



**The Art of Lovee**

*“Healing Experience”*

I LOVE MYSELF & I LOVE YOU TOO BECAUSE YOU ARE A REFLECTION OF ME

**Sings of SELF LOVE:**

The evolution of spirit, soul, and body

**Signs of NEIGHBOR LOVE:**

Decrease of judgement, the deliverance of wisdom and truth, and holding oneself and the people around you in accountability

**How To Evolve- Spirit/Soul/Body**

Dedicate one’s time and energy into strengthening, growing, and developing our emotions, the way we think (soul), how we treat, eat, and take care of our health (body), and how we protect our energy, and our connection with the universe(spirit).

<b><u>Spirit</u></b>	<b><u>Soul</u></b>	<b><u>Body</u></b>
Relationship over Religion	Knowledge of self to discover purpose	Eat to live. Watch what we put into our temples
Relationship w/ancestors/culture	Disciplining oneself to develop the habit to read and write; exercising the mind and heart	Exercising, and staying active. Keeping your blood flowing, and muscles stretched
Relationship w/self (cells)	Decrease intake of toxic media/music/people	Drinking water and staying hydrated
Meditation /Breathing / Silence	Forgiveness of your enemies to control emotions	Detoxing from technology, chemicals, and physical distractions
Grounding/Connecting with nature	Practice solitude	Cleanliness is next to Godliness

Be Love || B Lovee || Brandon Holloman || President & CEO || B Lovee, LLC ||

[bloveespeaks.com](http://bloveespeaks.com)

[consciouscommunitywear.com](http://consciouscommunitywear.com)