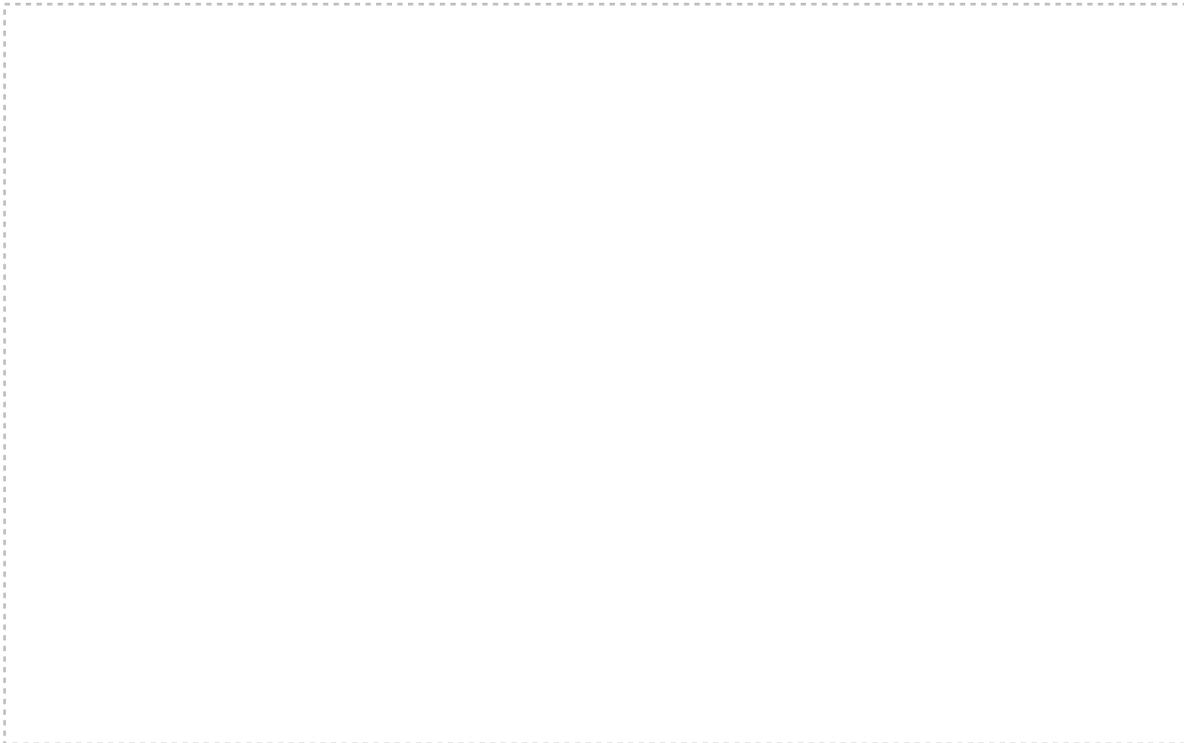
1) What and whom is present in your life today that feels supportive?

2) What are your favorite ways of receiving support?

3) What are your favorite ways of giving support?



4) Do you sometimes confuse fixing for support?



5) Do you feel pressured to come up with a solution for yourself and others?

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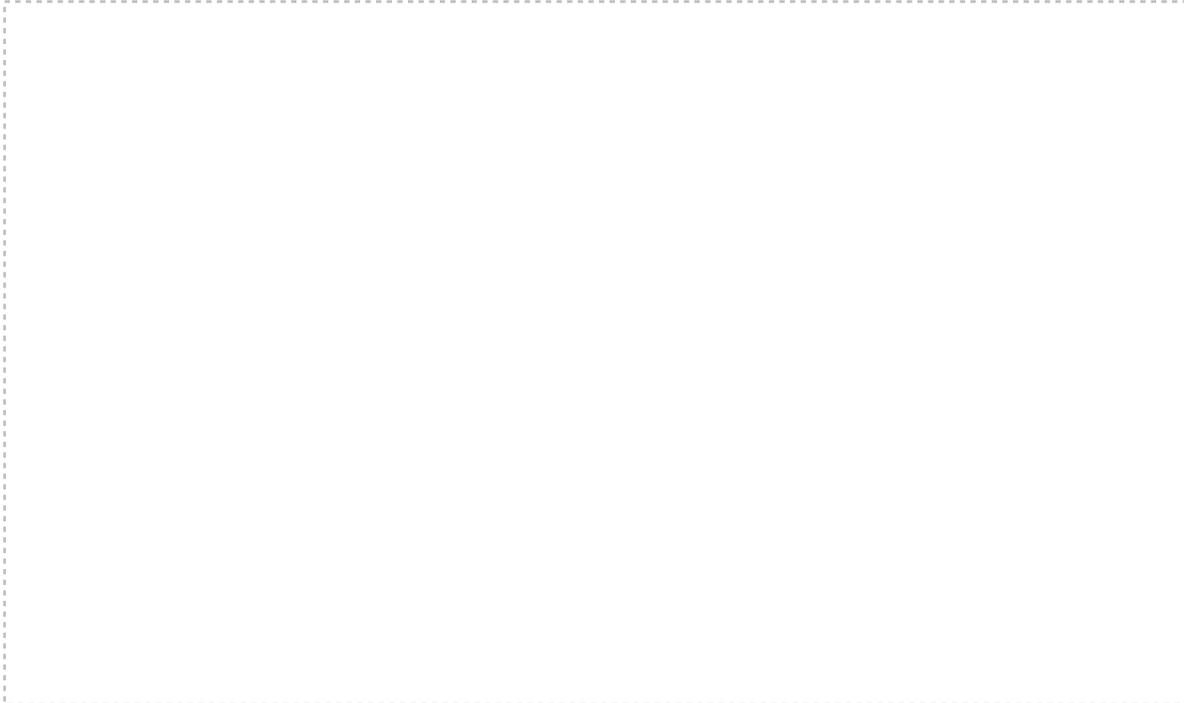
6) If so where does the feeling of pressure originate inside you?

