



# MEDITATION

LOVE IN ACTION | LOVE IS A LIFESTYLE

## OBJECTIVE

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Meditation improves focus, spirit, and mood. Start your love in action plan in an uncluttered headspace.

## SKILLS

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Rejuvenate your lifestyle  
Enjoy your headspace

## COST

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\$25 first session

## WHAT?

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**Support** taking the first steps  
**Videos** growing your practice  
**Advice** on self-love  
**Monitoring** your compassion and clarity levels

## ROI

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### TIME TO LOVE • SENSE OF REWARD

Meditation can be daunting. I am here to aid you. I will reassure you it is okay to take time to love yourself, your heart, your mind. Meditation will develop as a reward; providing a good night's rest, developing greater perspective, releasing you from bad habits.

### GROW CLOSER TO SOURCE

Leaders meditate. Jesus, Buddha, Mohammed all seasoned meditators. This is how they connect to source, deeper meaning, clearer understanding. Take this invitation to join a legacy of leaders.

## TAKE AWAY

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### LOVE YOURSELF

When we love ourselves, others do as well. Be the role model for your family and friends. Improve their lives with a step towards your own self-love.

### PEACE OF MIND

End the cycle of feeling unhappy, unmotivated, any and all 'uns'. Regain peace of mind through self-discipline and a joyful habit.

## WHY LIAL?

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Your life deserves love in action. Love Is A Lifestyle provides you, your very own toolbox, which you can rely on for years to come.





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1. **Clean cobwebs in synapses.** Clinging to your mental junk is not life-threatening, but it is love-threatening. I want you to thrive and be joyous and free. Dusting out the circuitry will open your mind, increase your compassion, and enable you to make love your lifestyle.
2. **Rewire positive reward stimulus.** Breaking a habit feels impossible. Until you open your mind to realize your own power. You do not realize it yet, because you have never tried meditation. Untapping your inner power will recalibrate your reward system.
3. **Internal gauge for boundaries is strengthened when you connect to source.** You have an innate sixth sense to predict why something is bothering you...fatigue, hunger, stress, dishonesty. Notice and sense these triggers before you are already under their spell. Allowing yourself space, through meditation, extrapolates your potential for responding with tolerance and love when triggered. Triggers are part of life, sorry no changing their occurrence only your response to them.

## Are you ready to reach out?

Breathe.

Pray.

Did your prayer include the words 'help me'? I am here to help.

This is the first step in loving yourself. Give yourself the gift you cannot do alone.

Your neighbor,  
Lucy

