

How to Use Your Love Pages

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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.

Free Your Mind and Find Your Soul

“The garden of the world has no limits, except in your mind.” -Rumi

1) What subjects does your mind focus on most often?

2) Describe how each feels in your Being. The list below is just to get you started. Add your own if you don't see the feelings that accompany your most common thought patterns.

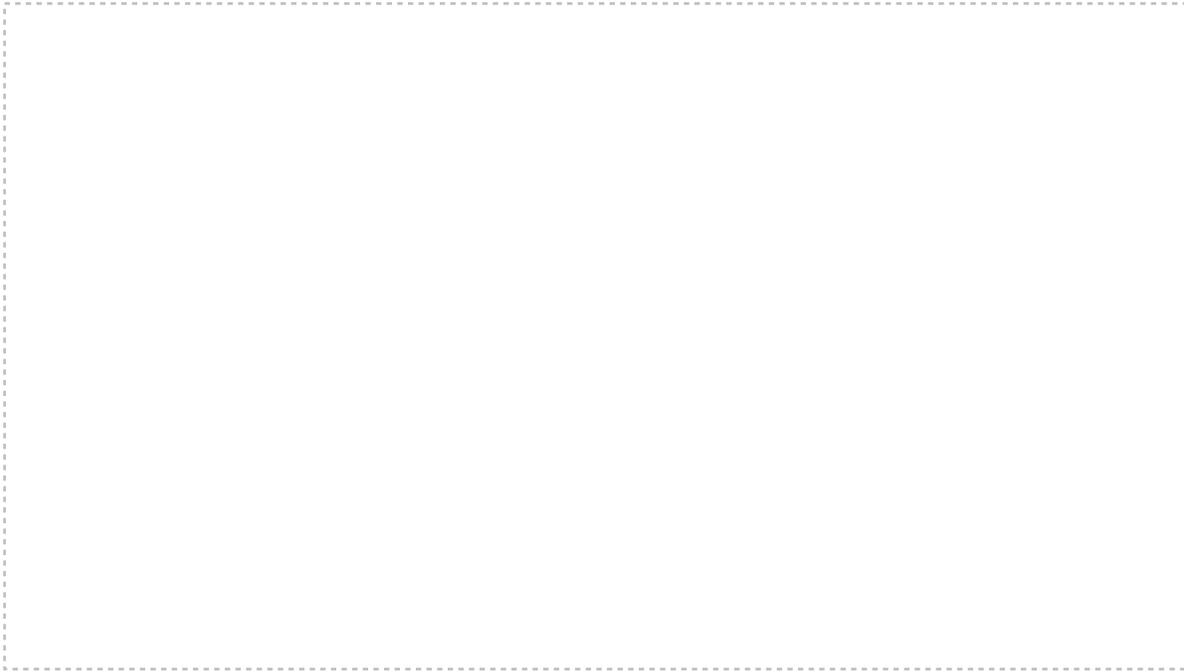
Examples: Clutter, Loving, Fearful, Light, Worrying, Kind, Painful, Serene, Panic or Racing Mind, Humorous, Confused, Expanded, Overwhelmed, Fulfilled, Critical, Generous, Superior, Sexual, Petty, Abundant, Numbing, Creative.

3) What actions do you take to prolong or shift those thoughts and feelings?

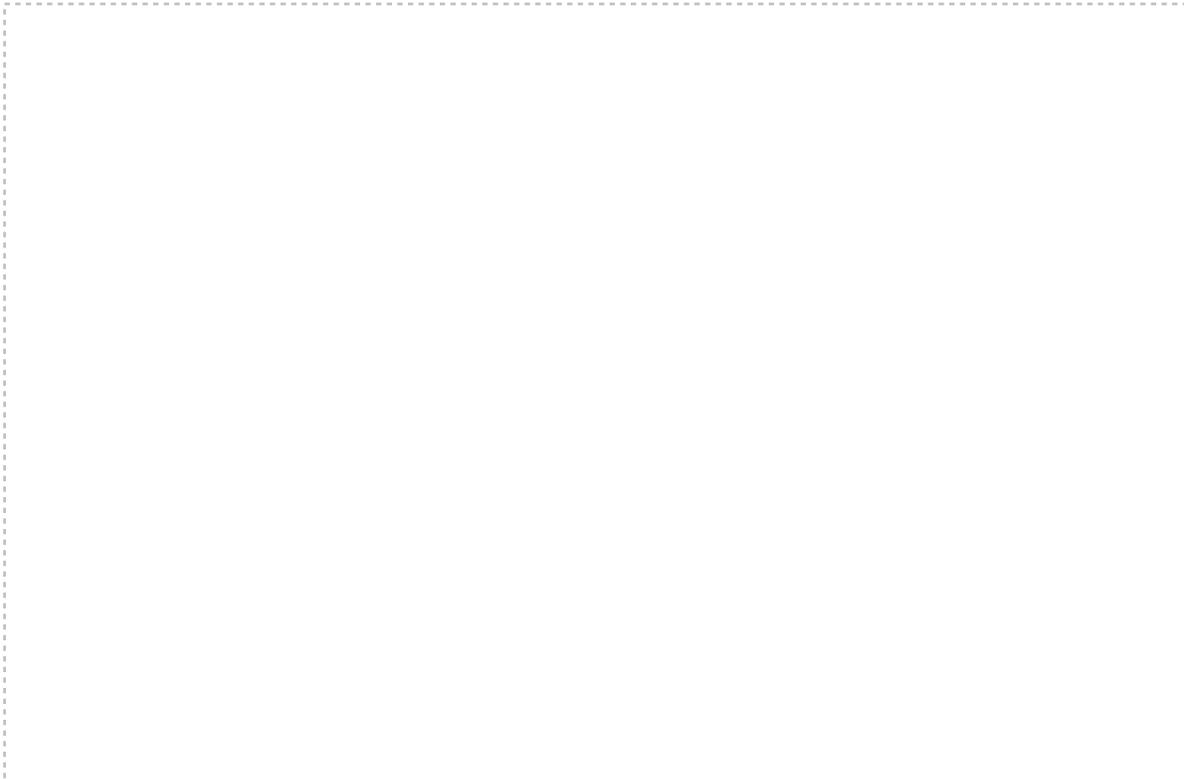
4) Do you think of your mind as part of your support circle?

5) If so, why? If not, why? Maybe it's both.

6) Do you often feel you are trying to overcome your thoughts or that your thoughts and the way your mind works is responsible for the problems you have in your life today?



7) What do you love about your mind?



8) What are you engaged with when you're loving your mind?

9) Do you ever consciously employ specific thought patterns that nurture and support you?

10) Describe them here.

11) How do you use your mind to connect to your soul?

A large, empty rectangular box with a dashed border, intended for the student to write their response to the question above.