

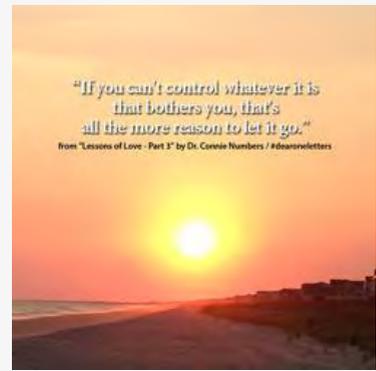


The more we can feel love in our every day life, the more we help to heal the world.
Read Part 3 of Dr. Connie's new series, "Lessons of Love." January, 2016



LESSONS OF LOVE - PART 3

I love writing about lessons of love for my newsletter. I didn't know I would love it as much as I do, but the more I write about the lessons, the more I remember them. And the more I remember them, the more I begin to act on them. The more I act on them, the happier I am. And the happier I am, the more I feel aligned with the joy of who I am as a soul. And when I start to feel that way, I feel really, really good. And when I feel really good, good things start coming to me. One by one, they just pop into my life. And it's then I remember that I am the Creator of my life and when I am feeling joy, all good and joyful things come to me. Needless to say, I'd love to write about lessons of love for the rest of my life. It would do all of us good. Here are our lessons of love for this month:



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**Dr. Connie Numbers at The Sophia Institute -
The Art of Letting Go / Jun 24, 2016 to Jun 25, 2016
REGISTER EARLY TO SECURE YOUR SPACE**



Letting go can be difficult. Letting go of people, ideas, regrets, expectations, desires; letting go of the past, bad habits, false beliefs, and unhealthy relationships... the list goes on. Every day, every moment presents an opportunity to create ourselves and open ourselves up to the possibility of the moment so we can take action and create an incredible future. [read more...](#)

[GO HERE FOR MORE INFO AND TO REGISTER FOR THIS EVENT](#)

**Dr. Connie Announces Two New Mentorship Programs:
The Great Adventure of Awakening™**

The mentorship programs entail increasing your awareness of who you are on deeper levels that you may not have explored yet and involves learning techniques and new ways of thinking to help you become a happier and more fulfilled person. As a team, we look at challenges and obstacles that may hinder you from succeeding in all areas of your life and focus on helping you to become more of who you want to be . . .

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