

The Best Holiday Season Ever

My past experience of intimate pain is different from my present experience with intimacy

(Name someone relevant to you if applicable)

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The Best Holiday Season Ever

In the present, I enjoy practicing skills that support one on one, relationship and deepening intimacy

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We are uplifted hearts full of hope spreading our light throughout the world



I take the time to notice the good in each person especially challenging people and send them my hearts love

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The Best Holiday Season Ever

My holiday wish for

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Magically manifests for me through the power of my thoughts!

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