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KEVIN BURROUGHS
Relationship Life Coach

"Be The Gift You Are"

The most important relationship in your life is the relationship you have with yourself. Once you get that one working, all your other relationships will just fall into place.

If it's time for a shift contact Me.

Tel: 250 616 4084

Internet: www.relationships101.ca Email: kevin@relationships101.ca



Loving You Is A Gift I Give Myself

It seems to me that we are constantly being taught a model of love which says that love is something we get from others. People say things like, "If you love me, you would do such and such" or "I am waiting to feel loved by my partner before I give back". Neither of these approaches will allow you to feel and experience love in your life. Of course, we do benefit from the positive energy we receive from others, but only when we are willing to receive that love. My experience is that as I love others without conditions then I am in a place of allowing others to express and share their love with me.

I have come to know that giving and receiving are one and the same. They are inseparable. I cannot give without receiving, and I cannot receive without giving. When I attempt to get love without giving it, I find myself in a place of imbalance where neither I, nor the subject of my love have the experience of feeling love. This is often where many relationships end up.

In the beginning of a relationship we often love first because it is natural to do so. We feel it intensely and without question. As the relationship develops, we begin to feel comfortable and start to notice the things our partner does that do not feel loving. We start to hold back as a kind of self protection...afraid that they will break our hearts or find reason to love someone else more. We begin to focus more on an experience that we do not want. What we focus on we bring into our life, and so the relationship starts to feel less loving, perhaps even adversarial.

I think it is important at this stage to define what I mean by the word Love. To me, Love is unconditional acceptance, which means I want my partner to be happy, to follow their dreams, to know and speak their truth, whether those things include me or not. It means that I want more for their happiness than for them to stay in close physical proximity to me. I want them to live the most empowering life they can.

When I decide to Love and give it freely, I instantly get the benefit from Loving. I have no need for that love to be returned for it is already warming my heart and filling my cup of self-acceptance. Yet if that Love IS returned, then I am in a place to receive and there is no end to the amount of joy that I can experience.

May the love in your heart expand to encompass the world. Be the gift that you are.

Kevin Burroughs is a relationship life coach inspired to assist you whenever you are ready. 250-616-4084