A large rectangular area enclosed by a dashed border, intended for a handwritten response to question 6.

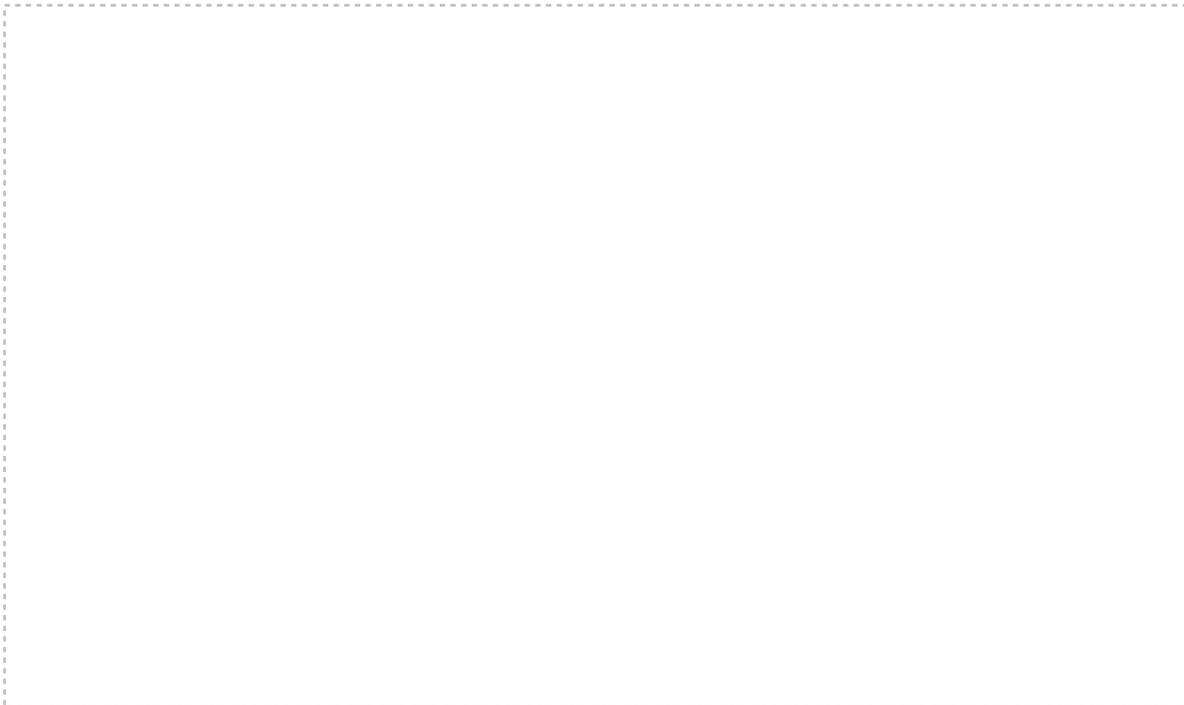
7) Are you sometimes confused as to what support even means?

A large rectangular area enclosed by a dashed border, intended for a handwritten response to question 7.

8) Are there individuals or groups you would like to have in your support circle that you are afraid to approach and explore?



7) What's holding you back?



10) Sit quietly and feel if you are willing to just explore these individuals or groups. See if you're ready to reach out to them.

