

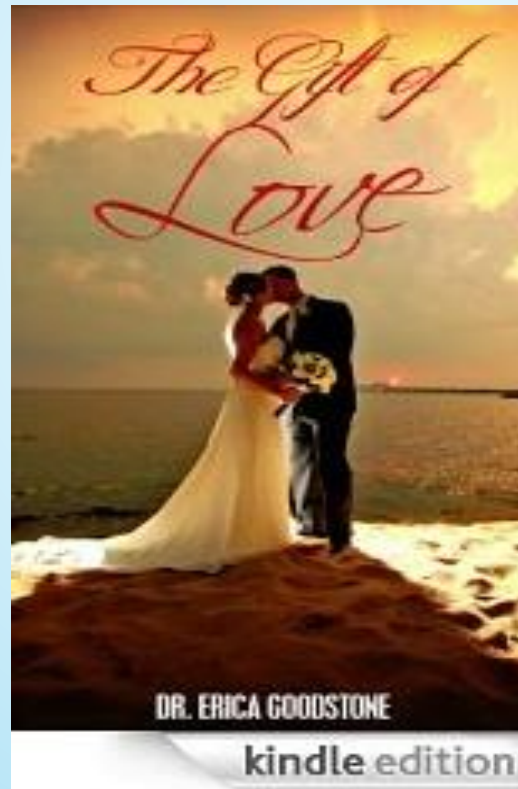


30 DAY

LOVE CHALLENGE

Day 2

The Gift Of Love



Love Is A Gift

**Your Birth was a Divine Gift
to humanity and the planet**



Let your love light shine brightly
Who you are is your gift of love

Image courtesy of Stuart Miles at freedigitalphotos.com

Your “Fault” Is Your Gift



What Is The Gift Of Your Love?

Your Birth Is Your Gift Of Love

You and **All** that you are

Is **YOUR** gift of Love to all of us

A gift Is something you give freely

Share The Gift Of Your Love



The Tragedy Of Life



**“The great tragedy of life
Is not that men perish,
but that they cease to love.”**

~W. Somerset Maugham

My Love

**“I have given you
The gift of love
My love
In my way
What have you done
With my love ?”**

~Dr. Erica Goodstone



Love Is Not



Weakness

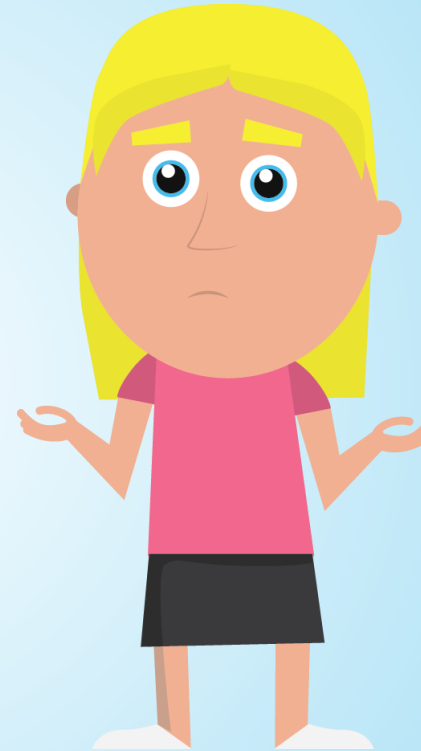
Selfishness

Desire

Jealousy

Demanding

Controlling



The Test Of Love Is Not

When Everything Goes Your Way

Love is tested when

Everything goes wrong

You are hurt and rejected

Bruised and beaten down

Disappointed and challenged



When You Love

You



Allow rather than expect

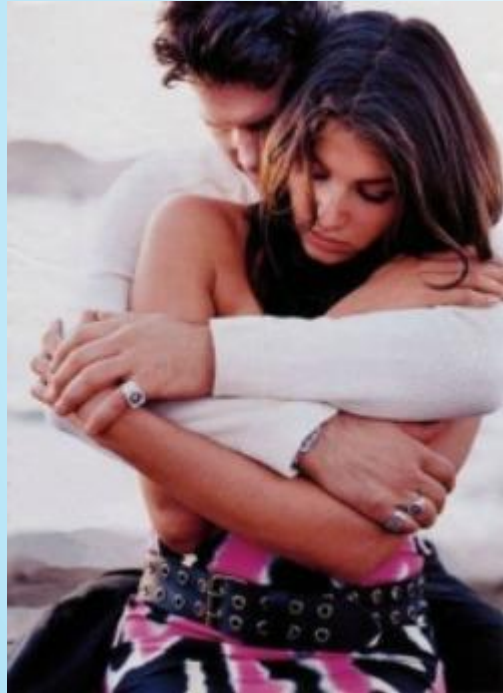
Let go rather than grasp

Release your need to have

Don't let fear stop you

When Love Hurts

It is **Something that is Not Love**



Fear

Attachment

Lust and desire

Addiction

Possessiveness

Love Is



Selflessness

Kindness

Empathy

Compassion

Trust

Strong and powerful



Love Is Not For The Faint Of Heart

When you share your love

Your unmet needs get triggered

You have to nurture your self

Even when others do not....

