

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.

Discovering the Blame Within

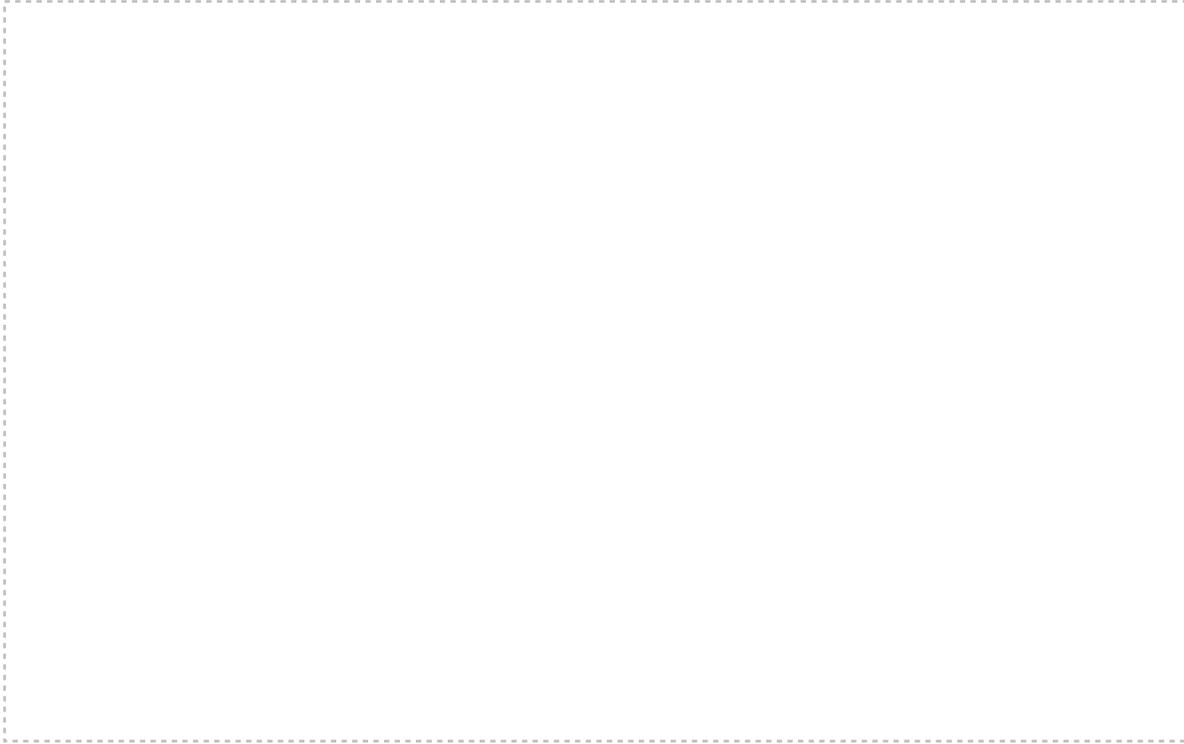
“Let yourself be silently drawn by the stronger pull of what you really love” -Rumi

One of the biggest barriers that stand in the way of love is blame. Blame is to find fault with yourself, others, the divine, or life as a whole. Below are questions designed to help you become aware of how you think and feel about blame as it applies to your relationship with yourself.

