



## *Celebration of Summer*

Welcome to Summer! It's an exciting time as most of us reach out to others as we gather in celebrations. The added sunshine and the dreams of what summer can bring ignite our inner fire and

allow us an expansion to express ourselves in new ways. I've been thinking about the summers in Minnesota – hot days, cool dips in the lakes, and exploration with childhood friends. I grew up in Minnesota and was such a tomboy. I played in the swamps, caught frogs, toads, and snakes. My best buddy was Brian who lived next door. We would set out on wild adventures in the woods or running in the corn fields. Such sweet memories and a powerful reminder of my more wild playful side.

I was also reminded that this is the 40<sup>th</sup> anniversary of the summer of love. For those that experienced that summer first hand...I wonder how you might be able to reconnect with the free, loving, expression this summer. For those that have heard about the summer of love...I invite you to recreate it in your life this summer.

How might you love yourself more? How might you love someone you know more? Have you ever wondered what love is? There are so many definitions in poetry, history, the sacred texts of our current religions and spiritual practices. I encourage you to let them all go...start fresh!

Allow yourself the freedom to define love for yourself. Yes, we have all had experiences of loving someone else, falling in love with a significant other, and loving ourselves. I assert that all of those experiences are the PAST! Be in the present and allow yourself the liberty to experience something new.

So how might you explore what love is?

- ☆ Lavish yourself in Self-Love
- ☆ Express your Love to People in Your Life
- ☆ Surround Yourself with People who Light You Up
- ☆ Take a vacation - Have an Adventure
- ☆ Do something New - Try a New Recipe or Join a Group
- ☆ Schedule a Massage or a Reiki Session

## *Summer of Love 2007 Innovacation*

I, (enter your name), ask Great Spirit to release me from all past thoughts of what love is or should be. I ask that Great Mother surrounds me in her embrace as I step out with newness in my heart and a willingness to experience the depth and breadth of love. As the summer sun heats up earth, may my internal flame burn brightly so I might experience the passion, the heat, and the ecstasy of love. I am the co-creator of my life and I am choosing to define love so it is real at all levels of my being – mental, spiritual, emotional, and physical. I open myself to receiving and giving love in its fullness. As I say this, so it is!

I invite you to send this newsletter to your friends and family. Give them the gift of playfully exploring the possibilities of love with you this summer.

With Much Love,  
Dani  
Life Coach, Reiki Master, Marketing Genie

### ☀ Summer Special ☀

Come experience the Universal Life Force energy that is you and that is all around you through a Reiki session. Your soul and body will thank you.

1 Hour Session - \$45

Regularly \$55  
valid until July 31<sup>st</sup>, 2007