

Compassionate Communication, Inc. Presents
The L²⁰¹⁴VE Summit
Igniting Passion, Connection and FUN!



Love Summit 2014
Love Panel Wisdom

Sharon Armstrong, Cari Jacobson, Darrell Jones, Judy Kaplan, Ellen Katz, Linda Kroll, Bonnie Vozar

The LOVE Panel Wisdom

with

Sharon Armstrong, Cari Jacobson, Darrell Jones, Judy Kaplan,
Ellen Katz, Linda Kroll, Bonnie Vozar



- Learn a new spiritual love language
- Create a powerful vision and plan for your life
- Maintain a spiritual perspective to overcome life's challenges
- Sustain a conscious connection with your body for more vitality
- Increase your attractor field for greater love
- Learn to be and stay in present time consciousness
- Use the power of affirmative prayer to manifest more love
- Empower possibilities of all your heart's desires
- Create HeartCentered Connections with your SELF and others

These seven experts - psychotherapists, holistic practitioners, spiritual counselors, body workers, meditation and yoga teachers and Chopra Certified Master Educators - join together for joyful conversation to enrich your life.

With a holistic perspective and nurturing attention to your body, mind and spirit, these leaders share their wisdom and strategies for becoming more loving to yourself and others.

The Love Panel Experts

Sharon Armstrong, Massage Therapist, Bodyworker and Coach

Dr. Cari Jacobson, Founder & Owner of Be Optimal Holistic Health Center

Rev. Darrell Jones, Spiritual Counselor and Teacher

Judy Kaplan, MS, Psychotherapist, Life Strategist and Consultant

Ellen Katz, MS, LMFT, Integrative Psychotherapist, Inner Balance Director

Linda Kroll, JD, LCPC, Therapist, Mediator, Attorney, Chopra Master Educator

Bonnie Vozar, Healer, Reiki Master & Chopra Certified Master Educator

Loving Topics

Be Best Friends Forever (BFF) with Your Body Sharon

Ignite Your Light and Passion through Self Love Dr. Cari

Affirmative Prayer for Fuller Living Darrell

This Too Shall Pass – Judy
A Spiritual Perspective on Overcoming Life's Challenges

Spiritual Love Language: Enhancing Your Loving Nature Ellen

Creating Heart-Centered Connections for More Love and Joy Linda

Manifest your Vision for 2014 Bonnie

BE BEST FRIENDS FOREVER (BFF) with your Body

Sharon Armstrong

- **Be grateful and loving**
- **Be patient and forgiving**
- **Be respectful and attentive**

Be grateful and loving – whenever you can, say “thank you body”
“I love you body” for all that you do for me

Be patient and forgiving – only on rare occasions there are accidents to the body, anything you notice may have been building for sometime; so just because you are tuning in now does not mean it gets fixed right away or you are “bad” for not paying attention

Be respectful and attentive – In the beginning your best friend will be very chatty and you may at times need to learn a new language, eventually however, you will learn and become very skillful at understanding your best friend

Here are a few tips on how to check in with your best friend...
With an open heart

About every 15 minutes or so turn your conscious radar on your body
Check your eyes

Are they soft, free of tension? Softly close your eyelids, open and use your peripheral vision for a count of five (5) deep breaths. This process will restore softness to your eyes.

Check your breathing

Are you breathing deeply? Give yourself a smile and recognize that when you do, your rib cage automatically opens up and your breath goes all the way to your lower belly.

Very easy to remember, the slight tilt up at the corner of your mouth allows your ribcage, diaphragm and abdomen to relax

Check for tension in your gluteus and thighs

If you are sitting, squeeze your thighs together and then release.

If you are standing, alternately shake your legs.

When your body is relaxed, you are the Master of Your World! When you treat your body as your Best Friend Forever you will enjoy a loving and healthy relationship with it as it supports you in every way.

Sharon Armstrong is an amazingly talented massage therapist, bodyworker and coach. She skillfully blends the practice of western and eastern body manipulation with the presence of mindfulness and heart. A massage from Sharon goes beyond simple touch – she connects personally to your body at a deep intuitive level, letting YOUR body guide her to its own healing. Sharon’s personal mission is to re-establish in community, the safe sense of physical and verbal touch.

