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Wed, 11 Jul 2018 02:08:00 GMT - Create a self-love ritual. Turn off the TV and unplug from social media for 15 minutes to get centered while self-pampering. My favorite way to do this is to moisturize my skin with intention.

10 Wonderful Ways To Practice Self-Love - mindbodygreen -

Sun, 08 Jul 2018 17:49:00 GMT - "There is no mistaking love. You feel it in your heart. It is the common fiber of life, the flame that heats our soul, energizes our spirit, and supplies passion to our lives."