



Living Loved Exercises

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Session 12 - Learning How to Experience Love

Homework: Breathing Exercise and Oneness Exercise

Video Links: Breathing Exercise 6: https://youtu.be/xyx_zvi2uH8
Breathing Exercise 7: <https://youtu.be/P6Wm4CSjwaQ>
Breathing Exercise 8: <https://youtu.be/h2moLKCK2cE>
Oneness Exercise: <https://youtu.be/-BUnvKtg3KQ>

Homework

Do Breathing Exercise 6, 7, or 8 then immediately do Oneness Exercise: 5 Things you Love. Repeat 3-4 times during the week.