Sharon has developed a series called **“Storytelling the Body – How to Read your Body’s Messages for Optimal Health and Flow.”** It is an enjoyable way of learning how to integrate

and embody the five elements (Fire, Earth, Metal, Water, Wood) in your daily living. She is the founder and operator of Azure Touch Body-Mind Connection Centre and practices in Deerfield and Barrington, Illinois. www.azuretouch.com 800-424-3868



Ignite Your Light and Passion through Self Love **Dr. Cari Jacobson**

- **Integrate fun, easy tools and practices into your life**
- **Learn to be and stay in present time consciousness**
- **Increase Your Attractor Field for greater love.**

Start your day getting connected...

- brain dump, journal, meditate, spend time with your inner child.
- Move from a place of love, for yourself and your body with the 5 basics: water, food, rest, exercise and owning your power.
- When we learn to show up for ourselves and love ourselves on a deeper level, we are able to call in more loving experiences, relationships, etc.

When we are in Present Time Consciousness (PTC), we are more aware of our body and the language it speaks. When the body speaks with a symptom...it is a part of us attempting to get our attention, expressing that there is an imbalance. When we pay attention to it (not by putting a band-aid on it, in attempts to forget that it is there) but actually listening to what the body is expressing, the symptom can go away.

When we truly feel better, we are able to attract so much more of the 'better' into our lives. In other words, when we love ourselves more deeply, we can love others more deeply and receive deeper love. If we don't know how to love ourselves...it doesn't leave a lot of room for 'REAL' love to show up in our lives.

Dr. Cari Jacobson, founder and owner of Be Optimal Holistic Health Center is committed to her work in chiropractic and holistic medicine. Her objective is to help people achieve and maintain optimal health and wellness by balancing the body physically, chemically, emotionally and energetically. Dr. Cari is known for her eclectic style of integrative healing modalities and works with people of all ages. To Cari, being a doctor means to first educate, then treat and values teaching people tools that help awaken them to their best self.

My Vision is for people to become their best self...through the healing work and their own self-work. Be Optimal is a place that provides this through practitioners, classes, workshops and retreats. Explore and stay connected at BeOptimal.com or email us at info@beoptimal.com

Below find a simple and easy way to begin integrating the 5 basics into your life today!

Love Yourself Deeper w/ Tools for Optimum Health
Dr. Cari Jacobson
Chiropractor & Holistic Physician

Water:

Quality: Your body/Your cells want good quality water and it knows the difference. It won't absorb toxic, chemical filled water such as Tap water and if the water is put through reverse osmosis, it has been stripped of minerals and nutrients. This means in order for your body to absorb it, your body's minerals would need to be used, otherwise, the water will go right through you.

Quantity: Drink ~1/2 your body weight in ounces.

Frequency: Your kidneys can only handle about 6-8 ounces of water every half hour. To really utilize and process all the water you drink optimally, drinking with frequency matters!

Food:

The Fuel we put in affects how we function. If you eat processed 'crappy' food...we will feel like crap. If we choose living beautiful enriched food, we will feel more alive. In general, I tell people to stay away from wheat, sugar, corn, soy & dairy. All of these foods are processed and have a toxic/inflammatory affect on the body.

Quality: Eat clean protein (wild, hormone and antibiotic free, organic), vegetables, fruits, raw nuts and seeds, legumes & healthy grains like wild rice, quinoa (which isn't actually a real grain...it is a seed).

Quantity: Eat small portions so your body has the energy to process it all and you can still stay focused on other important things in your life.

Frequency: Eat every 2-3 hours (a little something) to keep your blood sugar balanced to prevent big energetic ups and downs in your day creating a feeling like you need caffeine to get through the day.

Rest:

When we rest, we restore...Regenerate!

Quality: We all tend to feel the difference of a complete great night's rest and not. Bringing the body to a calm state prior to sleep (with a hot bath, journaling thoughts, etc) allows for a better quality of sleep which truly makes a difference in how we function.

Quantity: 6-8 hours of sleep/night is optimal depending on the person.

Frequency: Rest doesn't necessarily mean sleep. Sometimes it is perhaps saying 'no' to something when you feel exhausted or like you need more 'self' time. Provide yourself space to BE.

Exercise:

Quality: Using a heart rate monitor can keep you in the aerobic zone/a fat burning zone preventing the body from burning only glucose (sugars) and straining the body's adrenals (the glands that help us handle stress and amongst many functions, also help keep our blood sugar balanced). $180 - \text{Your Age} = \text{Max heart rate}$ then subtract 5 (if you haven't been injured in the last 2 years) or subtract 10 if you have been injured. (ie: If you are 30 years old, your heart rate range would be 145-150 for optimal health). *This is based off the work of Phil Maffetone's "In Fitness & In Health." For more details, look into this.

