

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.

Your Foundation of Trust

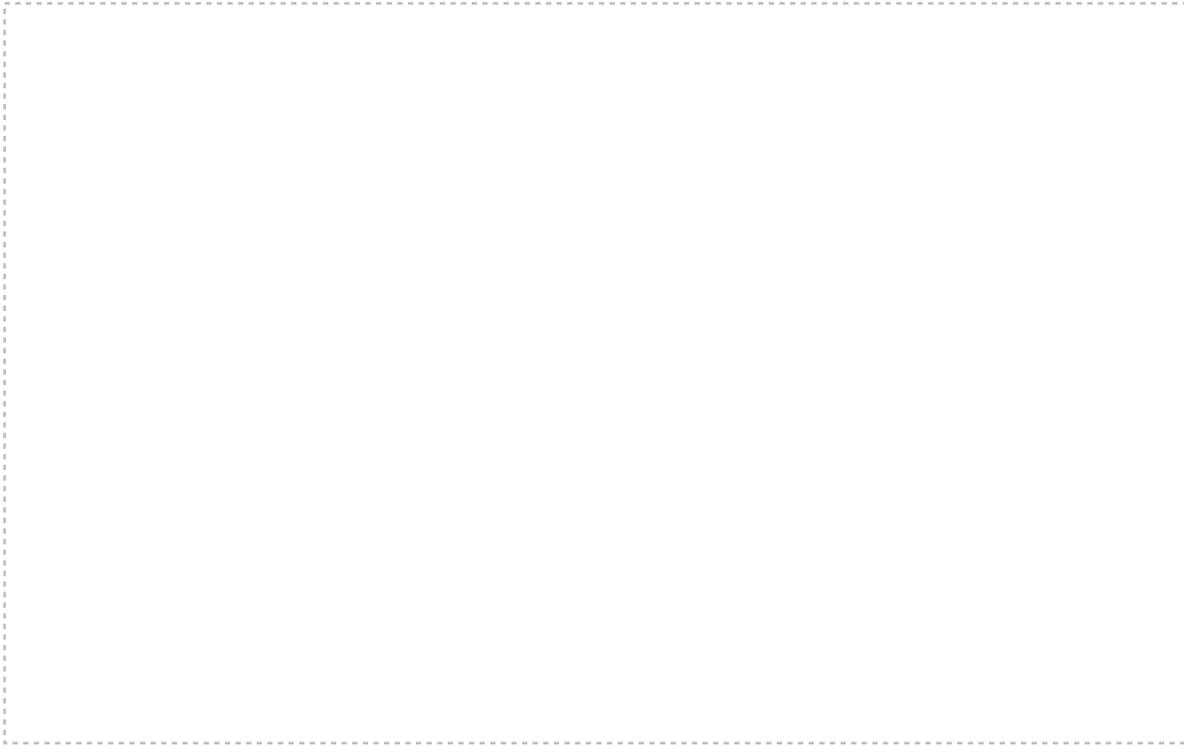
“Whatever lifts the corners of your mouth, trust that” -Rumi

The next biggest barrier that stands between you and love is distrust. Distrust is when you experience a lack of trust in yourself, others, the divine, and life as a whole. Here you will focus on distrust and trust in self.

