



**For The Love Of Healing**  
Integrative Energy Healing Center

## FTLOH SPRING 2025 NEWSLETTER

### LET GO AND JUST RECEIVE

We're all familiar with the concept of "Letting go." The intensity and drama of world events, politics, personal issues and nature's changes call us to pay attention. How are you doing with all the drama? Most of us want to be in an inner state of calm, peace, and gentleness. Chaotic as it is out there, it is a perfect time to practice being quiet, practice letting go, and practice "Just Receiving."

Many of our thoughts like "I'm not good enough;" "I feel guilty for things I've done;" or "I feel unworthy" are beliefs and thoughts about ourselves we have harbored for years and even lifetimes. They're holdovers from our past which may not even be true, and they have caused immense stress and anxiety. Ruminating over and over with the same negative thought(s) keeps us feeling that negativity somewhere in our being.

So, let's shift from the drama and stress of the negative to the comfort of the positive by using our practice of focused breathing and grounding to quiet those negative thoughts and beliefs. As we breathe and focus on the heart center we become aware of other sensations in our body. Being present in the moment allows us to receive and be in the flow of energy that is already within us, around us, and for us. Through awareness of the physical sensations in our body - hearing, tasting, touching, seeing, and feeling all the sensations in the present moment we can shift from past to present. In this here and now we can let go of the past and receive our good in the present moment. Say to yourself – I receive the peace, calm, love, happiness, joy, abundance, etc. that is here now. Breathe and receive. It's just a shift in thought followed by action and acceptance. JL, LS

*"Letting go is about acknowledging your feelings and giving space to expand your perceptions. Transforming emotions is acknowledging how you feel and then breathe and be in love's presence. Everything expands by being in your Heart. Here you can be forgiving yourself and others. This is truly a process of ease and flow. It's a balance and an opening to a new way to be. Thank you!" SS*

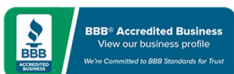


Gratefully,

Barbara, Judy, Laura, Sharon

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*Links to website and classes are included in text*

Google Reviews—Read and write one if you'd like

**Doodle Zoom Classes Sharon** — 3/15, 4/5, 4/19,  
5/3,5/17 **Zoom ID 8393367746**

**Meditation Zoom Classes Judy**—3/7, 4/4, 5/24  
**Zoom ID 461239478**

**Meditation Zoom Classes Laura** – 4/12, 5/3  
**Zoom ID 2486534349**

*Let us hear from you with your comments and questions.*