You can be fit and not healthy and healthy and not fit. I want people to have BOTH!

Quantity: Even 10-20 minutes/day to keep circulation going. When the body is moving, we move more easily through life. When our body is more balanced, life is more balanced.

Frequency: 5-7 days/week is ideal. Keep your body moving...It doesn't need to be a hard core workout. A little goes a long way if done consistently.

Own Your Power:

Speak your truth, Practice the Presence, Honor who you are and Live Passionately. This is just as important as the other 4 Basic Tools listed above! Every day take a moment to remember who you are, to set intentions, to choose love for yourself, To Ignite your Light and LIVE IT!

Affirmative Prayer for Fuller Living & Loving **Rev. Darrell Jones**

- **Empower possibilities**
- **Place your attention on what your heart truly desires**
- **Write a simple and powerful love prayer**

The power of affirmation and affirmative prayer can create tremendous shift in a moment and be a tool for your lifetime. The basic belief and philosophy behind this tool is that God, the Universe, Spirit, Source is all that is, and its purpose is to fulfill itself in through and as life, unending and unbounding. If this is true then affirmative prayer is a tool we can use to align ourselves with this unbounded life force of creativity and possibility.

To begin your journey of affirmative prayer use the guide below, begin simple and practice often. The only thing you need to begin is willingness and the name of a quality of life you desire to experience more (i.e. love, wisdom, beauty, joy, light, peace, wholeness etcetera).

Affirmative Prayer for Fuller Living. – (this form is an adaption of a Spiritual Mind Treatment that Ernest Holmes brought forth in his teaching and philosophy Religious Science or Science of Mind, some call this a way of praying as well).

Recognition: I recognize in this moment that _____ (insert your quality here) _____ is all there is. _____ (state quality again) _____ is at the essence and center of all life.

Unification: As _____ (insert quality) _____ is at the center of all that is, I know that _____ (insert quality) _____ is at the center of my life. I am one with and a living, unique expression of _____ (insert quality) _____.

Realization: So here and now I call upon _____ (insert quality) _____ to express through all of my living and affairs. In my physical body, finances, relationships...everything that makes up my life, let _____ (insert quality) _____ find perfect expression!

Thanksgiving: I am so grateful for the fulfillment of this word as my life and _____ (insert quality) _____ as my living now!

Release: I release this word into the action of the law of creation. And so it is. And so it shall be! (Find a complete example below using the quality of LOVE.)

Imagine how your day might subtly yet powerfully shift if you were to begin your day everyday with an affirmation such as this! I challenge you to exercise this for 7 days in a row and record in a journal your experience of being. My prayer for you at the end of the 7 days is that you won't ever want to stop and that your living continues to expand to new heights!

Below is an example with the quality of "Love" inserted. Feel free to play with the phrases. The key is to keep the phrases affirmative and in the present tense.

Recognition: I recognize in this moment that **LOVE** is all there is. **LOVE** is at the essence and center of all life.

Unification: As **LOVE** is at the center of all that is, I know that **LOVE** is at the center of my life. I am one with and a living, unique expression of **LOVE**.

Realization: So here and now I call upon **LOVE** to express through all of my living and affairs. In my physical body, finances, relationships...everything that makes up my life, let **LOVE** find perfect expression!

Thanksgiving: I am so grateful for the fulfillment of this word as my life and **LOVE** as my living now!

Release: I release this word into the action of the law of creation. And so it is. And so it shall be!

Rev. Darrell Jones is a spiritual counselor and teacher who provides loving, nurturing and transformative one on one counseling and group learning experiences. In 2008 Darrell was licensed as a spiritual counselor and in 2012 was licensed as a minister by the Centers for Spiritual Living. Overall, Rev. Darrell brings over 10 years of study and practice to his work.

Darrell offers his services not only to the individual but also to groups and organizations through workshops, classes and speaking engagements. Rev. Darrell sees clients in the Chicago area for face to face sessions, however he also provides phone and video chat sessions to clients around the country and internationally. Rev. Darrell is launching his own spiritual center and community in the fall of 2014! This spiritual center will be a place where regardless of your path to it you are welcome. The center will be a place practice the presence of love, wisdom, LOVE and love through prayer, meditation, study and counseling.

