

✿ Ways to Share Your Love ✿

A 3-Month Small Group Journey - In-Person or Online

Join a heart-centered community exploring how to live and give with love.

Based on the teachings of Dr. Michael Obsatz and David Tillman, this 6-session small group offers a space for reflection, sharing, and spiritual growth. Come as you are—no preparation needed.

📅 Schedule: Every other week for 3 months (6 total sessions)

🕒 Duration: 90 minutes per session

👤 Each session includes:

- 3-minute centering meditation
- Brief check-ins
- Discussion on a love-centered theme
- Reflective practice or activity
- ✨ Topics Include:
 - Radiate Love in Your Daily Actions
 - Use Your Voice and Platform
 - Build Loving Communities
 - Transform Challenges with Love
 - Inspire Inner Reflection & Self-Love
 - Believe in the Ripple Effect

💬 Share stories, grow spiritually, and build meaningful connections.

👥 Open to all who seek to share love and live intentionally.

📍 Location or Zoom link: [Insert Here]

📞 Contact: [Insert Here]

“Your essence is love, your mandate is love, and you are lovable, loved, and loving.” – Dr. Michael Obsatz
