



Denise Jarvie

AN INWARD REVOLUTION

Welcome

Welcome to this mini seminar about **The Art of Love**. It is an honour to share this information with you and I hope it makes you feel empowered and loved .

I am a Soul Coach and Energy Intuitive. I help you to discover and transform patterns of behaviour that are holding you away from your dream life. I specialise in helping you to develop meaningful and authentic relationships in all areas of your life. My mission is to help all be in harmony with themselves.

What is Love

The love I talk of is a state of being, not an emotion to make you feel good. It point us in the direction of our heart and answers we seek. It is alignment and enlightenment - a neutral place within you. It is your sacred space where there is no resistance or restriction to the heart or truth of you. It assists us in allowing ourselves to live by our own heart instead of thinking we have to compromise.

Different Types of Love

- ♥ Romantic Love
- ♥ Family Love
- ♥ Friend Love
- ♥ Self Love

Today we will focus on SELF LOVE for this is the most important relationship you will ever have. It is the foundation of who you are and will shape all the other relationships you have.

Relationships

Whenever you interact with anyone or anything you are in a relationship with them or it. Relationships in the physical plane are a way for us to get to know who we truly are. The only way we know what we look like is through a mirror, photos or others. The mirror and the photos are a way for us to see ourselves through our own eyes, but our relationships are a reflections of us through an others eyes. Hence we learn new things about ourselves.

The Art of Love Tarot

I was inspired to create this deck as a way to remind us all of the love that we are and how to create more love in our world. Tarot is a way to know ourselves by making the unknown known. It does this by expanding knowledge, awareness and the capacity to feel love. Each card is infused with divine love so playing and working with this deck will enable a recognition of divine, loving energy and an awareness of how to co-create with it. It is my wish for us all that love and deliberate creation will become an everyday way of being.



Five ways to Love Yourself and discover your Loving Truth

1 Start from where you are – Whatever has brought you to this moment has passed. The only thing that matters is what you choose to do from this moment onwards. Every breath every moment is an opportunity to bring more love into your life

2 Find your loving truth – There are many truths on this planet created by humans. You don't have to believe them all. Take a breath, close your eyes and feel what resonates with you and let everyone else live with what resonates with them.

3 Know what you Love – When you know what your truths and values are it becomes easier to know what you want to create and love. This step is about getting clear with your path of love. What makes your heart sing and what makes your heart shrink? Focus on your singing heart.

4 Trust your Loving Wisdom – Trust your wisdom by the way it feels. Now you have become clearer with what you love, it is time to feel the wisdom of your next step. You can only hear and feel this when you are in a loving state, in other words when you are in alignment with you. Come into balance and then action. I called this inspired action.

5 Practice a Loving Perception – Adjust your perception to be alignment with loving vibrations. At first it may feel a bit weird, because this is not familiar to you. Your old familiar patterns will want to come to the fore because this is what you have been practising, maybe for a long time. Keep practising and this will very soon become your natural way of living. Learn to be more resilient and not take things personally. Focus on Love to receive more varying manifestations of love. If an experience you are observing makes you feel sad, uncomfortable or angry, come back to your heart and ask your higher self for inspiration. While you are awaiting for your inner instructions ... Breathe love into your heart and the hearts of all for this will make your feel better....

Just by reading this you have lifted your vibrations and are aligned with the energy of Love. From this place you will create more opportunities for love to enter your life. You are worthy of heaps and heaps of love. Open you heart to receive an ever present stream of love filled with your dreams and desires. Now you have plenty to give to another and help them to create their own stream of love and desires. As you awaken your heart, you are making an important contribution to humanity. You are adding to the vibration of love that will assist others in awakening their heart to their soul love.

You are love and you are loved. Be present and start from where you are.

Om Shanti, 