



For The Love Of Healing  
Integrative Energy Healing Center

## FTLOH SUMMER 2024 NEWSLETTER POWER OUTAGE



May brought continuous spring storms with heavy flooding, rain, damaging winds, and a severe power outage lasting for days in the Dallas area. Over 600,000 people and businesses were without electricity because of an 80 mile an hour wind driven storm early Tuesday May 28th. Power was restored to our office three days later only to go out again and finally restored Friday June 7. That's the reported news not only here but all across the country. It's overwhelming and devastating in so many areas. Individually, the more compelling news is how did each respond or react to the reality - physically, mentally, emotionally, and spiritually that day, and the next day, and the next, and so on. How did I voice, think, feel, or act on, as my basic needs, schedules, and plans were interrupted? First day a dear friend says, "Please feel free to stay at my home." "I 'm OK, I can handle this and tough it out. I'll be fine," I respond. Rings of martyrdom –doesn't it. Am I a victim? Maybe. There are downed power lines and no electricity. There is no light, no modern conveniences, no internet, no air-cooling. The temperature is in the 80's, it's humid, I'm older and I could feel as if I were losing something – my ability to think clearly. By day three a friend was here to rescue me - bring me to her home, rest, recover and then question what happened to my personal power? Not ego power but the higher knowingness power? How am I taking care of myself from that higher perspective? Do I stick it out in a hot home trying to sleep at night feeling overheated? Sometimes, as this was, it is necessary for growth that one asks for help. So, I urge you all to consider that question of where, when and how do you rely on your higher power in your stressful situations? Sometimes our spiritual power outages are just our fears, stress, anxiety, and feeling out of control masking our power. Feel free to share your personal experiences as these events have been a great growth for all of us here.

**Summer News:** We are updating the **website** with new photos and text. **Classes** will continue through July, no classes in August, and then resume in September. We continue to enjoy our sessions with you. Reach out to us if, perhaps, you need another way to shut down negative thinking or looping, or offer another perspective about your reaction to a person or issue, to balance your energy from every day living, or to just celebrate the light that you are. After all, we are all in this together and we need each other.



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