

Week Twelve



YOU WERE BORN TO LOVE!

You Were Born to Love

YOU WERE BORN TO LOVE – YES YOU!

Thank you for taking the journey to attract more of what you love.

By now, you’ve experienced many shifts, opened to new possibilities and you are well on your way to creating a life you love!

Take a moment to go back to Lesson 1. If you didn’t complete all the exercises find the time to now.

Reflect upon the things you have attracted over the course of your journey. What was most profound, interesting, surprising?

“The moment
you have in
your heart this
extraordinary
thing called
love and feel
the depth, the
delight, the
ecstasy of it,
you will
discover
that for you,
the world is
transformed.”

- Jiddu

Krishnamurti

LESSON - FOCUS ON WHAT YOU LOVE

Did you know most things never get done because we focus on too many things.

Focus now on one intention to get something done that you LOVE!

You need to LOVE IT and you need to believe it can be yours!

Even after all this time, the sun never says to the earth, you owe me.

Look what happens with a love like that,

It lights the whole sky.” –Hafiz

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LESSON - REVIEW YOUR PROCESS

In Lesson 2 we worked on creating change.

What things that you love changed during your process?

Did you find your relationships improving? Did a career change open up for you?

Did you notice how much more love you brought to yourself?

LESSON - STAY CONNECTED!

Depression and anxiety are reasons why people distance themselves in our society. The burdens lessons, when we stay connected. ~ God ~ Family ~ Friends ~ Community and let's not forget our soul purpose.

None of us becomes our best selves without the help and support of others. We are not here in Earth school to do this alone. Your unrealized part of you is waiting to blossom and share an amazing experience with others on your journey!

Just as you planted a seed 12 weeks ago and sprouted that idea, you are now getting ready to birth a new you, just like a new baby!

Ahh, yes, there is that labor part and that one last push!!! READY?

ACTION

MEDITATION

(if you are in the live coaching program, this meditation can be found on our private page)

Find a quiet place and notice the feeling you are experiencing today. Let's take that feeling and make it grow from one place to another. If you feel lonely find the divine presence to make you feel connected. If you are fearful move into a place that makes you feel safe and imagine you are there. If you are happy raise the frequency to joy! Ask any voices in your head to now be silent so that you can listen to your spirit and connect with LOVE! Once you shift that frequency open your heart. Feel the crack getting wider. Notice a brilliant light, like a laser beam from our creator entering your heart and filling it with LOVE. Breathe!

What color is your light? Does it have a temperature? Is it swirling? How do you feel? Notice the moment you surrender into the love. Just be! Breathe! Notice what you are noticing and just be aware of what you notice.

Allow yourself to receive as much Love as you desire today. Now, ask one question (you may want to write it down, every word and thought of it, no censoring allowed) Breathe and just listen. Trust whatever you sense, see, feel or hear? Even if it doesn't make sense (you will write this down after your meditation).

If you feel blocked and nothing comes, just breathe, ask again and receive and trust. How does this feel? What do you notice? Just be aware of what you notice. Don't change anything. Allow this process to last as long as you desire or need. Take your time.

When you are ready to come back, breathe deeply into your body and slowly come back to a conscious state.

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LESSON - MEDITATION

Write down your experience with the meditation from the previous page.

Lined writing area consisting of 20 horizontal dotted lines.

12-Week Blueprint to Creating a Life you Love

Now add a commitment agreement to keep receiving Love into your life.

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LESSON - HEART LONGING

What is your heart longing for now?

What CAN you do to get one step closer?

LESSON - HONOR YOUR SELF

Today I make a decision to live with more Boldness and be bravier!

Fall IN Love with this decision. What will be your next step to honor yourself?

*“Once you
make a
decision
the
universe
conspires
to make
it happen”*

Ralph Waldo
Emerson

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LESSON - FORGIVENESS

Open your heart and find forgiveness towards someone in your life.
You can call them, write them or pray for them. Find resolution and send love.

“Love prospers when a fault is forgiven. Dwelling on it separates close friends “
Proverbs 17:9

LESSON - THE NEXT 12 WEEKS

Corinthians 13:4-8 Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things. Love never ends. As for prophecies, they will pass away; as for tongues, they will cease; as for knowledge, it will pass away.

Today I shift!

I am owning my gifts and receiving all the abundant love available to me each day!

I Love my relationship with myself and I continue to honor this commitment so that my courage to believe in myself grows and my purpose in the world ripples out where it needs to go.

Life Changes Today!!!

I am ready to discover more of my talents and strengths. I continue to attract all the right people, circumstances and thoughts into my life so that I continue to align myself with the highest frequency of love and fulfill my purpose.

What new seed will you plant and nurture for the next 12 weeks?

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LESSON - RELEASE THE HOW

I realize when I align myself in Love, I do not have to know the how and I can give thanks and gratitude each day for this permanent love that flows through me

I appreciate and value:

Ephesians 4:2-3 with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace.

LESSON - LIMITLESS POSSIBILITIES

I am inspired by the unlimited possibilities to

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LESSON - CONTINUATION

How will you continue to take care and love yourself more?

LESSON - LISTEN TO THE CALL

The soul doesn't pay attention to logic and reason.

When you feel there is something more calling, listen. When you get instructions and you feel fear or doubt remind yourself to quiet those voices, breathe deeply and ask yourself what CAN YOU DO?

When we cannot understand the greater purpose, we make up a lesser purpose.

Receive the guidance that is flowing through you.

Whom shall I allow myself to become?

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Grant me the grace to take hold of myself with love as my journey continues!
I CAN DO THIS! I AM DOING THIS!

*“Love is
preserved
by wisdom,
destroyed by
demand,
tested by
doubt.
It blossoms
with faith
and grows
with
gratitude”
~ Sri Sri Ravi
Shankar*

Archangel Raphael sends you a message too from the oracle cards created by Doreen Virtue:

“I encourage you to use your own power and authority. The healing angel sees that you’ve been giving your power away to others and ignoring your feelings. It’s time to make your own decisions, stand up for yourself and speak your truth! Raphael will hold your hand throughout this experience, empowering you and giving you courage.

You’ve been confused because of differing opinions and advice about what you should do. You are reminded that you must take the course of action that’s guided by your inner voice. You truly do know the best path to take, even if it means interacting with intimidating authority figures. In the long run, they’ll respect you more for taking charge.”

- Trust your intuition
- Give yourself permission to do what you want
- Make the life change you’ve been dreaming about

PRAYER:

Dear Archangel Raphael, thank you for supporting me as I take back my power and listen to my intuition, desires and feelings.

A THANK YOU MESSAGE FROM THE AUTHOR

I am so happy and grateful!

Thank you for saying YES! For making the decision to bring more love into your life! I am so grateful you showed up because my purpose is fulfilled when you attract more love into your life. We work together on this! It is a beautiful thing.

Continue to use these tools and open to receive more. The content in this manual can take you a year to complete.

I suggest you go back periodically and see what areas need to be redefined, expanded and remember to dream bigger! Stretch 5% each day. Love yourself more so that the ripple effect spreads around this planet.

Please feel free to email me and let me know how you are creating a life of love!

Blessings forever on your journey of love. You were born to love!

~ *Gloria Coppola*

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