

15 WAYS TO LET LOVE IN

The aim of this exercise is to explore all the ways you might start to let love in. This is an exercise in possibility, rather than have-to or should, with the freedom to explore without triggering resistance and fear. May these ideas give you hope and make allowing love feel safe.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

You're not alone, I love and acknowledge you.

Love, Maryjane

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