



FTLOH AUGUST NEWSLETTER

ABSORB THE RHYTHM OF AUGUST

August. It's that time of year. Some of us are anxious to soak up the majestic shining rays of summer's last light with those planned vacations, days of enjoyment, comfort, and ease. Others fill August's days in noble preparedness for what's next - oncoming fall, perhaps school, certainly work, and cooler weather. Notice throughout these August days and weeks how you experience both summer's enjoyment and fall's preparedness. Be aware of the sunlight shift happening mid-August. Sense the shift in the cooler temps at night. Observe the change of leaves in texture and color. Acknowledge your inner rhythmic beats preparing you for the change— in clothes, food, energy level, etc. Absorb August with awareness. That subtle balance you do between being and doing. Be accepting of all these experiences. We are.

Here's what August holds for FTLOH. We are going to take advantage of our personal needs to absorb the light changing day's end as well as plan ahead. Healing sessions continue as normal, and all classes will resume in September.

As we move through August do continue to call on us to be a helpful guide through continuing personal energy healing consulting sessions and of course, access our resourceful YouTube channel for audio/video meditations and helpful exercises. Energetically we are always available. You only need to just ask and let us know how we can be in service.

You have all been so very generous with your love offerings and we thank you. Your offerings support our ongoing work enabling us to offer a discounted session to someone who really needs help and financial support.

We are very grateful!

August Wikipedia & Internet Asides:

“August is named for Augustus Caesar 63 BDC- 14 AD 1st Roman Emperor and son of Julius Caesar (July) Classic vacation month in northern hemisphere, spiritually links its abundant light to the possibility of illuminating in the dark corners of the soul. Birthdays: Leo the lion is noble worthy, royal, and ruling personality. Virgo is analytical and practical. Make the most out of the last days of summer and enjoy life.”

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Appreciatively,

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