



## FTLOH JULY NEWSLETTER FREE YOUR HEART LIGHT TO FLOW

**The Fourth** – A celebration of our country’s fight for freedom and independence. It’s a great symbol for each of us to honor and then celebrate not only that initial grass roots spirit for freedom and independence from tyranny, but also to recognize the mirrored reflection of our internal fight for freedom from our own individual ego tyranny front and center.

We know how to free ourselves from the bonds of those obsessive patterns of fear, anxiety, negative thinking, self-abuse, and unworthiness. Do we follow through all the time? NO! Is our country totally free from forms of tyranny? NO! It’s a civilization process isn’t it. And so it is personally. Step by step, through one awareness after another we use our inner tools to manage our egos to take a back seat so we can let our heart light flow.

We can tell when we are in our heart for, we are present, alert, quiet, calm, and peaceful. It’s experiential. We feel it. We know it. From the depth of our inner being we choose our spirit freedom to soar and be free.

We are doing this together. Join us by taking the time to schedule your personal energy sessions, zoom up or meet up in person for ongoing meditation classes, and attend the quieting doodle classes. Check the website for schedule.

Be in appreciation of your freedom of choice. **Happy Fourth!**

July Classes - <https://www.fortheloveofhealing.com/events/>

YouTube Channel - <https://www.youtube.com/@4loveofhealing>

Articles—[Articles \\* For The Love Of Healing](#)

*Appreciatively,*  
*Barbara, Judy, Laura, Sharon*  
[contact@fortheloveofhealing.com](mailto:contact@fortheloveofhealing.com)  
972-400-0807

