



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



ISSUE 30
Monday 20th July, 2009

True Love is loving unconditionally!

Love is accepting just as it is!

Love is not jealousy, not lust, not fear, nor expectation or possession.

Love is Caring, Sharing, Trusting, Respecting and Commitment!

Love flows in a relaxed relationship!

Please Forward to a Friend

Visit our website
www.essentialgym.com

Essential Gym is an holistic coach approach to sustainable SELF* Wellness.

Tone Up - Your Mind, Body and Soul!

*Self: Soul Essence Love Fulfillment

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