



For The Love Of Healing
Integrative Energy Healing Center

FTLOH Newsletter

Spring 2026

Spring Focus

We sure do get caught up in old ways of thinking, old patterns of being and acting that are familiar and "sameold sameold." But with awareness, we notice feeling off. Then we can choose to make a change if we want too. Nature, especially spring, reminds us to try something new, clean out, clean up, and throw away old things. Using this season as a symbol and mirror reflecting new ways to look at your world helps. Ask yourself-do I feel a sense of inner peace, acceptance of self and others, compassion, unconditional love - what do I need to let go of? Be honest about the repetitive negative thoughts about self, other people, events, or things outside of yourself. Breathe in deeply, and begin to focus on shifting your thoughts back to home base - your heart center, your truth. How do I feel right now in the moment? Am I calm, quiet inside, do I feel peaceful? Be honest with your heart truth, your inner knowingness, the best version of you. Breathe out any stress, fear, anxiety, depression. Breathe in loving kindness for yourself. You deserve it! Happy Spring!

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

For The Love Of Healing
Integrative Energy Healing Center

**Reflect, Renew,
Restore**

Experience Balance

BBB Accredited Business
View our business profile
www.bbb.org/8393367746

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.**



**Doodle Zoom Classes Sharon — 05/2, 05/16, 06/6,
06/20 Zoom ID: 8393367746 - SAT @ 2:00 PM**

**Meditation Zoom Classes Judy—05/23, 06/27
Zoom ID: 4612394782 - SAT @ 10 :00 AM**

**Meditation Zoom Classes Laura —04/11, 05/09, 06/13
Zoom ID: 2486534349 - SAT @ 11:00 AM**