



Living Loved Exercises

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Session 9 - Ways to Foster Oneness Love

Homework: Breathing Exercise and Guided Date

Video Links: Breathing Exercise 4: <https://youtu.be/KiORLM9Pzfk>
Guided Date #1: <https://youtu.be/XyzV87iQVJs>
How to Make Any Encounter Life-Changing:

Homework #1

Do Breathing Exercise 4 then immediately watch Guided Date #1. Repeat 3-4 times during the week.

Homework #2

Journal your encounter following the instructions in the handout “How to Make any Encounter Life-changing.”