Connect with Rev. Darrell Jones
darrelljonesspirit@gmail.com, <http://darrelljonesspirit.blogspot.com/>, Twitter:
[@Darrell_Jones_](#), or Facebook: Darrell Jones

THIS TOO SHALL PASS
A Spiritual Perspective on Overcoming Life Challenges
Judy Kaplan

- **Remember that the good times don't last forever NOR do the bad times last forever**
- **View your challenges as the normal course of life and opportunities for growth and change**
- **Apply the THIS TOO SHALL PASS mantra and discipline to ease the pain, stress, angst and fear that holds you back**

EXERCISE:

Close your eyes. Take 3 deep breaths. Think of the heaviest burden you are carrying emotionally right now – yes, your biggest challenge, problem or issue.

Think of how much time, effort, energy and anxiety it causes you.

Feel how your body responds to these thoughts. Stay in that place for a moment or two.

Now, take 3 more very deep breaths. Imagine that the burden you are carrying is gone. It is over, it is done, it is no longer an issue. Its time has passed. Let that settle in.

Visualize your life moving along without that problem; the pain, the sadness, the angst, the fear is gone.

How does your body feel? How do you feel? Lighter, happier, freer?

As you emerge from this exercise. Take another few deep breaths and remind yourself – THIS TOO SHALL PASS. Adopt the mantra to help you cope with problems every single day!

Judy Kaplan, MS is a psychotherapist, life strategist and consultant in the Chicagoland area. For over 35 years Judy has been involved in the business world as an entrepreneur. Building on her skills from business she earned her Master's Degree from Northwestern University in psychotherapy when she was 46 years old and a mother of 2 teenagers, graduating in 1996 with honors. In addition to establishing a full private practice, Judy was the founder and publisher of a woman's magazine that focused on health, wellness, spiritual development, and personal growth, that reached over 300,000 women bimonthly for over 10 years.

Today Judy is working to mentor, assist, guide people of all ages who struggle with challenges ranging from relationship issues to business upsets, and dealing with transitions from divorce, job loss, retirement and other life altering events. Dedicated to providing inspiration, motivation, unique brainstorming techniques and solution focused therapy, her efforts in the world of therapy, publishing and entrepreneurship have improved the lives of thousands of people of the years.

Judy Kaplan can be reached at judy@renaissance-transitions.com or 847-833-9585.

Spiritual Love Language: Enhancing Your Loving Nature

Ellen Katz

- **Connect to your authentic, innocent and pure self**
- **Feel safe and capable of trust**
- **Learn to express real love and intimacy**

Whatever we know about love can only come from two sources: our relationships (parents, family, friends) and our cultural norms.

Until we have new teachers, we are products of what our love mentors knew – and didn't know!

While love itself is universal, our feelings can easily be cross-wired and distorted by associations with our pain history. So if the people you loved were also people with whom we have felt loss, abandonment, shame, fear or another strong negative experience, our wires can get crossed. We stop trusting, and start “coping” by developing unconscious protection strategies. Staying busy, developing addictions, distancing ourselves, over-helping – these are just a few examples of how we compensate for our discomfort.

A world of possibilities exists for rediscovering our natural connection to love. First, we need to remember the felt sense of loving and being loved. We can do this through guided imagery, trance induced suggestions, and guided meditations*.

Then comes the journey: learning to express real and pure love - not just our romantic partner, but with close friends, family and even acquaintances. This healing work involves re-connecting with our authentic self—the innocent and pure part. Our challenge is to find that part, and help him or her feel safe to trust again, to know what safety feels like in the body. Intimacy and love can't be fake or controlled – we have to reconnect with its pure source.

This connection allows us to express love in simple, articulate, and creative ways.

Enhancing the loving nature of our relationships is the ultimate goal. Like the Buddha, we all have the innate capacity to help alleviate suffering in the world – in others, and in ourselves – by reconnecting with the source of our loving nature: the pure wisdom in the heart of the child within us.

*More on this and other related topics - including a free download of the guided meditation, "A Safe Place" can be found at www.ellenkatz.net

Ellen Katz, MS, LMFT is an integrative psychotherapist. She's been in practice in Palm Springs, California since 1983, came to Chicago in 2003 for a sabbatical, and never left! From her perspective, college and graduate school just gave her the foundation, but her real education has been her life - including a passionate study of how to live with joy, authenticity and a connection to one's higher Self.

