

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.

Love Rising

“You have within you more love than you could ever understand.”

-Rumi

Answer the questions below focused on the energy of love. Remember to include your whole mind, body, heart, and soul.

1) Begin by doing some automatic writing on love. Sit in meditation and drop down into your Being. When you feel centered and calm, open your eyes a little and keep them relaxed. Put pen to paper. Allow the words of love to flow from the depths of your Being, rather than the way you think love should be described. Try not to stop writing, even if just lines or shapes come out of your pen, until more words are ready to flow. It may be more practical to do this exercise in your journal.

2) What does showing up for yourself mean to you?

Empty response box for question 2.

3) When you show up for yourself, how does love show up for you?

Empty response box for question 3.

4) What does it feel like to love yourself no matter what?

Empty response box for question 4.

5) What does it look like to love yourself no matter what?

Empty response box for question 5.

6) What actions align you with love?

A large rectangular area with a dotted border, intended for writing answers to question 6.

7) What thoughts align you with love?

A large rectangular area with a dotted border, intended for writing answers to question 7.

8) What beliefs align you with love?

A large rectangular area with a dotted border, intended for writing answers to question 8.

9) What's the hardest part of loving yourself?

Empty dashed-line box for response to question 9.

10) What's easiest part of loving yourself?

Empty dashed-line box for response to question 10.

11) Can you feel your commitment to loving Self more since moving through this course?

Empty dashed-line box for response to question 11.

12) If so, why do you think that is?

Empty dashed-line box for response to question 12.

13) Are you ready and willing to use your circle of support to walk through your fears of allowing more love into your life?

Empty response box for question 13.

14) Is love the foundation of your design for living you created in unit 4?

Empty response box for question 14.

15) Do you feel ready and willing to make love the guiding force for that design as you live it day by day?

Empty response box for question 15.