



DR. ERICA'S
30 DAY

LOVE CHALLENGE

Day 30

My Love Proclamation



What Is A Love Proclamation?

Announcing your intention to love

Declaring your desire to love

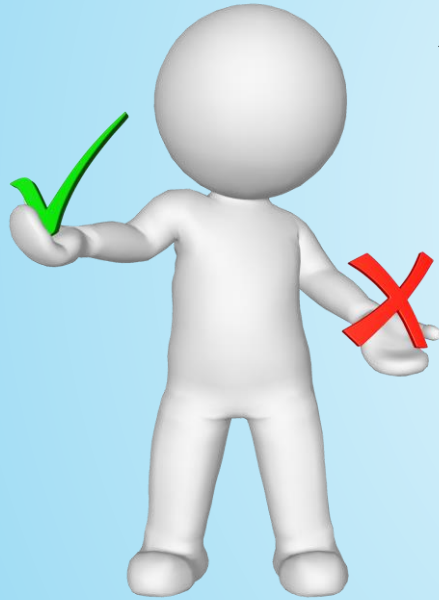
Asserting your willingness to love

Affirming your practice of love

Stating you know how to love



Why Do You Need Your Love Proclamation?



You start out with good intentions

You declare your desire to love

You assert your willingness to love

You affirm your practice of love

You say that you know how to love

And Then You Forget....

