

LOVE WORK BOOK



Denise Jarvie
inner revolution

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Welcome

Thank you for being here today.

Here is a way for you to connect with your natural state of being, LOVE. It has always been with you waiting to unfold. Your soul is love and is always shining love to you. When you find this in yourself, the need to find it through another diminishes, however this opens the door for the relationship you have always dreamt of. This is your time to come back to your heart, feel the love that you are for the sheer joy of it. Then from this blissful and beautiful place you will create many physical manifestations of love in your world.

In Love and Light,



Disclaimer

*This workbook is intended for spiritual and emotional guidance only.
It is not intended to replace medical assistance or treatment.*

The aim of this Mini Course

Is to provide a comprehensive and accessible way to experience the feeling of Love.

Connect on Social Media

I look forward to hearing about your experiences on Facebook or Instagram.

The links are at the bottom of every page.

Tags to use on Instagram

#denisejarvie11
#floweroflifewisdomcards
#theartoflovetarot
#thesecretlanguageoflightcards

Instructions

- ☯ Read the Introduction for the day and then fill out the corresponding day in the workbook. You can type straight into the workbook in the space provided and then save it on your hard drive or you can print it out and write on the pages.
- ☯ Once you have finished the questions or tasks, you may like to choose an oracle or tarot card for greater clarification.
- ☯ Contemplate on the Oracle card throughout the day by looking at the picture (what do you feel) and reading the words (what comes to your mind). This exercise is to help open you to your wisdom and greater solutions.
- ☯ Enjoy getting to know and love you.

DAY ONE Soul Love

Soul Love is a state of being. It is not an emotion to make you feel good when you think something is missing. When we come into alignment with ourselves, we love ourselves through the eyes and feelings of our soul. Then we will bring into our experience the relationships that reflect our Soul Love. When you fill your perceived voids by loving and accepting yourself – you will allow others to love you, until then you are looking for others to fill the void. This causes relationships to be filled with conditions because you think they need to be a certain way to fill the void. You are never alone, you are so loved. Open your heart and allow it to be filled by the love that is and has always been there for you.

DAY ONE Soul Love - Task

Task

Write a list of all the joyous and loving experiences in your life now. If you get stuck look in these places - partner, family, friends, work, pets, hobbies etc. Don't analyse or think you have to be grateful. Just observe and record the information as if you were watching someone else or a movie.

Each day focus on these aspects of your life and you will create more manifestations of joy and love. What you don't like will fall away from lack of attention. If you focus on what you think is missing you will create more ways where joy and love are missing and corrupt the energy of the joy and love that is already there.

Conclusion: Be Love to create and experience more Love. Your Soul is love - a balanced harmonious stream of consciousness where all is possible.

DAY TWO All Unions have Value

The relationship you have with yourself will be reflected in your relationships with others. All unions have value. If we don't know ourselves, it is easy to blame others for problems and situations that feel bad. You can't know yourself if you have given your power to someone or something else. You know what you don't want by your past experiences and this has helped you to become clearer with what you do want. Today, thank all of your relationships for reflecting where you are holding any resistance that stops you from really feeling and knowing you and Love.

DAY TWO All Unions have Value - Question and Task

Question

Did yesterday bring any conclusions, “Aha” moments, revelations, inspirations, or ideas? Write them down in point form. During your day focus on the ones that make you feel good.

Task

Write down three relationships you think of often - good or bad. Then write down one best and worst aspect of the relationships. All relationships have positive and negative qualities when you realise this balance and healing occur making it easier to let go of injustices, expectations or hurt.

DAY THREE Self Love

To love yourself is to care about how you feel. This is unconditional as you are not relying on conditions outside of yourself to make you feel loved. Accepting yourself right now frees you from others accepting you. Know you have given the whole world permission to like or not like you. It is none of your business what another thinks about you. If you worry about what other think of you, you are living a life for everyone else. You came here to live your life, to create from your soul love and truth and inspire others to do the same. Loving yourself also means to step outside of guilt. Guilt was invented to control you and this is conditional. So don't take anything personally for that is another's point of view and remember to enjoy your life. Shine your unconditional love to all and let them do whatever they want.

DAY THREE Self Love - Questions

Question 1

How do you know when you are being loving to yourself. What does it feel like and what type of thoughts do you have?

Question 2

How would your day look if everything you did flowed from love and was an act of self love? You deserve to feel good.