And find a way to still love them

How Have You Loved?

When You Felt

Loved...

Not loved...

Emotionally upset...

Rejected, betrayed or abandoned?



Your Heart When You Are Upset

Electrochemical circuitry of your heart

Connects directly with your brain

So...when your emotions are upset

Your heart rhythms become uneven

And send jumbled messages to your brain



~ Research From The Heartmath Institute

Image Courtesy of Stuart Miles at freedigitalphotos.com

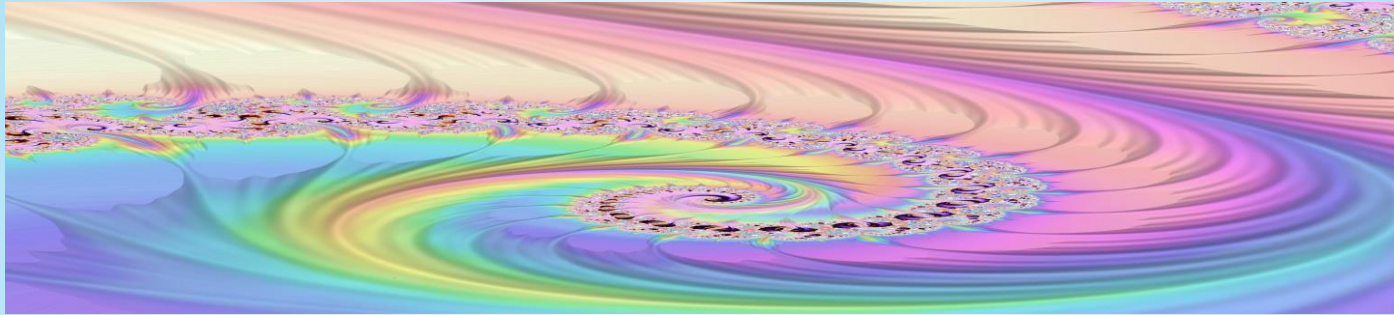
Your Heart When You Feel Love



**You activate coherent heart rhythms
Send coherent messages to your brain
Leading to emotional well-being
And mental clarity**

~ Research From The Heartmath Institute

The Rippling Effect



When You Love

**You affect the heart and brain circuitry
Of each person who receives your love
Giving them **more love energy** to share**

Mature Love



**“Immature love says
‘I love you because I **need** you.’
Mature love says
‘I **need** you because I love you.’”**

~ Erich Fromm

Give The Gift Of Love To You

**“Love everyone unconditionally,
including especially yourself!”**

~ Ken Keyes, Jr., Author, Workshop Leader



I Believe My Love Is Powerful

I Believe

My love is a powerful force

That all I need to do

Is feel that I am loved

Allow my life force to shine

And share my love with others

**What Do You Believe
About Your Love?**

If You Want More Love

Create Loving Beliefs

This 30 Day Love Challenge is Serious and Life Changing

You will see amazing results

If you seriously intend to

Expand your loving – and -

Love fearlessly and openly



As We Close **Remember**

Start each day focused on love
In every moment feel the love
End each day realizing love
Every day repeat the love pledge

Start Each Day **Focused on Love**

In every moment ask...

"What would love do now?"

For Me

Knowing all that I do brings me

Closer or further from love

End Each Day
Realizing the Power of Love
Review The Moments You...

Turned away from love

Shared your love freely

Felt loved by others

The Love Pledge

Every Day I Develop Greater

Awareness and communication

Acceptance and forgiveness

Compassion and tenderness

Love, trust and respect

For My Self And For Others

Love Agenda for Today

In Your Love Habits Journal

My Gift of Love – I Believe Love Is...

For Myself

For Others

For the World

Share Your Beliefs In The FB Group



Dr. Erica Goodstone

RELATIONSHIP HEALER

Helping You Heal Through Love



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