

### *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](mailto:support@belovedpublications.com) so you can get past the frustration and into the creation.

## The Practice of Forgiveness

*“Open your hands if you want to be held” -Rumi*

Forgiveness is the act of loving surrender. It is not something you can grant another — only something you can give to yourself and affect another by doing so. When you say, *I forgive you*, what you’re actually doing is letting go of the blame you’ve been holding on to towards a person, group of people, or an event rather than granting absolution.

1) What does forgiveness feel like to you?

2) How does forgiveness affect your relationship with yourself?

3) Which of your needs does forgiveness meet?

4) Look over the list you made on your Blame Love Page of past and present blame you are still holding onto towards yourself.

Sit quietly and feel if you're ready and willing to begin the practice of forgiveness for any of what's listed. Try not to pile too much on at this point.

Write down the ones that jump forward to be addressed from your still small voice, rather than your mind.

5) Become aware of when you blame yourself or others and repeat this mantra internally from your heart: "I love you and I forgive you." Say it slowly as you breath deeply.

This is the practice of forgiveness that Mother wishes you to begin right away. Realize that this is not a method to escape your feelings about something you or another person has done. It is a chance to feel whatever you're feeling! And then do the mantra.

Write down how this mantra feels inside. Can you feel the blame loosening its hold on you?

A large, empty rectangular box with a dashed border, intended for the student to write their reflections on the mantra practice.