Your Love Proclamation Reminds You

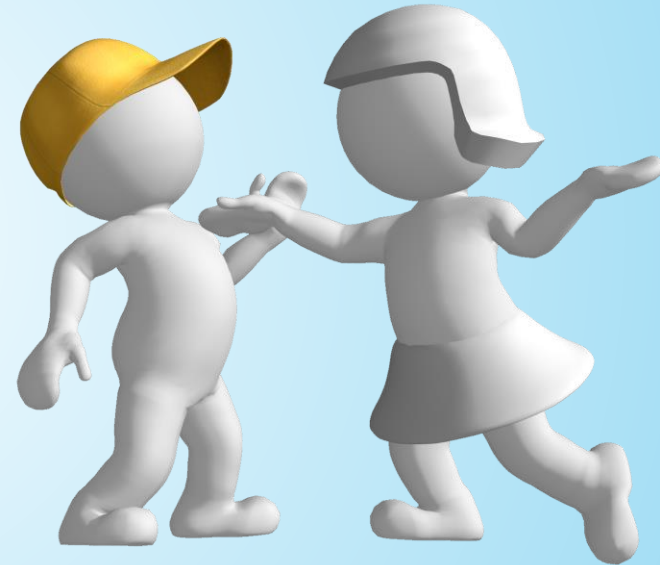
I intend to love now

I want to love now

I am willing to love now

I am practicing love now

I know how to love now



In This Moment, Right Now

Let Me Share With You My Love Proclamation

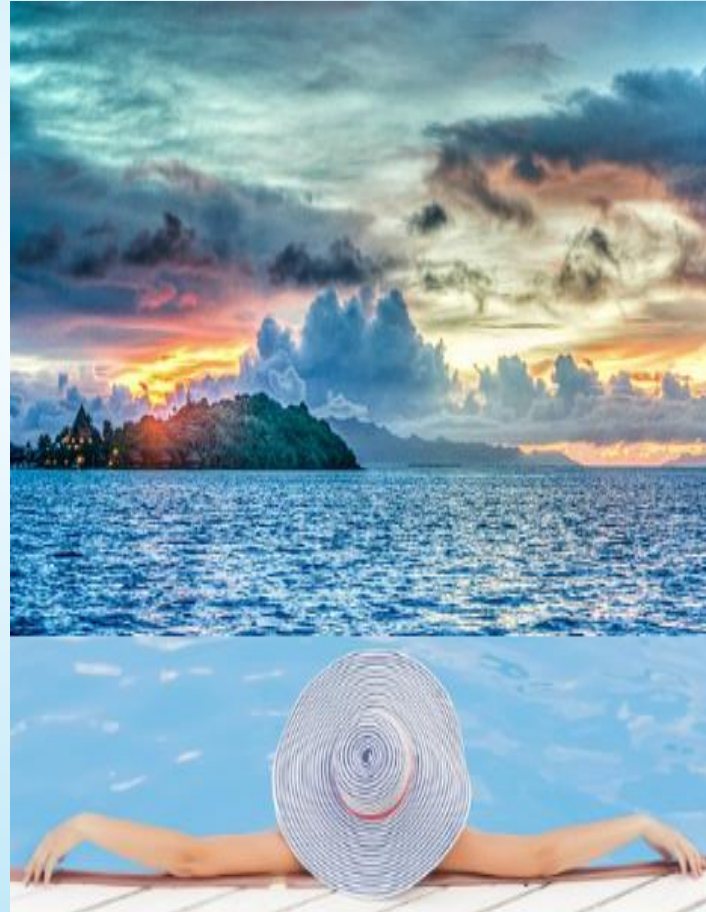
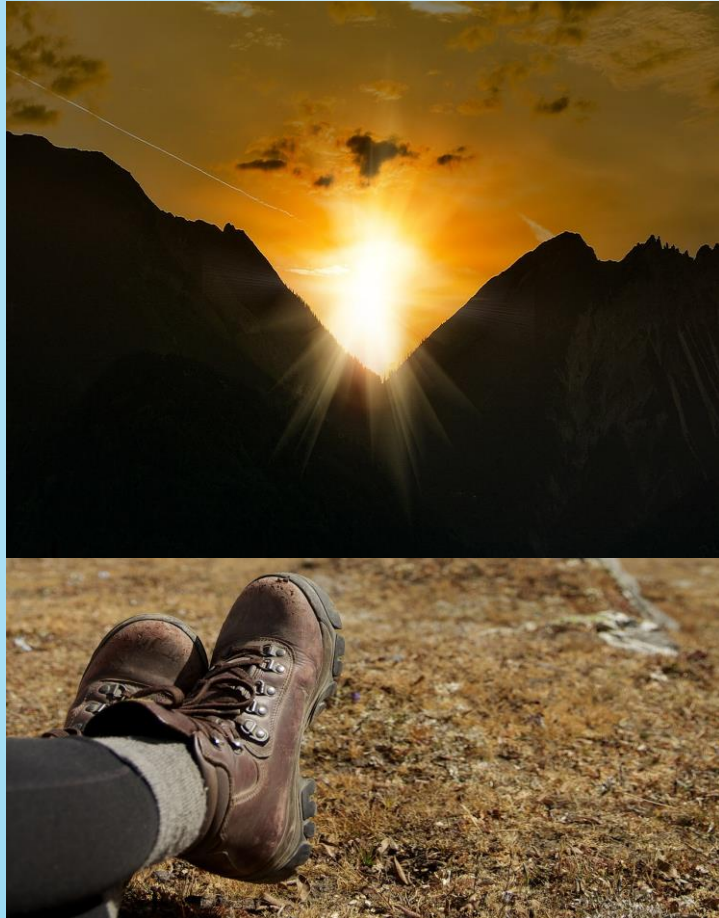


I Have A Dream

**I Will Live Each And Every Day
Loving And Sharing My Love
Trusting In The Power Of Love
To Nurture And Heal My Body
And Heal The World I Live In**



What Is Your Dream?

