



## February 2024 FTLOH Newsletter

*Love is in the Air . . .*

*Just breathe it in!* Even though Valentine's Day Love often celebrates warm fuzzy and mostly romantic feelings, we can certainly enjoy not only this form but also celebrate the unconditional love we've come to experience and know through our conscious growth and awareness. It seems that current communication behavior has no problem using the "love" word very freely with everything from a casual text response ❤️ emoji to pleasantries, pot roasts, and pastries all the way to a deep spiritual connection and understanding in conversation. My family often respond to my "Just thinking about you, how are you doing?" text with "Love you." Do I even know what that means? - it's really not an answer but perhaps "I'm in the middle of something mom/grandma, I love U and I'm busy with my life!" The handy ❤️ text reply - it's so helpful and so so easy.

So, let's work with this going trend and from now on purposefully use this heart symbol considering thoughtfully what are we really feeling and projecting from our whole being as we hit that heart reply or use the word. What's the energy we are sending, saying, or writing? Am I responding, speaking, hearing, or listening with my heart, my whole self? Just with a shift into this awareness and conscious action you will experience a deeper fuller appreciation for yourself as you connect with others.

Once you insert ❤️ felt meaning and purpose into those rote responses, change happens in you and the receiver. Check it out with practice and let us know.

If you ❤️ us please review us on the Google link below – first name or initial only required. We really appreciate your support with energy balancing sessions, classes, and reviews that help others.

### Google Review:

[https://g.page/r/CXBw3\\_c2qk5DEBM/review](https://g.page/r/CXBw3_c2qk5DEBM/review)

### FTLOH Classes/Meditations:

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

### FTLOH About Us:

<https://www.fortheloveofhealing.com/about-us/>

Appreciatively,

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**For The Love Of Healing**  
Integrative Energy Healing Center