**Ellen Katz, MS, LMFT, Clinical Director at Inner Balance www.innerbalancenow.com
www.ellenkatz.net**

“Spiritual Love Language” will be offered at the Infinity Foundation in Highland Park, IL in May, 2014. See www.infinityfoundation.org to register for course # 141153. CEU’s are available and Skype options may exist. For more info contact: ellen@ellenkatz.net



**Creating Heart-Centered Connections
For More Love and Joy
Linda Kroll**

- **Love is the Answer – Starting with Loving your SELF**
- **Connect with others and allow divine co-creation**
- **Know that you are a channel of love and light**

When you learn how to communicate with compassion, you realize you are pure LOVE and LIGHT at your core. As you love your SELF and all your Parts, you can connect with others with more empathy and kindness.

The experience of connection provides the support you need to heal, to grow and to manifest your deepest dreams. When you allow yourself to ask for what you want and need and you become willing to receive, you experience the flow of abundance.

You remember that you are a spiritual being having a human experience, and you can observe the circumstances of your life with more peaceful acceptance. You can move through challenges, knowing that the Universe is providing support, as long as you remember to ask for it.

You begin to set new intentions that reflect what you truly desire, and you witness miracles happening with divine synchronicity.

You don't have to do it alone. You cannot do it alone. We are all beams of light and love, and when we connect, we synergistically illuminate the world!

To create your own HeartCentered Connections Group:

- Learn the skill of Compassionate Communication
- Ask one or more people to join you
- One by one, share your *feelings*, not your *stories*
- Offer compassionate witnessing and empathy
- Any "advice" you have is probably meant for *you* to hear for you
- Allow yourself to be present, open, receptive
- Enjoy the love you can share!

For more information on creating or joining a HeartCentered Connections Group, please email me at Linda@YourCompassionateCommunication.com

You can also connect with me on Facebook in the Love Summit Group – for some immediate HeartCentered Connections! I hope to see you there!
<https://www.facebook.com/groups/461511263971318/>

Linda Kroll, LCPC, JD, is a therapist, mediator and attorney, and a Chopra Certified Master Teacher of Meditation, Yoga and Perfect Health.

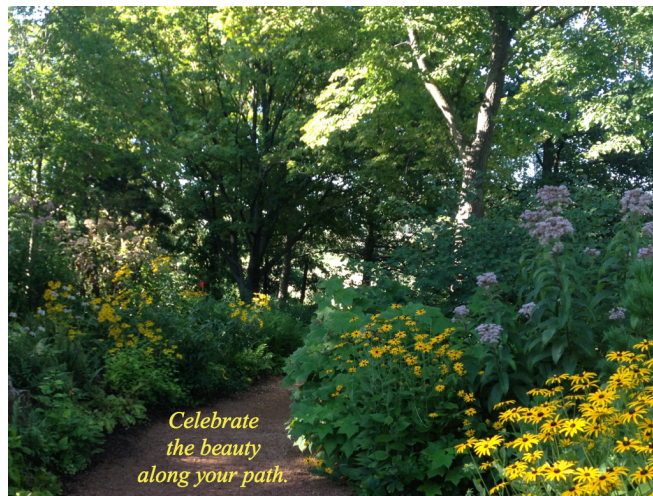
Linda believes “Love is the answer always – and it starts with loving your SELF.” She is a grateful lifelong learner who wants to share the wisdom and knowledge she has acquired from many wonderful mentors and guides. She loves helping people to become more loving and compassionate with themselves and others.

As a therapist, mediator and attorney, she has counseled thousands of individuals and couples. She teaches **Compassionate Communication** to foster more kindness in all relationships – even when a relationship ends. She also provides Compassionate Mediation™ for a SELF-led Divorce™.

As a Chopra Certified Master Teacher, she integrates the principles of holistic health with the Internal Family Systems (IFS) modality of SELF-actualization and healing. She shares these practices (and many others) to help people heal burdens from their past, let go of limiting beliefs, connect to their spiritual source and relate from their highest and best SELF. She believes we can each become the change we hope to see in the world!

She wishes for you a lifetime filled with love, passion, connection and joy!

You can learn more about Linda at www.lindakroll.com or contact her directly at Linda@YourCompassionateCommunication.com.



Manifest your VISIONS for 2014 **Bonnie Vozar**

- **Gain understanding of what excites you in life so that you seek more joy in everyday things**
- **Find all you need inside your heart**
- **Become the empowered master of your life**

Where our attention goes, energy flows. To create the life you desire filled with passion and love for all you do, we must first understand what that looks like for each of us. When we ask ourselves what we really want all things come up. They can be physical, spiritual, ethereal or material. There are no right or wrong answers.

Bonnie has developed a workshop that, through meditation and chakra work prepares the student for the energy opening vision board creation to flow from their heart. First by cutting words, phrases and pictures, then, assembling the story on a vision board. This vision board tells our individual story; that we wish to manifest to bring more love, joy and passion to each of our lives. It serves as a reminder and reference for the promises we made to ourselves to start our year.

