



FTLOH Newsletter

Fall 2026

Earth School in Session

We're emerging from a season of deep reflection - one that asked us to look honestly at the ways we've been existing, the thought patterns we built to feel safe but have long since outgrown, and the inner stories we've been quietly repeating without question. That kind of letting go isn't loss; it's upgrade. It's the heart opening just enough to release what no longer fits, making room for something more honest to take its place. If you've felt unsettled, stretched, or strangely tender lately, that's not a sign something went wrong - it's the natural friction of transformation doing its work.

It's September and we're falling into something familiar: a season of sorting out. The insights and possibilities that surfaced during that summer reflection are here, and our task isn't to force them into shape but to trust them -to let each idea land in its own right timing rather than rushing it toward resolution. This is where presence becomes essential. Not presence as a lofty ideal, but as a practical, sensory commitment to what's truly in front of us each day -the peaceful mornings and the chaotic ones, the beautiful moments and the ugly ones, the positive and the negative held together without flinching. Because it's in that full, unfiltered depth of the presence of all - not in the editing out - that we find what's real, and what's our truth, and how to move forward with purpose and clarity. Embrace the growth!

Let us know how we can be of help through energy sessions in the office or remote, meditation classes or individual sessions, and our meditative doodle class.

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

Doodle Zoom Classes Sharon — 09/19, 10/03, 10/17, 11/07, 11/21 Zoom ID: 8393367746 - SAT @ 2:00 PM

Meditation Zoom Classes Judy—09/19, 10/17, 11/21
Zoom ID: 4612394782 - SAT @ 10 :00 AM

Meditation Zoom Classes Laura —09/12, 10/10, 11/14
Zoom ID: 2486534349 - SAT @ 11:00 AM