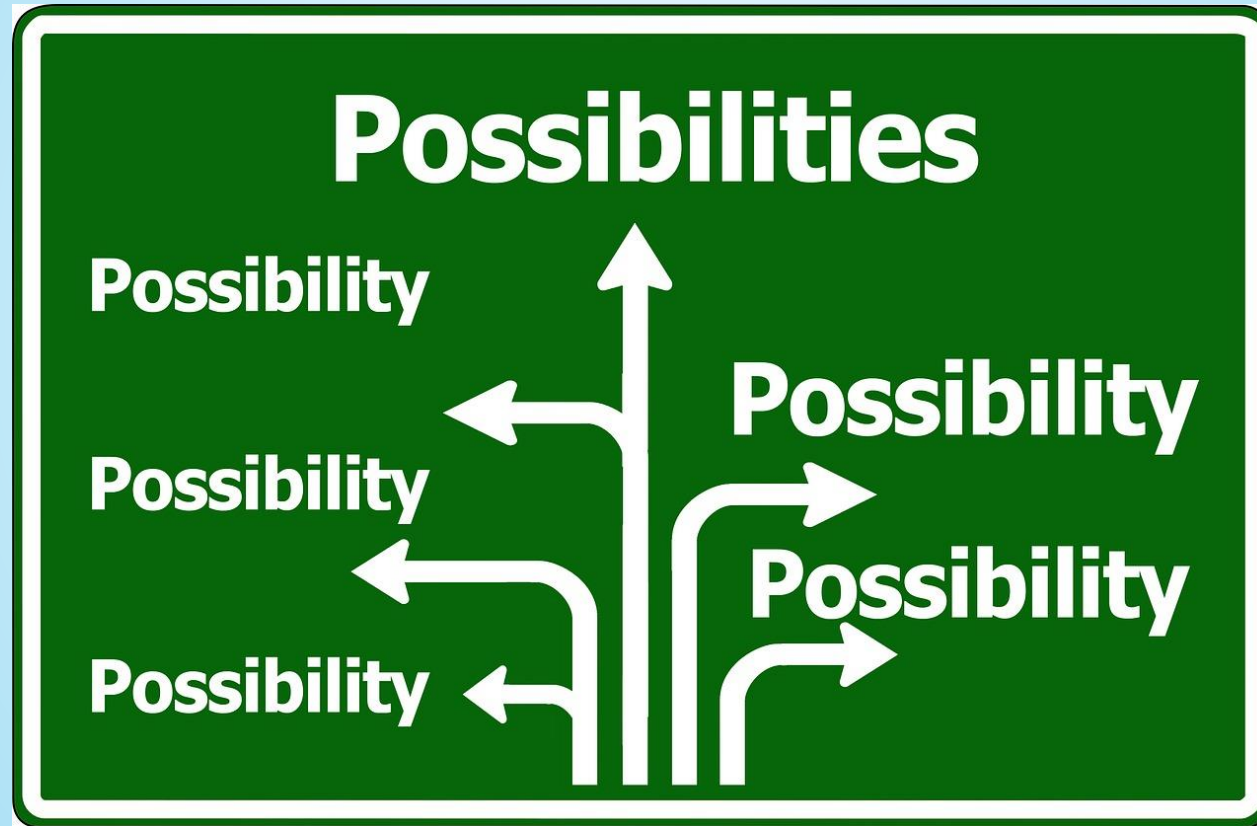


I Believe

**My Love Is A Powerful Force
That All I Need To Do
Is Feel That I Am Loved
Share My Love With Others
Allow My Life Force To Shine**



What Do You Believe?



I Know

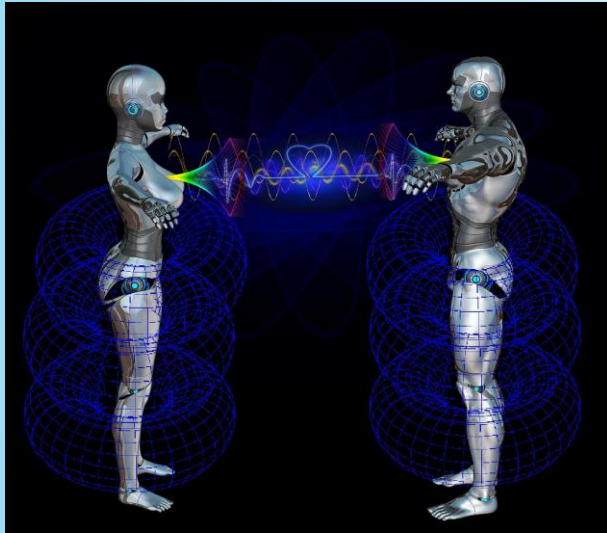
**I am so much more powerful
Than I have ever imagined
When I share my love fearlessly
And I reinforce my love for you
I empower you to love freely too**



What Do You Know?



I Wish



**I Will Always Be Able To Express
My Unique Talents And Gifts
Look Past All Outer Appearances
See The Loving Heart Deep Within
Every Living Being On Earth**

What Do You Wish?



I Choose

**To Hold You Tight In The Arms Of Love
Where You Are Safe, Secure, At Peace
Able To Shatter Your Resistance
Release Your Fear Of Being Hurt
And Love With Your Whole Heart**

What Do You Choose?



“My Mission In Life



**Is Not Merely To Survive,
But To Thrive;
And To Do So With Some Passion,
Some Compassion, Some Humor,
And Some Style.”**

~ Maya Angelou

“The Lotus Is The Most Beautiful Flower,

Whose Petals Open One By One.

But It Will Only Grow In The Mud.

In Order To Grow And Gain Wisdom,

First You Must Have The Mud –

The Obstacles Of Life And Its Suffering....

The Mud Speaks Of The Common Ground

That Humans Share

We Are All Faced With The Same Obstacles:

Sadness, Loss, Illness, Dying And Death.

If We Are To Strive As Human Beings To Gain

More Wisdom, More Kindness And More Compassion,

We Must Have The Intention To Grow As A Lotus

And Open Each Petal One By One.”

