



## SUMMER 2025 NEWSLETTER

### EASING INTO THE FLOW

**Ahh . . . Summer!** It signals ease and fun, comfort clothes, pool gatherings, iced drinks and hopefully less stress. It's the season to take more time to relax, read those books, ease into the day and enjoy the warmth and length of the sunlit days. Of course there are things we fuss about—mostly hot humid days, occasional severe stormy weather, constant tending to plants and gardens—but we can move through those complaining times with a gentle acceptance and ease of flow just by shifting our thoughts. Rather than “I have to dos” or the complaining, shift to “I want to do or manage with joy, ease, and comfort.” I finally learned from a friend that in the months here in Dallas it is better to water those plants in pots at night when the sun was setting. The plants are able to absorb the water and recover from the intensity of the daily sun and heat. That was a big change in thought for me. So, be open to change the way you move through your day and allow the ease and flow of the present moment to just be. For help with change, try the “Changing Your Thoughts” meditation series posted on our [YouTube channel](#).

Google Reviews—[Read and write one if you'd like](#)

Doodle Zoom Classes Sharon — 6/7, 6/21, 7/5, 7/19, 8/2, 8/16  
ZOOM ID: 8393367746

Meditation Zoom Classes Judy—6/20, 7/18, 8/15  
ZOOM ID: 4612394782

Meditation Zoom Classes Laura —6/14, 7/12, 8/9  
ZOOM ID: 2486534349

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