

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.

Designing Glory

“There is a voice that doesn’t use words. Listen.” -Rumi

It’s time to go deeper into creating a design for living that works for you.

Getting clear on what you care deeply about is empowering and freeing.

This exercise is for you to discover and express your own personal vision of values. This is where you get to answer the deeper question of, “What really matters to me?” When you answer this question it allows your inner compass to find your True North.

Look over the suggested words in each category. The words are meant to get you thinking and feeling. Write on each one, add to them, or choose others that more personally reflect what you need to express for the category. Add a category if the one you need isn’t represented. Write uncensored. Be free form and put whatever words or phrases come to you down on the page.

1) What matters most to you about: **Your Beautiful Mind?**

Clarity, focus, function, diversity, sharing ideas, open, relaxed

2) What matters most to you about: **Your Body, the Conduit of Your Soul?**

Vitality, sexuality, endurance, function, form, pleasure, nourishing, rest

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3) What matters most to you about: **Your Eternal Spirit?**

Centered, connected, expanded, home, present, world within worlds, communion

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4) What matters most to you about: **Your Social Connections?**

Community engagement, outer reflects the inner, service, tribe, common ground

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5) What matters most to you about: **Your Relationships With Self and Others?**

Intimacy, communication, showing up, honesty, vulnerability, inspiration

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6) What matters most to you about: **Your Family?**

Nature, animals, people, spirits, choice, making room, generosity, no matter what, comfort

7) What matters most to you about: **Finances?**

Manageable wealth defined by you, abundance, possibility, sustainable, support, giving, receiving, real, tool, neutrality, sharing

8) What matters most to you about: **Mother Earth?**

One world, one people, a billion ways to get there.

Empty dotted-line box for response to question 8.

9) (Optional *other*) What matters most to you about: _____ ?

Empty dotted-line box for response to question 9.

10) Write a paragraph or two that pulls it all together and expresses the things that matter to you and that will receive the majority of your focus moving forward. This represents your authentic Self!

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11) What activities, endeavors, behaviors, and actions have you participated in — past and present — that feel like a manifestation of the things that matter most to you?

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12) How does it feel inside when you're actively involved in manifesting, singularly or collaboratively, the things that matter to you the most?

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13) What or who inspired you to get involved? (Hint: *You* might be on the list.)

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