Materials Needed: black foam board, scissors, glue stick, magazines

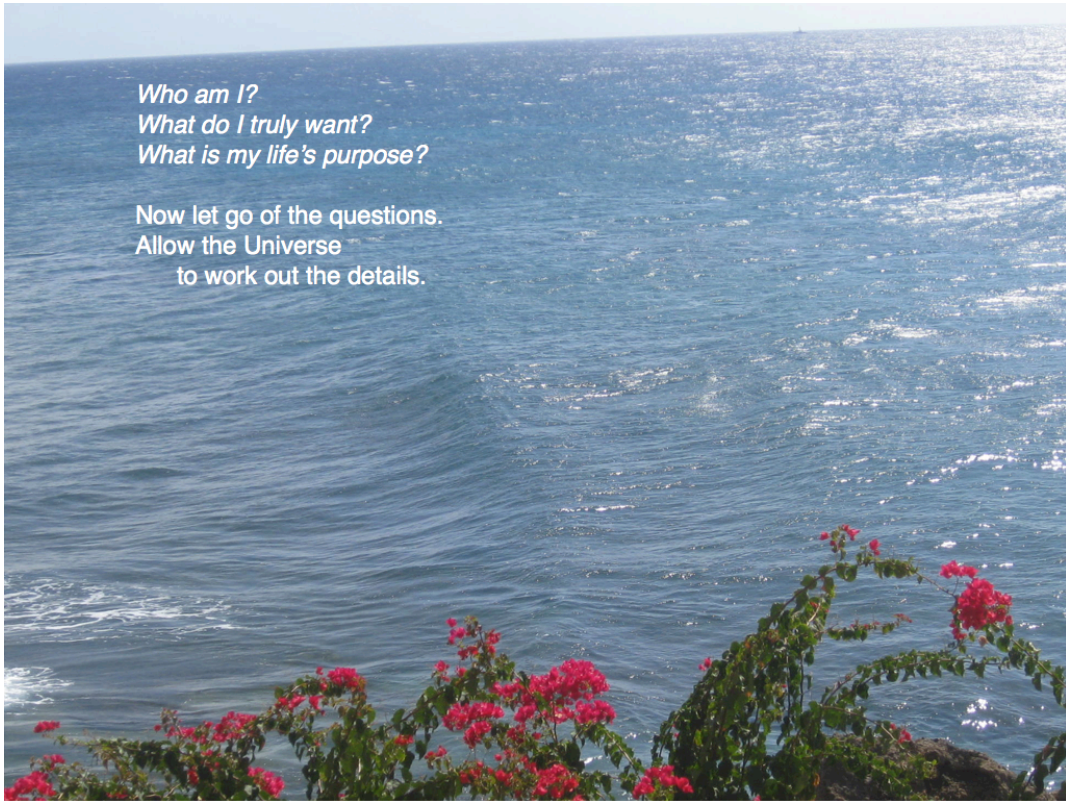
Meditate on that which you wish to manifest. Cut pictures, words and phrases that are appealing for about an hour and then paste what you've cut on your story board. After all, you are telling the story of your dreams.

Bonnie Vozar, Healer, Reiki Master and Chopra Center Certified Master Educator, has been on a lifelong journey of knowing herself better, understanding the universe and her role in it. She believes that as we transform ourselves, we transform the universe. Bonnie believes that in order to transform ourselves we must get clear on our intentions and desires. The practice of Primordial Sound Meditation caused such profound changes in her life that she felt compelled to learn how to share meditation and the journey back to self with others. She is grateful for the opportunity to study with Dr. Deepak Chopra, Dr. David Simon, David Ji. Bonnie has also studied with Caroline Myss. She practices in both downtown Chicago and Bloomingdale, IL.

To Connect with Bonnie

Women Empowering Women to Grow. Bonnie facilitates a workshop that brings together the force of the collective. Through meditation, yoga, breathing exercises and group activity women work together to release all that stand in their way of stepping into their highest self, creating a love centered way of viewing their world. Workshops in the Chicago area in March and Cleveland in May.

For any group workshops or private sessions Bonnie can be contacted at (630) 921-2010 or bonnie@evolvethethebody.com or visit her website www.evolvethethebody.com



*Who am I?
What do I truly want?
What is my life's purpose?*

Now let go of the questions.
Allow the Universe
to work out the details.