



FTLOH Newsletter

Summer 2026

Basking in the Spirit of Summer ☀️

Summer spirit? What exactly is that?

Maybe it's that sunshiny feeling generated by increased hours of daylight—the kind that wraps us in a remembered lightness of summers past, softly eases demanding obligations, generously encourages inner joy, and happily anchors our "summer spirit" mode. It's not that we can't choose to feel this way all year round, but somehow, the abundant light physically lightens our movement through the days.

. The will be over the top Get Ready!

☀️ Celebrate Your Inner & Outer Light

So we invite you to celebrate integrating both your inner and the outer summer light. Enjoy the days ahead remembering with gratitude the moments you feel whole, connected, and worthy. Love yourself and your inner purpose - sparkle with spirit and celebrate.

☀️ Basking in the Warmth

Bask in the warmth, comfort, and safety of that light. Our hope for you is that you continue throughout the coming summer days with a renewed spirit and a deep appreciation for exactly who you are. You deserve it!

With love and light, *Barbara, Judy, Laura, Sharon*

We are here to help you with energy balancing session in office or remote, classes, and meditations.

Doodle Zoom Classes Sharon — 07/4, 07/18, 08/2, 08/15, 09/05, 09/19. Zoom ID: 393367746

Meditation Zoom Classes Judy—06/27, 07/25, 08/22, Zoom ID: 4612394782

Meditation Zoom Classes Laura —07/11, 08/08, 09/12 Zoom ID: 2486534349

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@forthe loveofhealing.com