



FTLOH 2023 SEPTEMBER NEWSLETTER

SURRENDER TO SEPTEMBER

September! As the lazy days of August close, fall's door softly opens to September. It's an intermediary month between those last dog days of summer and the full-blown autumn blusters of October and November. A transition from the simplicity of summer's ease of wear to the thoughtful layering of cooler clothes, and anticipated weather precipitation. Observing our consciousness growth, we may notice a shift from gentle ease of living, laughter, and lightness to a deeper layered, richly connected everyday world showing up as subtle changes in color and angle of the sunlight, noticeable temperature changes, cloud formations, sky colors, leaves darkening, and lushness dwindling. As you inhale it's a pulling into yourselves. Surrendering to change allows you to feel and be in a deep sobering internal space. Welcome and embrace it all. Fall does not have to be frenzied or rushed, but rather welcomed with peaceful gratitude and a deeper ease of appreciation and love. Make this September one to remember! Surrender with your heart love and light.

We look forward to seeing you as we continue our sessions in the office with Laura or Judy, and resume the Zoom Doodle Workshops with Sharon, Zoom live meditations, and in-person meditations with Laura in the office. Whether it's your first time to join us for classes or you're a regular, we look forward to seeing you. Feel free to invite a friend, all are welcome!

Sept Classes: <https://www.fortheloveofhealing.com/events/>

Meditations, Classes, Etc.,

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

Articles:

[*Spiritual Growth*](#)

[*Reflections on Helpful Healing Thoughts –Lucia Amsden*](#)

Appreciatively,

Barbara, Judy, Laura, Sharon

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For The Love Of Healing