

**HAPPY
NEW
YEAR**



**Reflect, Renew,
Restore**

Experience Balance



Learn how to manage your energy through **grounding**,
centering, and **calming** to feel peaceful.
Choose FTLOH (For The Love Of Healing)
and **Go For Balance**.



 **972.400.0807**  contact@fortheloveofhealing.com

Reflect, Renew, Restore!

What a great way to bring in 2026. Happy New Year to you and yours. How wonderful it is to reflect on how we have changed and grown internally this past year. Maybe you changed a whole lot of things about yourself or maybe it was just one thought that you shifted letting go of a negative—I'm not worthy, I'm less than, I don't have enough, etc. And when you decided to let go of that thought did you notice how you felt how your energy shifted and then how the response from those around you differed? Amazing how quickly social dynamics can shift. In the reflection recognize how much your body needed to adjust and renew as you shifted. Then take the time to start the new year feeling and appreciating all the restoration your whole being has undergone. Appreciating yourself first and then others just where we all are in this moment in time—that's a great theme for 2026.

We are here to support your growth energetically in the best way we know how. Whether it is energy balancing sessions in office or remotely, meditations with us, or meditative doodling we are here to help. Join us for 2026.

Gratefully,

Barbara, Judy, Laura, Sharon

contact@fortheloveofhealing.com

972-400-0807

Doodle Zoom Classes Sharon — 01/3, 01/17, 02/7, 02/21

Zoom ID: 8393367746

Meditation Zoom Classes Judy—01/16, 02/20, 03/13

Zoom ID: 4612394782

Meditation Zoom Classes Laura —01/10, 02/14, 03/14

Zoom ID: 2486534349