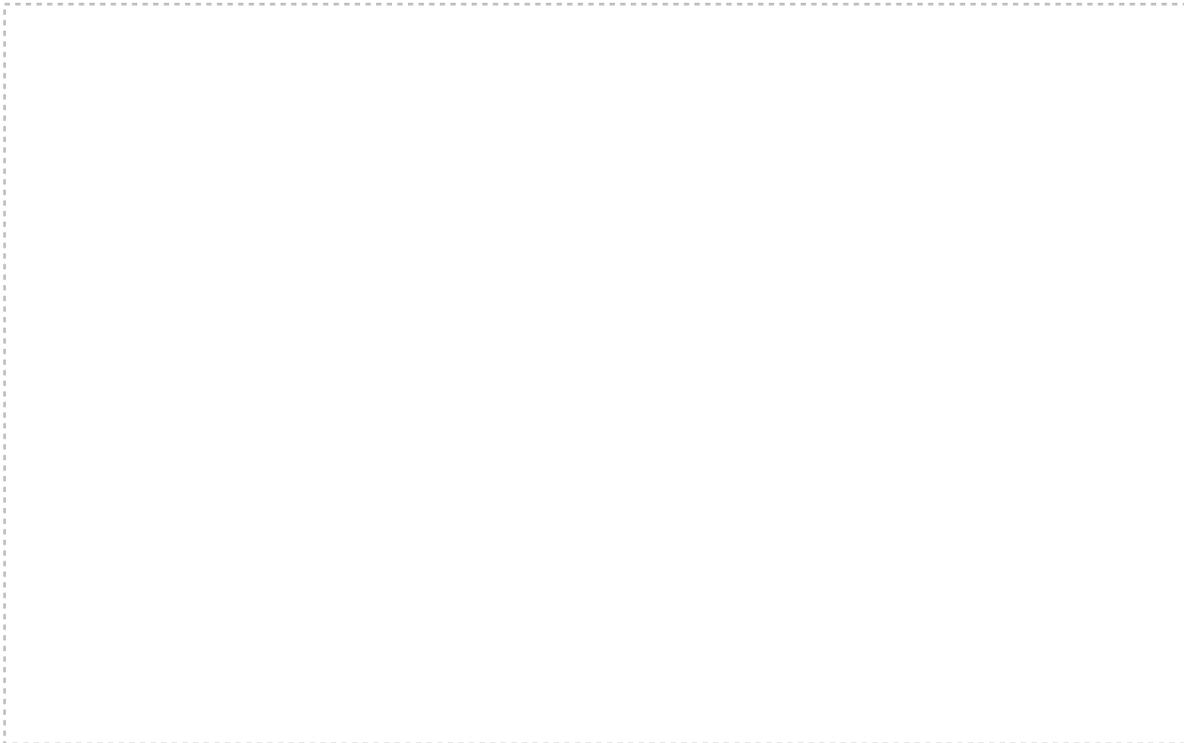
1) What does blame feel like to you?

2) What do you still blame yourself for that happened in the past?

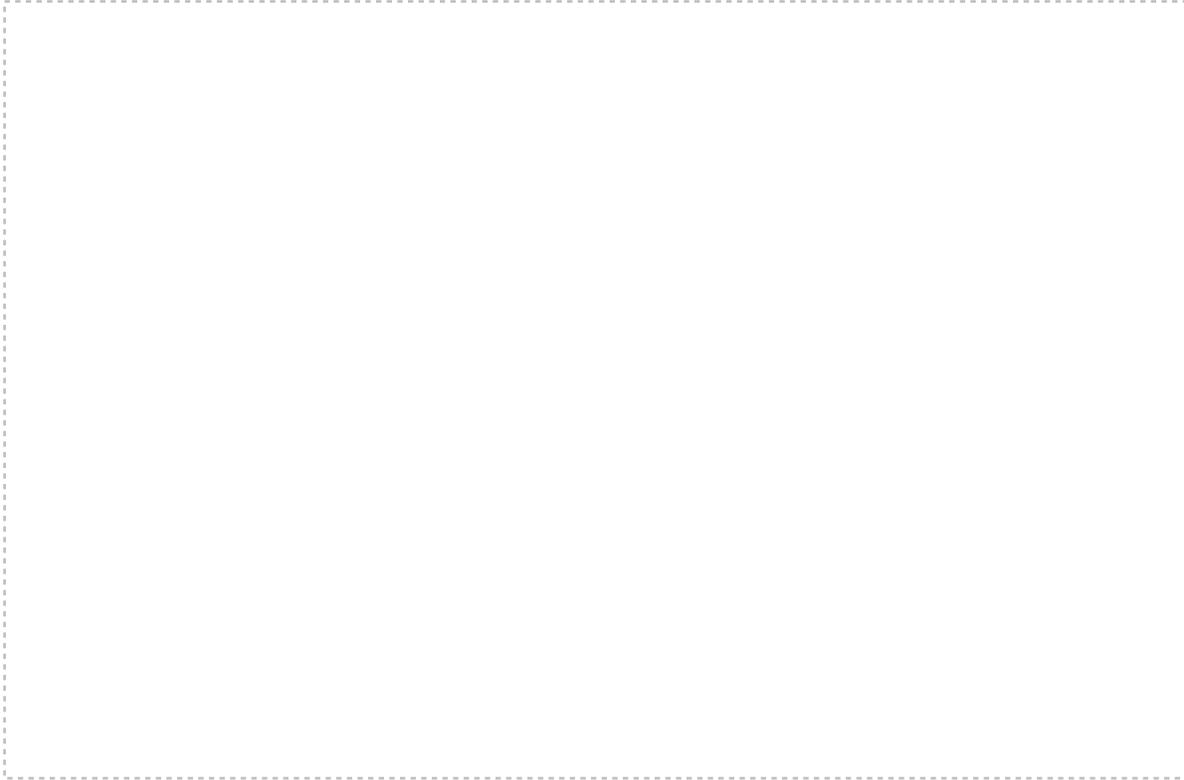
3) What do you blame yourself for that's happening in the present?