DAY FOUR Soul Love Intelligence

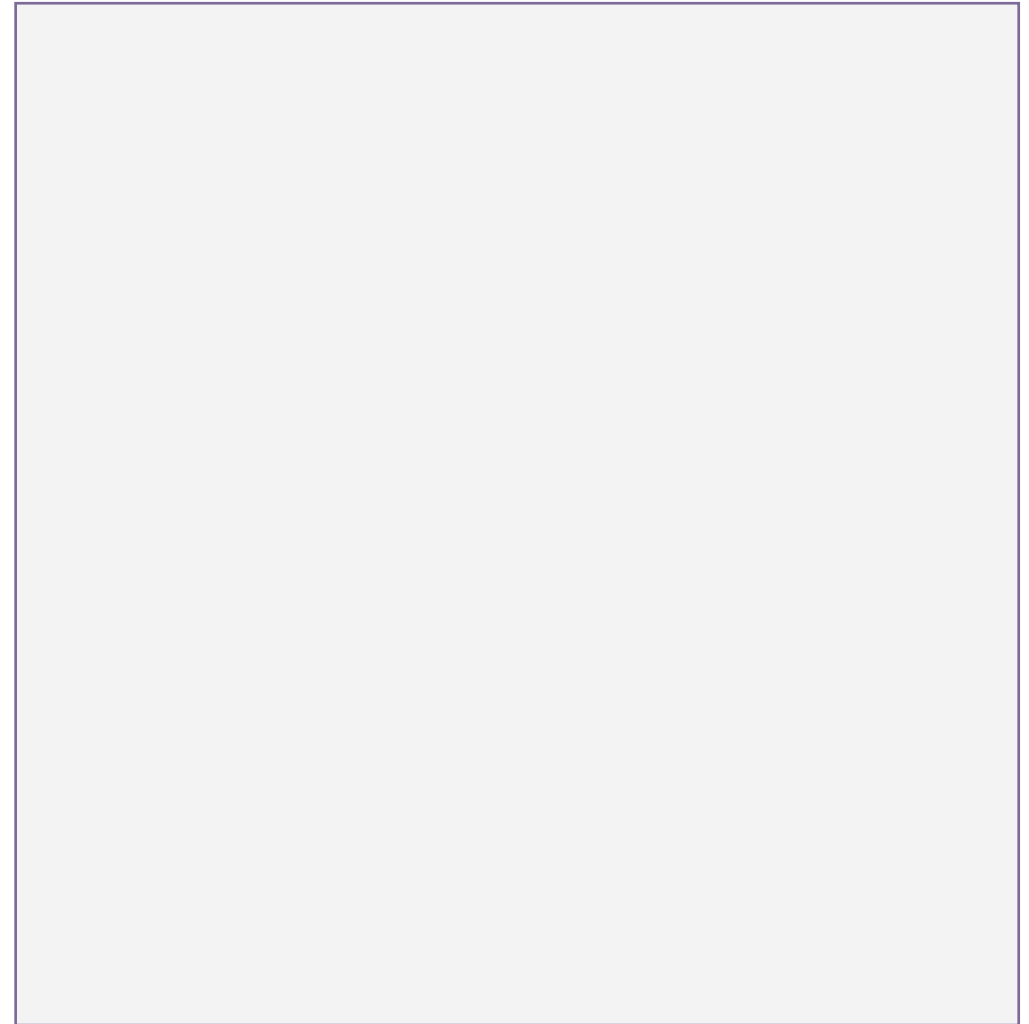
You are the common denominator in all of your relationships and everything you do. You can't create for another, but you do meet them at the vibration of where you are. If you are happy, you meet people and experiences that emanate happiness. If you are sad, you meet people and experiences that emanate sadness. Your mood is the indicator of what you are creating. When you shift your mood, you create something different. Be compassionate to yourself by caring about how you feel. Empower yourself in this way before you interact with people or experiences and watch what happens, this is unconditional. Don't look to others to lift you up and make you feel good, this is conditional.

DAY FOUR Soul Love Intelligence - Exercise

Exercise

Write down a pattern or scenario that keeps popping up in your relationships, whether that be with a lover, friend, acquaintance or family member.

Then sit quietly, close your eyes and breathe deeply. Now ask your wise soul what you are learning from this pattern or scenario? How is it teaching you to love and respect yourself more?



