



FTLOH FALL 2025 NEWSLETTER



Why can't I do this, I'm not enough! Why do I feel so down? Why am I having these thoughts and doubting myself? Why haven't I done more? And on and on it goes as the "wily" ego continues as only it knows best – to challenge our growth.

It seems the more we integrate the light energy of who we are the more subtle ego becomes. Living on the earth plane without the ego doesn't happen so knowing and accepting this reality allows for choice. Choose an all-out battle within you between "ego and spirit," "good and evil," or "light against dark," which becomes quite dramatic and disruptive to your body. Or decide to remove yourself from the battle and acknowledge ego, tightly embracing it like you would a defiant yet fearful child, and you the wise parent saying, "It's all right, I'm here, be quiet, stop that now."

So what does this ego reminder have to do with a fall change of seasons newsletter? You have been working hard integrating the many shifts and changes in your life. As you make those shifts ego challenges you. No need to struggle rather choose to shift into another way to manage ego. Recognizing ego is easier these days you have experienced more calm, peace, love and comfort. So when the ego thoughts persist, acknowledge and give them a big dose of "I'm not going there with your ego, I got this, I know exactly who I am. I am a bright light, and I choose calm, peace, love etc." Trust your awareness to catch those ego thoughts before they make you feel less than. And like the seasons you are in the ease of flow with the earth and the universe. And remember to smile or even laugh a lot as you finish your talk with ego. Your inner wise self is in charge of you, no one else.

Gratefully,

Barbara, Judy, Laura, Sharon

contact@forthe loveofhealing.com

972-400-0807



Doodle Zoom Classes Sharon — 9/6, 9/20, 10/4, 10/18

Zoom ID: 8393367746

Meditation Zoom Classes Judy—9/19, 10/24, 11/14, 12/5

Zoom ID: 4612394782

Meditation Zoom Classes Laura —9/13, 10/11, 11/8, 12/13