~ Goldie Hawn



I Have A Dream Of Love

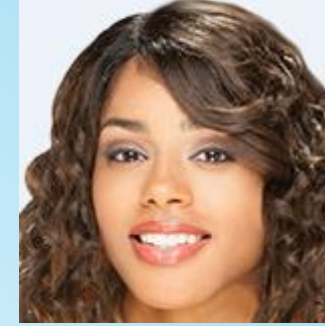


Tell Me All About Your Dream
Let Me Help **You Return To Love**
Trust In The Power Of Your Love
To Heal The World Around You
And So It Is....



**”Let Us Meet Each Other
With A Smile,
For The Smile Is
The Beginning Of Love.”**

~ Mother Teresa





ALL YOU NEED IS
LOVE

LOVE, LOVE, LOVE

LOVE ME ... PLEASE



"LOVE ME ... PLEASE

I AM HERE

RIGHT IN FRONT OF YOU

CAN YOU SEE ME?

DO YOU KNOW WHO I AM?

I AM JUST LIKE YOU

REALLY, BELIEVE ME

IT'S TRUE

LOVE ME ... PLEASE

**DON'T BE FOOLED BY ME
MY OUTER APPEARANCE
IS JUST A SHOW
I'VE COVERED MYSELF
IN DELICATE WRAPS
OF SKIN-FILLED MATTER
BUT I AM STILL HERE
UNDERNEATH**



LOVE ME ... PLEASE



I AM ...
LOOK DEEPLY
IN MY EYES
YOU WILL FIND
YOURSELF
REALLY
NO KIDDING
I'M YOUR MIRROR

LOVE ME ... PLEASE

**POLISH MY SURFACE
I'LL SHINE FOR YOU
DON'T CLOUD MY VISION
YOU'LL ONLY BLOCK
YOUR OWN SIGHT
LISTEN TO ME SPEAK
YOU WILL HEAR
YOUR SELF TALK**



LOVE ME ... PLEASE



**WE BELONG TOGETHER
DON'T LEAVE ME ALONE
I'M HUNGRY – FEED ME
I'M THIRSTY – LET ME DRINK
DON'T TURN AWAY FROM ME
WHERE ELSE IS THERE TO GO?
WE'RE HERE TOGETHER
NOW.**

LOVE ME ... PLEASE

WHY?

LET'S FIND OUT

LET'S SHARE OURSELVES

EXPAND OUR VIEWS

TEACH EACH OTHER

WHAT WE NEED

TO KNOW.



LOVE ME ... PLEASE



LET'S LOVE EACH OTHER
FOR BEING HERE
THAT'S ALL
JUST FOR BEING
FOR EXISTING
WE'RE HERE
TOGETHER
NOW

LOVE ME ... PLEASE

**DON'T YOU GET IT?
THE COSMIC JOKE
HA, HA!
AND WE KEEP TRYING
TO RUN AWAY
FROM WHAT?
FROM WHOM?
FROM LOVE?**



LOVE ME ... PLEASE



**LOVING BEING
LET ME REST
IN THE POWER
OF YOUR PRESENCE
LOVE ME
NOW
AND ALWAYS
PLEASE!"**

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CONGRATULATIONS!

**You Have Completed
The 30 Day Love Challenge**



You Learned About Love

Creating Loving Attitudes

Developing Loving Beliefs

Taking Loving Actions

Loving Intention And Focus

Commitment To Practicing Love



What's Next?



Your Heart Is Open To Love

For Yourself First And For Others

New Love Pathways Have Appeared

You Know What Love Is And Is Not

How Can You Keep Your Love Alive?

Don't Stop Now!



You Said "Yes I'm Ready"



Remember?

Did You Mean It?

Now That You've Learned What Is Possible

Are You Ready To Practice Love?

3 Months Of Love

Continue To Focus On Love

Weekly Live Group Sharing

About Different Aspects Of Love

And **Your Individual Needs**

One Private Love Coaching Session Per Month

Keep Expanding Your Love Habit

[Click Here - Continue Your Love Journey](#)

Love Agenda FOR TODAY
In Your Love Habits Journal

Write Your Love Proclamation

Choose To Love More Each And Every Day

[Click Here To Continue Your Love Journey](#)

[Share Your Love Proclamation In The Facebook Group](#)

REMEMBER

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

I Am Deeply Touched And Honored

**You Have Allowed Me
To Share What I Know To Be True
About Healing Through Love
My Wish And Prayer Is For You
To Freely Share The Gift Of Your Love**

As We Close **Remember**

Start Each Day Focused On Love

End Each Day Realizing Love

Repeat Your Love Pledge Daily

[Click Here To Continue](#)

[For 30 Weeks Of Love](#)



Dr. Erica Goodstone

RELATIONSHIP HEALER

Helping You Heal Through Love



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