

Lois Lovegrove

Intuitive Healer

Newsletter



Hi there,

Yes I know, another Newsletter, 3rd month in a row, not sure how this is happening but it is. I trust that July was kind to you. It's hard to believe that now we are heading into a change in Season, Spring in the Southern Hemisphere, and Autumn in the Northern, not that it makes that much difference in Townsville, as we only have minor weather changes here, not magnificent Autumn displays of colour or unfurling of new buds in Spring, we just get hotter, then cooler, where on earth has this year gone?, it is speeding past at the speed of light.

I have been asked a few times lately, if I work with Children and Teenagers, and the answer is yes I do. I love working with them, knowing that you are helping them to overcome problems from an early age, and that they will have a future without the past haunting them, is just so rewarding.

I have reworked the Meditation Series that I announced last month, and it is now called Awaken your Emotions and is a 6 week series, details are below.

I have been busy updating my Website, it's still pretty plain not a lot of fluff or padding to it, but there are more details about Services that I offer. My Forever Young package will be on there, very shortly.

You should check it out on a regular basis as I am adding to all the time

<http://www.loislovegrove.com/>

Content

Awaken Your Emotions

You are never too old to dance.

Always stay true to yourself

Awaken your Emotions with The Angels of Emotions.

**Come join The Angels of Emotions
on a deeply moving journey of transformation,
self-discovery and healing**

Discover what it feels like to have every cell in your body flooded with the true meaning and feeling of emotions

Experience your emotions gently moving into the places of hurt and pain in your body and starting a healing process within

Feel the true meaning of your emotions and how they may be affecting your life

I invite you to take a step towards your own healing, in a safe environment, with the right support and in a small group of like-minded people

This is a 6-weeks online, healing program, done with you in mind.

After 6 weeks, you will be feeling more centered, happier, calmer, more positive and having an absolutely expanded view on the world around and within you.

Each week, for 40 minutes, we will be delving into 6 different Emotions. You will be exploring what it has created in your life, how you feel about it, how you think about it and whether or not you are using the Emotion in a positive or negative way.

There will be 3 parts to each Session.

1. Learning the Creators' true definition of the Emotion. What it feels like, how to receive it and give it to others, how to live without fearing it, and how to incorporate it into your day to day life
2. Receiving a Channelled Message from The Angels of Emotion, while you sit in a meditative state. Be guided to explore how the Emotion feels in your body and be led through exercises to get the emotion flowing through and out of your body
3. Receiving a Healing through your Aura. The Angels of Emotions, with the assistance of other Angels, will be lifting and clearing Energetic Imprints from within your Aura, that no longer serve you.

For full details and to enrol in this Course, please head over to my Website:

<http://www.loislovegrove.com/the-angels-of-emotions.html>



You are never too old to Dance

This man is the true spirit of "You are never too old to Dance". Throw away your excuses and dance like you don't have a care in the world, dance as if you are still a Teenager.

Dance has always been a big part of my life, my parents met at a dance when my Mum was 15 and Dad was 16, and they stayed together until my Dad passed away at age 84, and up until the last couple of years they always danced. Dad even learnt to dance again, after he was nearly paralysed by a Stroke, dance was one of his driving motivations, it took a couple of years but he got back to it. One of my most proud moments was watching them get up and dance at their Grandson's wedding, where most of the dancers were trained in Latin American Dance, and we were given performances of Salsa, Tango, Rumba, then the music changed and Mum and Dad got up to dance a Foxtrot, and the whole room just sat and watched them, and then when they finished they were

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cheered and clapped, my Mum wanted to shrink away in embarrassment but Dad stood proudly grinning, the limp from the Stroke hadn't stopped him, from getting back to one of the things he loved.

Morale of the story is, never let anything stop you doing something that you love and are passionate about, always find your way back to it, it keeps you young and dancing.

This one is for you Dad, you were never too old to dance, just not well enough, but your feet never stopped tapping to the rhythm.

I could see you doing this.

<https://www.facebook.com/22Words/videos/847160725449909/>

Always stay true to yourself

We all have Family, Friends, Mentors, Coaches, Therapists giving us advice, which is great, but always ask yourself, "Is this for my Highest and Best" and feel the answer, does it make you stand up straight with your Shoulder back or hunch over?, and take your course of action from that response.

I pretty sure I don't need to tell you what one gives you the correct answer. :-)

Learn how to have faith in yourself so that you can make the best decisions for yourself. We all make decisions that in hindsight weren't possibly the best choice, when you learn to feel, if a choice/decision is right for you, your life will improve and there will be less bumps in the road for you.



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true to
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Take care of yourself and hope to see you soon

Lois