

# Love Begins with YOU!



*Today, there is so much information about the concept of Self Love. Yet, how does this concept translate into something that one can wrap her / his arms around?*

*Does Self Love equate with Selfishness? Or can it be Self-Full-filling?*

*And Who is this "Self" that one is encouraged to LOVE?*

## **Come share an evening with Deborah O'Brien**

**Bring an open heart, a healthy dose of curiosity, a sense of humor and a willingness to share your experience.**

**When:** **Friday, November 4th** 7pm – 8:30pm

**Where:** **Branch Mill Organic Farm & Retreat Center**  
**2815 Branch Mill Road Arroyo Grande 93420**

**Cost: Suggested donation: \$10 - \$20**

*Call Deborah to reserve your seat: (650) 815 – 8910*

Deborah, the founder of *Heart in the Lotus*, is a Wellness Consultant, Spiritual Growth Facilitator and Intuitive. She carries more than 30 years of experience as a registered nurse, committed to a holistic approach to health and healing. Deborah will be offering private sessions on Saturday, November 5th, Sunday, November 6th, and Monday, November 7th. Call her to make an appointment. To learn more about Deborah and her work, visit her website:

[www.heartinthelotus.wix.com/theheartofhealing](http://www.heartinthelotus.wix.com/theheartofhealing)