



For The Love Of Healing
Integrative Energy Healing Center

FTLOH FALL 2024 NEWSLETTER SEASON FOR CHANGE



Welcome to cooler weather and the anticipation of vibrant colors. I'm already seeing the maple down the street shifting from the dark green to yellow, with orange and brilliant red to follow. The tree feeds me with the beauty of nature and the change of seasons. AHHHH—there's the word we want change! There are dramatic changes happening in our outer world, all mirrors of our inner world. Contemplate how much you have changed over the summer months in your thoughts, feelings, and responses connected to outside events. How has your thinking or your beliefs changed? Or your exercise, or your food, or friend choices? Or how do you spend your time? Relate to others? Has it been the same old same old? Notice the changes. In consciousness that's all there is — change, and it is constant, constant, constant. Change really forces us to be in the moment doesn't it. Take a deep breath and spend a few moments recognizing how much you have shifted over the summer and changed internally. Observe how change has effected your view of the space around you, the people in your life, and your work at large. Take another nice deep breath, notice how you feel, and smile.

Let's catch up on the changes FTLOH has put into place over the summer:

The website was updated with new design, functionality, and content. The events calendar is not available to date so included in this newsletter are the dates of classes. Previous notice was sent of our pricing increase of 3% to cover our expanding costs. We always appreciate hearing from you and how you are doing and of course we are grateful for all your referrals. Moving forward, here are the upcoming events:

Sharon's Doodle Classes: Saturdays, Sept 7, 21; Oct 5, 19; Nov 2, 16; Dec 7, 21—2 PM CST

<https://us02web.zoom.us/j/8393367746?omn=81279024211>

Meeting ID: 8393367736

Judy's Zoom Meditation Classes: Fridays, Sept 13, 27; Oct 11, 25; Nov 8, 22; Dec 13 —10 AM CST

<https://us02web.zoom.us/j/4612394782?omn=88169112731>

Meeting ID: 461 239 4782

Laura's In-Office Classes: Saturdays, Oct 2, Nov 7, Dec 7—10:30-11:30 AM CST @ FTLOH Office



Resistance to Change Is Resistance to Life

Change Is the Catalyst for Personal Growth

Change Is the Only Constant in Life

When We Are No Longer Able to Change A

Situation, We Are Challenged to Change

Ourselves

Appreciatively,

Barbara, Judy, Laura, Sharon

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