



Nourishment of the Heart:

Nurturing Our Relationships with Others and Ourselves

"We've got this gift of love, but love is like a precious plant. You can't just accept it and leave it in the cupboard or just think it's going to get on by itself. You've got to keep watering it. You've got to really look after it and nurture it." John Lennon



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Nurturance is "warm and affectionate physical and emotional support and care." Following that path to another definition of **Nurture**: "To nurture into strength... To cherish; ...to hold and treat as dear; as to cherish hopes or affections."²

This workshop will support you to:

- Understand what **Love** has meant through the ages.
- To understand what it means **now** in **your** life, with anyone that holds a special place in your heart. This could be a partner, family members, friends...anyone.
- To see the Divine Essence in just about everyone you meet.
- To communicate in a more nurturing way, and with more ease and grace, with the important people in your life, regarding just about anything.
- To apply these principles to yourself so that you can truly love, appreciate and nurture yourself as the Divine and Amazing Being that you truly are.

(¹Dictionary.com and ²Unknown internet source)



And, while we're at it, let's have some fun! February is Valentine's month!
Let's end it with Love, Laughter and **Joy** for ourselves and for each other!

Date: Sunday, February 26, 2012

Time: 1:30-4:30 p.m. Love Offering

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