



## **The Art of Lovee**

*“Healing Assembly”*

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

### **What is “The Art of Lovee: *Healing Assembly*”?**

“**The Art of Lovee: *Healing Assembly***” is a healing experience geared towards the young, intelligent, yet easily influenced minds of the rising generation. We all have the same story, just written in a different way. As young adults, our subconscious is searching for role models, while our conscious mind is focused on being our own role models (the fiery, rebel spirit). We often find those role models in the entertainment industry, or our neighborhood pharmacist, leading us towards a dark path. I know because I’ve walked that path. Thankfully not to the extent as many of my brothers, which is allowing me to be able to share my story, which again, is most likely yours. It’s easiest to take advice from someone who looks like you, or looks like someone you wish to become. *The Art of Lovee* is the chance for young people to witness an artist, and multiple creators who resemble their physical and mental appearance, but is taking the steps, and making the choices to better themselves and their community.

The mission of *The Art of Lovee* is to be able to provide the blueprint for true self-love, that will naturally lead to the love of the individuals around us. We know self-love will not happen in 1-2 hours, but the idea is to plant a seed into the minds, and hearts of the youth. A seed that will blossom a rare rose, shooting from the concrete that has been placed above their heads.

We will begin with a mini-concert. Getting students excited and entertained. The concert will feature the local rising hip hop artist in Richmond, VA, who will initially attract the youth due to their mainstream appearance and sound, but will include a positive, uplifting, and clean message for listeners of all ages, races, religions, and backgrounds. After the hiphop set, we will flow directly into a unique form of spoken word created by B Lovee, that directly deals with transforming self hate, into self love, in a passionate way that moves the crowd in aspects they’ve never felt. Followed by a crowd interactive speech. The crowd interaction incorporated in the Art of Lovee speech will set the tone for the *Lovee Talks*: groups of 10-20 students.

We will form discussion groups centered around breaking down the walls that keep us from uniting our spirit, soul, and body. A safe place for individuals to circle up, and address certain traumas, pains, or struggles that they go through alone, which will lead to the realization that we are almost going through the same exact situations, ultimately dealing with emotions and insecurities. We will discuss passions and sense of purpose. What makes us different, and unique. What perspective of the world do we see, that no one else does. In our groups, we will speak on healthy eating habits and the importance of eating right, exercising, and keeping our temple, and the environment around our temple as clean as it can possibly be. Organize to maximize.

Relationship over religion. Re-introducing the importance of developing a relationship with nature, The Universe, The Creator, The Higher Power, God, Allah, Self. Relationship with our ancestors. Paying homage to our DNA. Meditation, grounding, and truly connecting to your being. Who are we without technology, without distractions. Spending time alone, increasing our vibrations. Causing a natural appreciation and acceptance of individuals spiritual beliefs and religious backgrounds, birthing a sense of unity in spiritual diversity.

**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	Disciplining oneself to develop	Exercising, and staying

w/ancestors/culture	the habit to read and write; exercising the mind and heart	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		Cleanliness is next to Godliness

**The Art of Lovee Speech**

**CHANT “SAY I LOVE MYSELF - & I LOVE YOU TOO - BECAUSE YOU ARE - A REFLECTION OF ME” CHANT**

We live in a world currently dominated by hate and fear. It feels almost as if everyday, we wake up and check our smartphones, only to be reminded of how short life is. I remember growing up as a kid and watching television, as images appear on the news of the latest victims or suspects. It was either I personally knew the individual, or they looked just like me. So my final thought before I closed my eyes and drifted into the dream world, “Am I next?” See at any given moment, with the choices that I made, I could’ve been the one who met a bullet, or the one who pulled the trigger. I could be laying 6 feet deep, while my loved ones walked around town with my face on a T Shirt, or sitting in a cell as we speak, doing life, as my city screamed “FREE B.”

**BUT I MADE A CHOICE. CHANT “BUT I MADE A CHOICE” “BUT I CAN MAKE A CHOICE”**

Now at any given moment, I could be set up, or hit by a stray bullet. In this society, especially in our culture, I could be wrongly convicted for a crime I never committed. We can’t fix what we can’t control, but what we can manage, we must do everything in our will to take ownership of the driver seat. See the very second we rise in the morning, that breath of life is a gift, but it is our choice to choose to live.

**TO CHOOSE TO LIVE THROUGH LOVE. CHANT “I CHOOSE TO LIVE THROUGH LOVE” CHANT**

See, I fell in love with who eye am, and not what my environment wishes to create.

How do you love yourself in a world that forces you to be another? **-REAL QUESTION-** Self-control and discipline. Before we can love ourselves, we must truly understand who we are as mankind, but most importantly, who we are as individuals. We must unlearn everything that we have learned, replacing bad habits and routines with progressive ones. If we don't go forward, we are going backwards. Energy is always moving, vibrating, we choose the direction.

**BE YOURSELF.** As long as who you are isn't negatively impacting yourself, your environment, or the people around you... **BE YOU.**

### **Lovee Talks**

*\*following the Art of Lovee Speech, we will break down into groups of 10-20 students\**

Lovee Talks will be a 20 minute session led by various local artists and community leaders. B Lovee, LLC will bring in individuals that have walked the same path and the same streets as the young minds they wish to positively influence. Creators who will inspire the youth to reach for dreams bigger than their neighborhoods. This image will allow the students to feel more comfortable with opening up and expressing themselves. As mentioned above, the mission of the Lovee Talks will allow students a moment to truly vent, as a collective, realizing that we're all walking the same exact path. This is bigger than anti-bullying. Bigger than anti-judgement, anti-violence, or anti-drugs. This healing experience is the umbrella of all: anti-hate.

### **THE 7 Step LOVEE Challenge**

1. DRINK MORE WATER
2. GIVE A STRANGER A GENUINE COMPLIMENT
3. LESS MEDIA || MORE SOCIAL
4. READ 30 MINUTES EVERY DAY
5. WRITE 30 MINUTES EVERY DAY
6. FIND 3 HOBBIES
  - a. Keeps you creative.
  - b. Keeps you in shape.
  - c. Keeps you in your bag (financial)
7. PICK UP A PIECE OF TRASH

## Lovee Giveaways

Each student that attends the Lovee Assembly will receive a “Lovee Bundle” which will include 1 pocket-sized Lovee Journal, 1 Lovee pen, 1 Lovee Lanyard, and 1 Lovee Bracelet... All daily reminders for the students to BE LOVE, and LOVE their neighbors. For the individuals who participate in the #LoveeSpeech , we will give out #ConsciousCommunityWear T’Shirts; incentives for crowd engagement.

## Packages

<u>COPPER</u>	<u>CRYSTAL</u>	<u>MELANIN</u>
<u>1 Hour</u>	<u>1 ½ Hours</u>	<u>2 Hours</u>
<i>\$2,000.00</i>	<i>\$2,500.00</i>	<i>\$3,000.00</i>
1 Hip-Hop artist	1 Neo Soul & 1 Hip Hop Artist	1 Neo Soul & 2 Hip Hop Artist
1 Spoken Word piece	2 Spoken Word pieces	3 Pieces w/ Live Band
The Art of Lovee Speech	The Art of Lovee Speech	The Art of Lovee Speech
Lovee Talk	Lovee Talk	Lovee Talk
The Lovee Challenge	The Lovee Challenge	The Lovee Challenge
Lovee Giveaways	Lovee Giveaways	Lovee Giveaways

*\*each show is a professional production including sound, light, DJ, artist, and effects\**

Be Love  
B Lovee

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