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Let's Learn Love, LLC.

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# LoveFix Newsletter

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Issue No. 1 | Spring/Summer 2022

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**In This Issue:**  
**Learning to Trust Your Emotions**  
**3 Law of Attraction Exercises to Really Get What You Want**

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## Message from the Editor:

Welcome to the **FIRST** issue of Let's Learn Love LLC's LoveFix Newsletter!

This Newsletter, we are learning to trust your emotions!

I've also got your daily affirmation for you. Keep this one handy!

To a healthy and fabulous you,

*Dr. Jan*

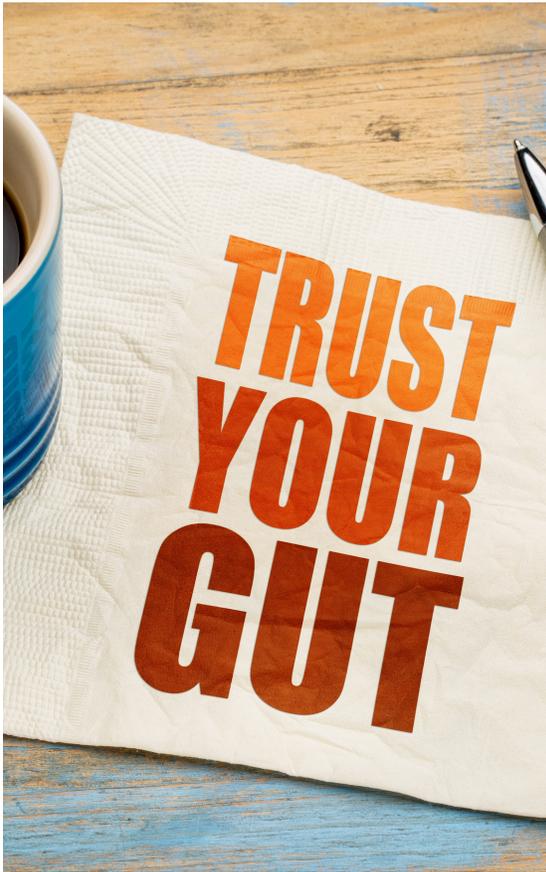


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# Learning to Trust Your Emotions!

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We all are born with a certain amount of intuition. The problem is, from a very young age we are often told to ignore our feelings or that our feelings are just wrong. Much like force-feeding an infant can cause the child to start ignoring their natural hunger control mechanism, it's the same with emotions. The more we have been taught to push down our feelings, the more likely we are not to trust our emotions.



Trust Your Gut Feelings!

## You Get a Feeling in Your Gut That Something Is Wrong...

Everyone has a natural ability to know if something is not right in any given situation. The problem is, over time you may have pushed down those feelings as wrong or even crazy. You meet a new person and for no known reason you feel like something is off. You talk to someone and believe they are lying. While you may not want to react to these instances that aren't cause for immediate danger, keep an open mind and keep your eyes open. Chances are you'll find out that you're right more than you're wrong.

Make sure to have photos that match your stories well too.



## The Hairs on the Back of Your Neck Stand Up

Every human is born with a "flight or fight" effect. Sometimes the hairs on the back of your neck will stand up, or you get prickly and feel like running. Most of the time, you should pay attention to this feeling. Often, you'll find that when you feel that way a spider is nearby or you are in serious danger. Do not ignore these nagging feelings, ever. Even if you're wrong, it's best to be safe.

## You Feel a Tug to Help Someone

T.V. commercials use these emotions when they want you to send money to save the starving children in Africa or donate to save abused animals. The feelings you feel when watching those commercials are normal and you should respect them. When you feel compelled to help people, don't push it down. Freely offer help because to deny your feelings about this will cause you to feel bad about yourself.

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# More on Learning to Trust Your Emotions...

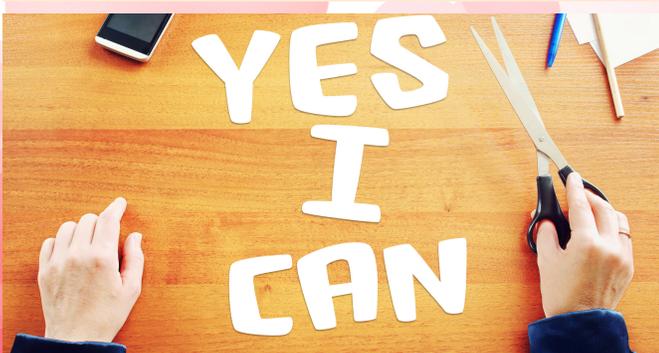
## You Feel Pulled to Do Something Different

You're sitting in your cubicle bored to tears wanting desperately to do something different but you are afraid to change. If you feel pulled in a new direction, take the time to give it some real consideration instead of nixing it immediately. Bill Gates didn't allow nagging doubt to stop him from becoming so successful!



## You Feel Confident in Your Abilities!

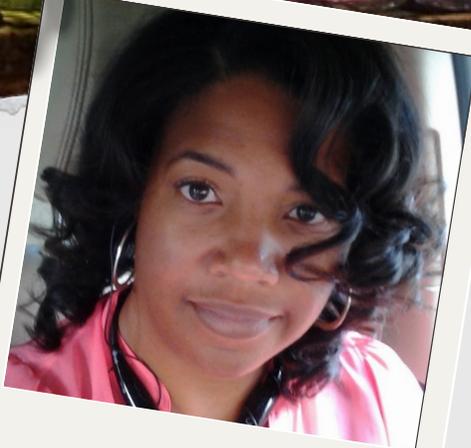
When you are feeling confident, don't push those feelings down. You have a right to feel good about what you are doing and to feel capable. When you feel good about yourself it's not misplaced pride or bragging. So often, people (especially women) are taught from a young age not to boast about their abilities. This puts young women at a disadvantage from their male counterparts when it comes to jobs and fair pay. Allow yourself to feel confident when it's appropriate.



Emotions need a safe environment to be felt fully. You're your own best friend. Only you can create the right environment that is safe for you to feel the emotions that you have. Make your home safe for yourself and safe for your entire family. As Dr. Phil says, "home should be a safe place to fall."

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# Let's Learn *love*

RELATIONSHIP ♥ DATING ♥ INTIMACY

## ONE-ON-ONE

Create the life YOU want! Whether it is in Relationships, Dating, or Intimacy; Let's Learn Love can help you. We listen to your wants and needs in a relationship, then we cultivate those boundaries and visions into your love style.



## GROUP SESSION

Want to have a group session at your house? Want to attend one of mine? Let's talk about it!



## EVENTS

From Retreats to Speaking Events, Let's Learn Love is ready to take your event to the next level!

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