

YOUR PATH TO LOVE

WELCOME

I am super excited to start working with you.

I know you are ready to embrace this life changing experience and become the woman you've always dreamt of being.

I know you are capable of diving in deep and learning to love and respect yourself unconditionally and with such passion that turns people to say, "I'll have what she's having!"

*I am absolutely sure you can do it!
You can heal and you can grow, and I am here to help and support you, to be your loudest cheerleader and your favorite stalker fan. I'll be watching you, and over you, and I'll be so proud seeing you overcome all you need and be the best you can and must be for this world.*

*Thank you from the depth of my heart for letting me be your guide to your beautiful soulful self.
Thank you for letting me gently but firmly show you what love you have inside you and help you project that love onto all you have and all you do in your life.*

I feel honored to get to know you and witness you blossom.

With love always,

Lira

Before we start our work I want to make sure you understand and agree with my expectations. I prepared this introduction so we are clear on what I expect you to be responsible for during Your Path to Love program.

In this intro I also cover the 5 main concepts I am asking you to honor and accept as the basics of which we will build on.

I would ask you to read, accept and sign the Commitment Declaration and complete your first assignment for this week (Exercise 1 Value Affirmations and Exercise 2 My Value Form). I will provide my own Value Form as an example and also for you to see what I expect myself to put into our work together.

Please, make sure to get a notebook, which will be Your Path to Love journal/ Workbook and keep all of your exercises in one place.

My Expectations

During this program I would expect you to

1) Embrace the no-excuses-approach,
and complete all the assignments and exercises and give them your 110%.

Keep up the positive vision of yourself and maintain faith in your abilities to change, heal and grow.

*It is natural for all of us to grow.
Your well being is your natural state.*

2) Develop the attitude that allows you to heal in your own time, trusting your soul and your body to do what necessary.

Just like we need 9 months to grow from an embryo to a fully developed baby, we need to allow some time for ourselves to see the results of our inner and outer work.

3) Bring awareness to everything you are creating in your life by observing, taking notes and letting yourself be and experience your life in the present moment.

Your life is a long never-ending river of light. When you focus on one and each moment of your life you are touching the essence of light. It is the same for everybody.

4) Understand that by allowing yourself to feel 'negative' feelings and forgiving yourself for self-criticism and perfectionism, you are opening yourself to the feelings on the other side of the spectrum, like joy, happiness, ease and courage.

You can't have one without the other. Feelings are your point of attraction. By resisting or suppressing the essence of your feeling energy you are blocking the natural abundance available for you.

5) Work on creating and expanding the vision of yourself and your future. It is your responsibility to open up to possibility that you are not that different from the rest of us on this planet. We are all creatures of God and are all loved and looked after. We all have a great potential.

There's absolutely no way that by you making effort and consistently attending to your needs, educating yourself emotionally, intellectually and spiritually, implementing and expanding the variety of self-help tools available to you, you can carry on being what you had not enjoyed or wanted to change.

Take a credit for your hard work, for God's sake, and enjoy the benefits. It's only fair!

My Commitment Declaration

I've decided to accept and value myself!

I am ready

to embrace the no-excuses approach during Your Path to Love program

to let myself heal and grow with faith and trust in myself and honor my nature

to be aware and take 100% responsibility for creating my life experiences

to accept the whole spectrum of emotions, and understand the value they bring into my life

to allow myself to be guided and loved by the Universe/ God/ My Higher Self/ All There Is

signature _____

date _____

Please, print out or write this down on the first page of your Path to Love Journal, add what you feel is important for you to declare at the beginning of Your Path to Love journey, sign it and put the date on it.

Before our one-to-one session I would love you to start your first set of exercises.

Exercise 1 (Value Affirmations)



Every day before going to bed, please, say out loud the following statements to yourself in front of the mirror with a hand on your heart.

MEAN IT!

Repeat until you feel love and pride for yourself in your heart. It's okay to feel emotional and tearful while going deeper and honoring yourself for who you are.

I have value
I love myself
I am the source of my happiness
I have power to change
I am loved
I accept and honor myself as I am right now

Exercise 2 (My Value Form)



Focus on taking responsibility for your well-being and growth. One of the things you can do to help you with that, is to take an account of what you are good at right now.

