

BLOOMING LOVE

WORKBOOK

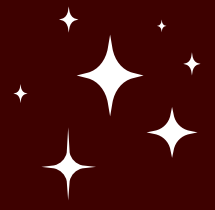


by
Andjelina Milanovic

1. EDITION/2024



BLOOMING LOVE WORKBOOK



This workbook is a gift from me to you. It offers you the opportunity to connect with your love and become more aware of what you need to bloom. Blooming Love is the guide to rooting yourself in your self-love in the workshop and the workbook - Roots of Love. With this gained security, stability and safety, cleaning your nourishing soil, you can unfold your self-love even more. Transform the love within you and with yourself into High Level - Golden Love, heal your wounds, live your truth in love and abundance with the feeling of lightness, pure joy, freedom, devotion and ecstasy.



Hello lovely Person!



Love is in its origin a true, pure mission and the seed of life. Everything is subordinate to love, the universe itself and we live in an infinite field of love and light.

The element of love is connected to our Atman body, our DNA, our crown chakra.

Love has several definitions. It is described as attraction, as an intimate, strong feeling of affection for people, living beings or things.

Thich Nhat Hanh explains that true love is lived through compassion, kindness, joy and equanimity.

Love flows through all of us. We are full of love. On our journey through life we pass bad experiences, injuries and move on with wounds, trauma, shame, guilt, low self-worth and low self-esteem. In doing so, we sometimes forget or are unable to allow love, especially our own self-love.

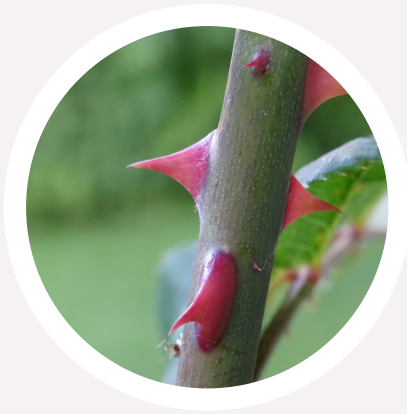
"Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.." -Rumi





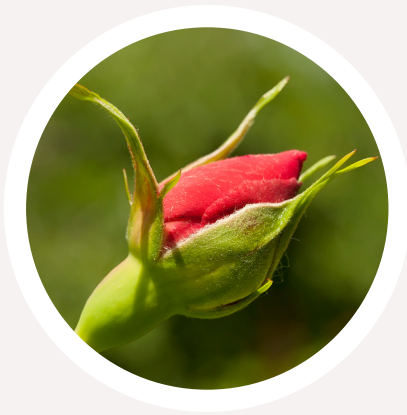
The Seed

What do the seeds of love you want to spread look like? What care and nurturing does your love need to flourish and multiply? What can become more??



The Thornes!

Where are you stuck in your self-love right now?
Where does it still sting to open your heart?
What is the purpose of your thorns and what are they good for?



The Bud

Where do you experience joy in love?
What would you like to let blossom in love:

- with yourself?
- with friends/family/ animals?
- with your partner?
- with your job?



The Blossom

What does your ultimate, perfect love look like? How does the blossom of your love feel?



WORKSHEET

SEEDS

THORNES

BUD

BLOSSOM



DECIDE FOR YOURSELF

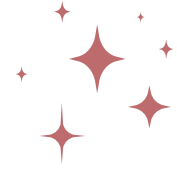


- And take a risk
- This gives you courage and is an incredible source of strength that will help you move forward one step at a time.
- Your true path of change is revealed to you
- There is always a choice
- Decide and let go of something you want to let go of for now or forever.
- “Let your heart become a place where everything you love has a place” -Rumi
- ...especially for yourself.
- You always have the choice





Contact me



through Whats App, Telegram, Signal, Mail
Andjelina Milanovic
+39 378 081 1239
info@auraria.at
www.auraria.at



I am
grateful to
accompany
YOU
lovingly and
full of light .