



Standing in Love

Facilitative Healing Center Newsletter

Be Your Own Special Valentine

Valentine's Day is usually a day of celebrating love between partners in a relationship. What if this year you made it a unique Valentine's Day being your own special Valentine? Imagine a day celebrating unconditional love for yourself. Maybe treating yourself to a very special day full of positive thoughts about yourself, creating a candle-lit dinner for yourself, perhaps a bubble bath or massage.



A few days before Valentine's Day create a special card to yourself where you list all the positive qualities of being you and how much you love and appreciate who you are. Then mail it to yourself. When it arrives, open it and read it aloud to yourself and feel the love in your words towards yourself. Other ways to honor yourself could be by writing a poem, journaling, drawing, or painting, etc. Avoid wasting time and energy being judgmental of yourself if you do not currently have a partner because that negative energy does not serve your highest good and ruins the whole day because it focuses on who is not in your life instead of loving and appreciating yourself in your life.

Remember the most important relationship you have is the one between you and your Source of Unconditional Love which is the longest relationship you will have in your life. Be loving toward yourself and enjoy this special Valentine's Day celebrating **YOU!**

Meditation



All meditations are now available on iTunes.

Being Your Own Special Valentine

Take time out to give yourself the love you deserve.

<https://fhcenter.podbean.com/e/being-your-own-special-valentine/>



Upcoming Events

Loving Journey 101

Feb 6 – Apr 24

The Loving Journey is a twelve-week group to create a love-focused life with unconditional love for yourself and others. This program teaches you how to create a love bridge between the reptilian and neocortex parts of your brain. Each week we will focus on a different plank of the love bridge like presence, compassion, forgiveness, acceptance and unconditional love to develop a healthy life. Then create strong bridge rails with one rail for healthy limits for yourself and other rail for healthy boundaries with others so you can feel safe around others. The group also utilizes shared wisdom to enhance your loving journey.

Date: Feb 6 – Apr 24, 2018

Time: Thursday nights from 6:00 – 7:30 pm

Cost: \$35/group or \$399 if paid in full

Where: Facilitative Healing Center

Registration: Call Theresa at (859) 494-5851 or email at Theresa@FacilitativeHealingCenter.com



Loving Journey Happy Hour

What do you wish to grow and harvest this year? What desire are you willing to care for while patiently awaiting its arrival? Join us as we symbolically plant seeds of these desires, dreams and intentions for 2018. Let's see what we can grow together.

Feb 16

Date: Friday, February 16, 2018

Time: 5:00 – 7:00 PM

Cost: Free

Where: Facilitative Healing Center

Registration: RSVP to Theresa at (859) 494-5851 or email at Theresa@FacilitativeHealingCenter.com

Dream Workshop

Would you like to understand more about your dreams to see how dream work can help improve your health and wholeness? Then come join us for an afternoon of exploring people's dreams to discover the deeper meanings for health and wholeness. Jeremy Taylor, an international dream expert states "each one of us is uniquely blind to the deeper meanings of our own dreams, and dream work helps us see what amazing gifts are there, just below the surface". You will get the opportunity to be with other people to explore and interpret participant's dreams using six basic dream work tools to facilitate awareness and healthy insights. The most important is having fun in the dream work process with others.

Feb 24

Date: Sat. Feb 24, 2018

Time: 1:00 to 5:00 PM

Cost: \$59

What to bring: dream journal, if you want a chance to have your dream interpreted by the group bring 12 copies of your dream with you. Note you do not need a dream to attend the workshop.

Where: Facilitative Healing Center

Registration: Call Theresa at (859) 494-5851 or email at Theresa@FacilitativeHealingCenter.com



Theresa Barry-Greb MS, PT is the co-creator of the Loving Journey program and Global Heart Team. She is a Loving Journey facilitator; Add- Heart facilitator, Physical Therapist, Dream Interpreter, Enneagram Instructor and Reiki Master. She has a BHS in physical therapy and MS in Education, which she taught at Midway University. Theresa has facilitated many workshops and groups for the past eighteen years including Loving Journey, Dream Interpretation, Intuitive Energy Work, Enneagram, EBT, and Psychosynthesis. She has integrated all of her loving wisdom into creating her Loving Journey Programs.