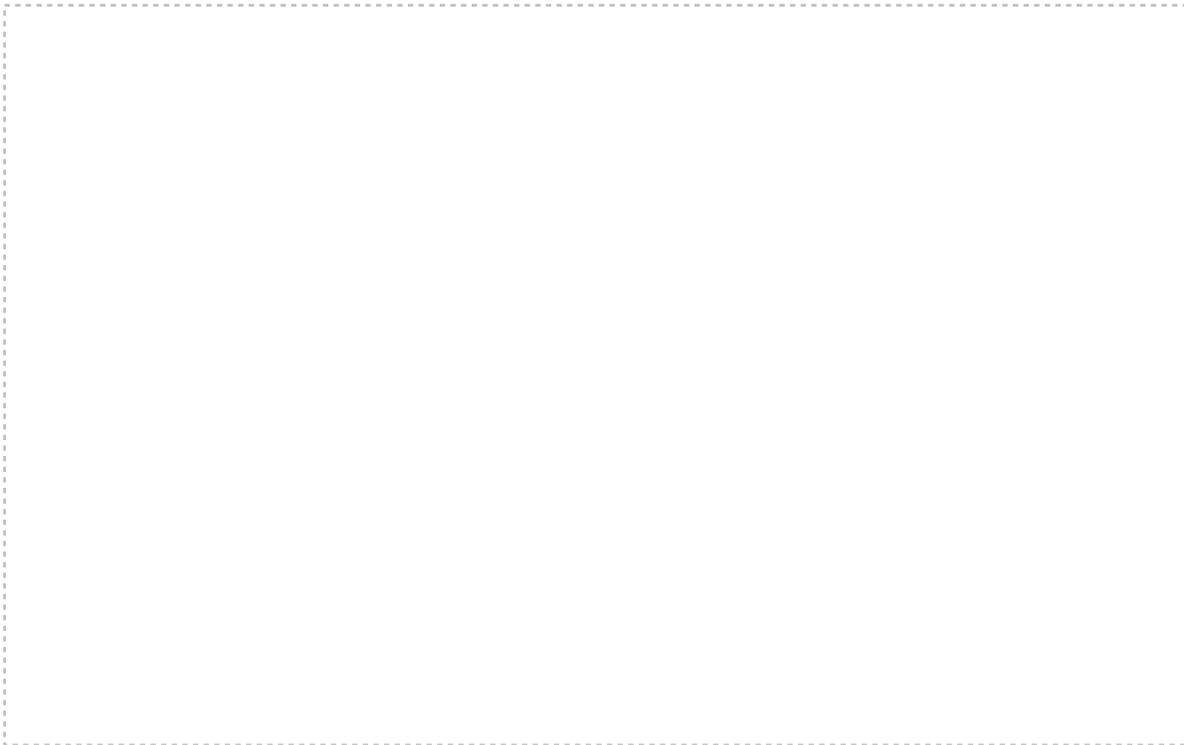
1) In what areas of your life do you consistently make promises to yourself and not follow through?

2) How does it feel when you don't follow through?

3) How do you treat yourself when you don't follow through?



4) Looking over your answers to questions 1-3, do you notice a familiar pattern of distrust your Being uses?



5) Are the promises you make to yourself realistic or are your expectations too high?

A large rectangular area enclosed by a dashed border, intended for writing a response to question 5.

6) Which of your needs does distrust meet?

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7) In what areas of your life do you keep and maintain your promises to yourself?

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8) How does if feel when you follow through on your promises to yourself?

A large rectangular area enclosed by a dashed border, intended for the student to write their response to question 8.

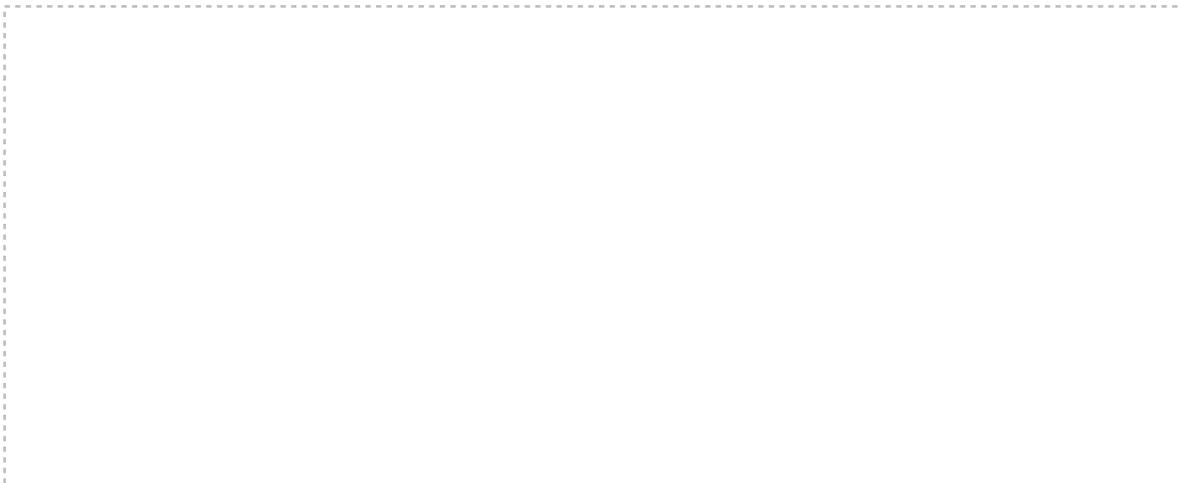
9) How do you treat yourself when you do follow through?

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10) Looking at your answers to questions 7-9, do you notice a familiar pattern of trust your Being uses?



11) How do your expectations feel when you do follow through on promises made to yourself?



12) Which of your needs does trust meet?