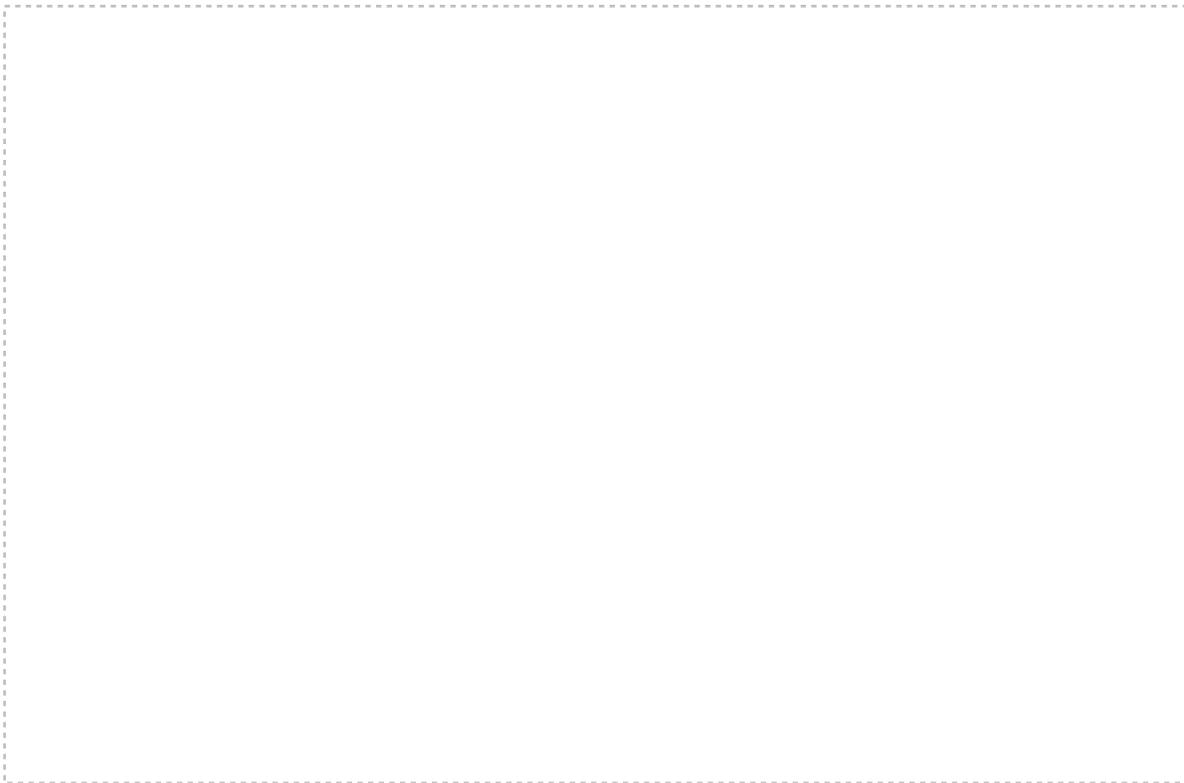
4) How does blame help you withdraw from yourself, life, love and other people?



5) How do you use blame to punish yourself?



6) What are the different forms that punishment can take?



7) Which of your needs does blame meet?