DAY FIVE Self Respect

How many times have you compromised your self respect by doing something you thought you had to do to be loved. This comes from the idea that if you love someone you give them everything and put their happiness before your own. This is a conditional idea and will have you losing yourself in a relationship. It is time to make yourself the authority or your feelings, not another. How you treat yourself is how others will treat you. How willing are you to make changes in your life so you can hear your highest potential. Start applying your will to your life. If there are things you don't like - start changing them, if you can't change them walk away, if you can't walk away change your perception. Don't use them as an excuse to feel not loved or disempowered, for this will hold you away from love and all your dreams and desires.

DAY FIVE Self Respect- Question and Task

Question

Did yesterday bring any conclusions, “Aha” moments, revelations, inspirations, or ideas? Write them down in point form. During your day focus on the ones that make you feel good. Release the need to use them to feel good and practise feeling good for the fun of it.

Task

Write down three things in your life you would like to release. They could be habits, thoughts, beliefs or actions you take. Then imagine what your life would be without them. How free would you feel?

DAY SIX Create Love

As you read this you are being enveloped in love, the breathe of life - the very stuff that brings balance to all things, the Universal life force. This is your natural state of being. Open your heart and let it in. As you experience love, you will find that all that used to worry you will completely dissipate and dissolve away. You will find others act more peacefully and harmoniously towards you. You will find you look at the world with loving eyes. You will no longer hold contempt or judge or criticise. You will look at the world as you do a puppy or a baby - with loving eyes. Knowing that the world is not perfect but is learning and growing. You will look at those around you in the same way. For all humans are learning, growing and developing - just as a puppy or a baby is.

DAY SIX Create Love - Question and Task

Question

Did yesterday bring any conclusions, “Aha” moments, revelations, inspirations, or ideas? Write them down in point form. During your day focus on the ones that make you feel good. Practise your new way of being before telling anyone.

Task

Write down a situation that grabs your attention; that knocks you off your centre easily. Now, create a plan that will keep you feeling good even if this turns up in your life. This trains your mind to focus on what feels loving first. Love creates more Love.

DAY SEVEN Celebrate Love

The ups and downs of life are bits of information that help us create more of what we love. You are awakening to love. You are creating a loving perspective and will see opportunities everywhere. Whereas in the past through a fearful perspective you saw only problems and things to fix. All experience will create expansion. You are a creator; you create all that you bring to you. If you think “How Lucky am I” when something good happens - You will automatically think “I am no good” if something bad happens. Neither of these are true and will keep your dreams away from you. You created both scenarios. Give thanks to the events that brought you here, for they have created a whole new awakening. Congratulations!

DAY SEVEN Celebrate Love- Task

Task

Write a love letter to yourself from the perspective of your higher self.

Imagine you are observing yourself from high above. You can see the bigger picture of your life and the path of love. Write in it everything you would like to hear about you.

If you would like some inspiration, I suggest you listen to Joe Cockers' song "You are so beautiful to me." and know it is a message from your soul to you.

Namaste

The light in me sees and honours the light in you and knows how awesome you are.

Congratulations on moving through the past seven days. It takes courage and love to face your inner world and choose to change beliefs and ideas. Repeat this workshop anytime you find yourself moving away from your truth of love.

You have gained a higher perspective on your life. Being in this Vibration will stimulate your higher and intuitive self. You are likely to experience insights, understandings and vivid dreams in the days to come. You may like to start a journal. Keeping a record of your creative experiences will assist in the continuing expansion of you. This information combined with your insights will help in moving you past perceived limitations and blocks to your greatest joy and fulfilment. What you do with the information is up to you. Always check in with yourself and ask “how does this feel”.

If it resonates great, if it doesn't leave it on the path and keep walking.

You may find that experiences enter your life to assist in clearing your path. Take the opportunity to learn from others who have trodden the path. Support is around you, have the courage to ask and receive.

Take a deep breath, feel ready to step forward into your future. Every adventure starts with a step.....Allow yourself to wander into your higher self into the "wouldn't it be nice" scenario and plant seeds from this heightened intelligence, creativity, courage and compassion into the garden of your mind. Let yourself heal - use your will, your intention to understand with compassion the perceptions and experiences that you carry. Become intimate with you before trying to help another and respect the right of another to carry the pain they choose in order to find the truth of their higher self.

Be who you are, for you are wonderful!
Lots of Love and Light,

A handwritten signature in purple ink that reads "Denise". The signature is stylized with a large, circular 'D' and a heart symbol above the 'e'. There are also small heart symbols above the 'i' and 's'.