

# Land of Enchantment

## February 2023 - Love Thy Self

### 1<sup>st</sup> Experience – Meeting Rumi

What was Rumi wearing as he was orchestrating the special energy ceremony so that you learn to love thy self?

Lesson – Being present allows more self-awareness during the experience you are having.

### 2<sup>nd</sup> Experience – Three Barriers

What are the three barriers blocking you from loving yourself?

- 1.
- 2.
- 3.

Lesson – Taking responsibility for your reasons and stories is a valuable quality to develop.

### 3<sup>rd</sup> Experience – Aphrodite

What was your experience when Aphrodite placed her hands on you attuning you to her powers of passion and desire?

Lesson – Being sensitive to the frequencies of love and passion allows you to know when you are connected to those energies.

### 4<sup>th</sup> Experience – Quan Yin

What was your experience when Quan Yin placed her hands on your crown chakra attuning you to her powers of love, mercy, and compassion?

Lesson – Being sensitive to the frequencies of love, mercy and compassion allows you to know when you are connected to those energies.