

COMING FROM LOVE



I am often asked, what does **LOVE** mean to me. When I say **I LOVE** you or sign my correspondence **Love Liz**, I am expressing my desires for others, and affirming my own intention and integrity for loving.

L - May you have the strength to **Let Go** of the stories which no longer serve you.

O - May you give yourself permission to **Own** the richness of your life's path.

V - May you **Value** your contributions.

E - May you **Embrace** the truth of your magnificence.

I've learned to let go of the past and remember - everything happens for a reason. Certainly, situations arise to challenge this truth...yet, with each experience I know I'm called to release another piece of my story... Revisiting the story without judgement, blame, fault finding or criticism frees me to love myself.

As I have looked back on my life, I have realized there were no mistakes... I was doing the best I could each day, month, year. With each experience, I was learning new healthy ways of living my life. When the guilt, fears, and limitations return... I remind myself that I am still doing the best I can... I am supporting myself and owning the richness of my life which guides me in new self-supportive ways.

One of the greatest gifts I've received, is learning to value my contribution to the lives of others and to my world in general. The more I am able to value myself... the more love I receive and give... As I value myself... I give others the permission to do the same.

As I embrace the truth that I make a difference... knowing there is only one me, I begin to witness the shifts in the lives of those I love... I am able to truly accept my magnificence and know I am empowering others to embrace their own magnificence...

Today I...

Know... Who I am makes a difference...

Accept myself exactly as I am...

Support myself in loving and supportive ways...

Take time to appreciate myself and those I love...

Live in the ease and joy of LOVE...

And so it is...

Liz Robitaille is an internationally recognized Louise L Hay teacher and founder of Wisdom is Within Coaching. Contact her at 250-757-9794 / 877-986-5321 / liz@wisdomiswithin.com



The Game You Love to Play and Play to Love

Inspired by a meditation insight and created from love, Syncrohearts is the fun new relationship game just for two.

Through lots of fun and laughter it helps improve communication and intimacy in relationships. You deserve more love, try Syncrohearts, your partner will thank you.

Available at - Victoria: Angels of Avalon. **Duncan:** Ten Old Books, Wishes. **Lake Cowichan:** Galloping Moon Gallery. **Nanaimo:** Lobelia's Lair. **Parksville - Sexessories.** **Qualicum:** Red Door Gift Shop. **Courtney:** Kiss Me First. **Campbell River:** Inner Odyssey Books. **Port Alberni:** Choice Chocolates, Soul Life. **Tofino:** Enchanted.

www.syncrohearts.com



Arbours Wellness Centre
250-729-4969 Fax: 250-729-4946

CHANTAL DAVID, CT
Colon Therapist & Spa Therapist

Colon Hydrotherapy
Relaxation Massage
Therapeutic Wraps

Free 15 min. consultation

New Location davidc@arbourscentre.com
2136 Bowen Rd, Nanaimo www.arbourscentre.com

Liz Robitaille, Life Coach
Certified Louise L. Hay Teacher

Wisdom Is Within
SELF DISCOVERY WORKS



• Phone: 250-757-9794
• Toll Free: 877-986-5321
• E-mail: liz@wisdomiswithin.com
• www.wisdomiswithin.com