



FTLOH 2023 OCTOBER NEWSLETTER PUMPKINS, SUGAR, CINNAMON, AND LOVE

Most of us relate to the sensory experience of pumpkins, sugar, and cinnamon alone or combined in warm drinks, desserts etc. Those fall spices, yummy tastes, and warm belly induce feelings of pleasure, comfort, and being in a happy place. We remember familiar spices and foods and can relate. Think about a favorite sensory combo. Now savor those sensory feelings and be with the experience for a minute. Notice how that pleasurable feeling spreads quickly throughout your body. Pleasure, comfort, happiness, joy. It's so easy when it's food, spice, or another substance that triggers our brain and nervous system evoking satisfaction. We have also experienced meditation techniques that use sensory experiences to evoke those loving calm feelings mostly through visualizations of places in nature, beach, mountains, meadow and through stories, etc. Once we have experienced them, we can re-create those feelings without the physical experience of being there. This is true for positive as well as negative experiences. So, as you move through October be mindful of those positive sensory triggers that can help you stay in a comfortable loving state just with your thoughts and breath. Whatever your individual morning ritual or daily pleasures, encourage the loving sensations and feelings to stay and bring them with you throughout the day especially when negative thoughts occur. Think of them as experiential gateways that keep you focused in your heart center – pumpkins, sugar, cinnamon, and love.

Go to ForTheLoveOfHealing.com for the meditation class schedule, new articles, and link to our YouTube Channel for helpful information.

Enjoy Fall!



Appreciatively,
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***Thank you Sharon for the
Pumpkin doodle!***



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