



## Is Love Your Super Power?

Summer is a time for the latest superhero movie with his/her own special super power that saves the world from destruction. Have you ever considered you have a super power too that can save yourself, a person, a community or even the world? That super power is LOVE. Yes, love is a super power. Think of what amazing things people have done throughout history to make the world a better, happier place. It is always energized by their unconditional love for others.

Simply say YES in the present moment to the flow of unconditional love in the universe and allow it to flow into your personal heart and body. This loving energy will recalibrate your mind, and body to vibrate at a more loving level and create opportunities to share this unconditional love. Sometimes these opportunities from the outside look very challenging and even impossible, but that is where faith and trust come into play; to know that if your intention is to send unconditional love and set healthy boundaries with other people or external situations that are causing destruction in some way, that it will shift, heal and resolve in time.



When you have the courage to open your personal heart up to fully to feel all feelings to completion and consciously receive this flow of unconditional love in your personal heart, you have the power to balance your personal heart and share this unconditional love with others no matter what the circumstances are in the moment. It doesn't mean you become passive and do nothing. It means you feel in your desire where the flow of love is leading you to take action by asking the question, what is mine to do in this stressful situation, then do whatever you need to do while keeping the personal heart and body in balance. You don't have to save the whole world, just do what you feel called to do in the present moment. You never know what a simple act of kindness can do for someone else. It may save their life.

The more you keep your personal heart in balance, the more it will impact the global heart to feel more balance in a small but effective way. Imagine if everyone on the planet consciously committed to keeping their personal heart in balance. How different the world would be where love, compassion and kindness were shared with everyone freely.

Please be the first LOVE superhero in your family, friend's circle or community to practice your super power of LOVE in your balanced personal heart. Become the love superhero you were meant to be in this world!



Meditation



## Love Super Power Meditation

Take time out to connect your personal heart to the field of unconditional global love.

<http://facilitativehealingcenter.com/love-super-power>

## Upcoming Events

**August 6 or 18, 2018**



### Effiji Breath Work

Bring a yoga mat, pillow, blanket, and bottle of water.

**Date:** Wed, Aug 8, 2018 **Time:** 6:30 – 8:30 PM

**Date:** Sat, Aug 18, 2018 **Time:** 1:00 – 3:00 PM

**Cost:** \$45

**Where:** Facilitative Healing Center

**Registration:** Call Grace at (859) 494-5851 or email at [Theresa@FacilitativeHealingCenter.com](mailto:Theresa@FacilitativeHealingCenter.com)

**August 15, 2018**



### Global Heart Love Bubble Hour

**Date:** Aug 15, 2018

**Time:** 8:00 – 9:00 PM

**Cost:** FREE

**Where:** Online – via Zoom

**Registration:** Call Grace at (859) 494-5851 or email at [Theresa@FacilitativeHealingCenter.com](mailto:Theresa@FacilitativeHealingCenter.com)

**Sept 18 – Dec 4, 2018**



### Loving Journey 102

**Date:** Tues Sept 18 – Dec 4, 2018

**Cost:** \$397 for 12 weeks or \$35/session

**Where:** Facilitative Healing Center

**Facilitator:** Shelby Horn

**Registration:** Call Grace at (859) 494-5851 or email at [Theresa@FacilitativeHealingCenter.com](mailto:Theresa@FacilitativeHealingCenter.com)

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



*Grace*

**Grace** 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. Grace 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.