I prepared this exercise to help you understand what value you have to bring to this world. Please, make an effort to think about and describe your value in full. I don't mind if you add more than is visible to you now. We all have something to offer, so don't be shy and put it all on the table. If you pre-see the difficulties in completing this exercise, imagine you are your best friend recommending you to her boss/friend/spouse :-)

I am an Expert

1

2

3

4

5

Write here what skills in life you had mastered, what are you good at, and what exactly that you can offer to the world.

I am Unique

- 1
- 2
- 3
- 4
- 5

What is special about you? The purpose of thinking about your uniqueness is not to compare yourself to others, but to start noticing and appreciating all that you find different about you. And, yes, you absolutely need to find at least 5 unique traits you can appreciate.

I have Value

- 1
- 2
- 3
- 4
- 5

You have value simply because you were born. The experts in metaphysics say, there were about 10 000 souls competing for your body. You had won yours. You are here and therefore you have value.

I want you to add 5 more things you value in yourself. And, please, continue counting on as long as you need. This is only the beginning of what you are going to experience during Your Path to Love program.

Here is an example I wrote to inspire and prompt you, and also give you an understanding of what is it I see myself doing, while working with you. This My Value Form is proudly hanging on my wall as a beautiful reminder of what I am capable of, skyrocketing my vibrations every time I am to connect with my clients.

I am an Expert

I provide in depth analysis and a safe space so you can explore your feelings and layers of thoughts and beliefs that had been blocking you from loving yourself,

then I teach you how to care for yourself lovingly and be with another human being, how to connect and how to express the love that you have inside you.

I am Unique

I can hold an energetic space for you and provide you motivation and inspiration to go and meet yourself and feel empowered by that connection.

I am a mediator between you and your future-self, who has all you want and is eager to share with you all the wisdom and love that she's got.

I have Value

1 I give you in-depth attention and support in understanding of yourself and what drives you

2 I give you structured process to keep you moving forward, not to get stuck in the past

3 I have an incredible Faith in your ability to grow and transform, that inspires both of us giving out our absolute best

4 I hold a Far Vision for what you can achieve and what is possible for you in the relationships and in love, to motivate you to undergo the necessary changes

5 I teach you and provide you with the tools to expand your capacity to live and love - with tons of passion!!!

I received this Feedback

...many breakthroughs while working with Lira not only from her teachings but by merely the energetic space that she generates...come to 100% feel and believe in the magic about the law of energy...I've been born again!

...If you want to truly "shift", give Lira a try...

...developed a deeper understanding of what it takes to overcome personal obstacles, achieve my goals and manifest personal dreams...teaching is how shifting to a mindset of self-love can lead to amazing life changes...

...as relatable and really takes time to listen, conveying genuine warmth and interest.

...Her feedback and observations are consistently spot-on. Now I am totally inspired to pursue my dreams and goals...

...Lira, your positivity is infectious and appreciated...

I have a Story

Once upon a time I was a lost and confused widow and a single mother refusing to accept help, but I had the courage to dive deep into myself and build up hope and confidence to live my life despite my loss.

By opening up my heart to new possibilities, and training myself to accept my feelings and envisioning myself happy and totally fulfilled, I found my new love, my soulmate, and I am creating my life with him now.

I am growing and expanding what I am capable of being and doing in my life, in my work and in my relationships, with my husband, my five kids, and most of all, with myself.

I truly enjoy my life! I am happy and fulfilled, I am everything I set myself to be and much much more.

I am grateful to be able to empower other women to become happier and experience love beyond their imagination.

Important note:

There's no wrong way to do any of these exercises.

If you feel critical or disappointed at yourself at any point, do yourself a favor, and for the next three months we are going to be working together ask your inner critic to give you a break.

I am giving you a full permission to be as explicit and frank as you need to be with that awesome (or not) part of yourself. Your job is to get your exercises done. No matter what.

So here's your check-list before our first one-to-one session:

1. Get a notebook to be Your Path to Love Journal/Workbook.
2. Read the intro and write (or print) your own copy of Commitment Declaration. Sign it and put the date on it. Make it the first page of Your Path to Love Journal.
3. Do Exercise 1 (Value Affirmations) and repeat daily until our session.
4. Complete Exercise 2 (My Value Form) and hang it on your wall for you to see every day.

I am so proud of you, and looking forward to our session.

With lots of love, respect and admiration,

Lira

