



LOVERS DIGEST

VOLUME 1 • ISSUE 03
A FEW GOOD WOMEN
MAY 2021



hello
beautiful

letter from the editor

May will be the last moon cycle of our grand experiment in love.

If you have been holding back with yourself now is the time to perk up and go all in.

For the seeds we plant and water will be sure to bloom.

Love isn't something we do.

Love is who we are.

-Ayesha Ophelia

It has been a wild honor to witness all of you who stepped forward in love. Thank you for opening yourself to this project and to your deeper inner calling. I cannot wait to present this to the world.

ayesha ophelia

ayesha ophelia

EDITOR IN CHIEF

AUTHENTIC

Requirements for moon 03

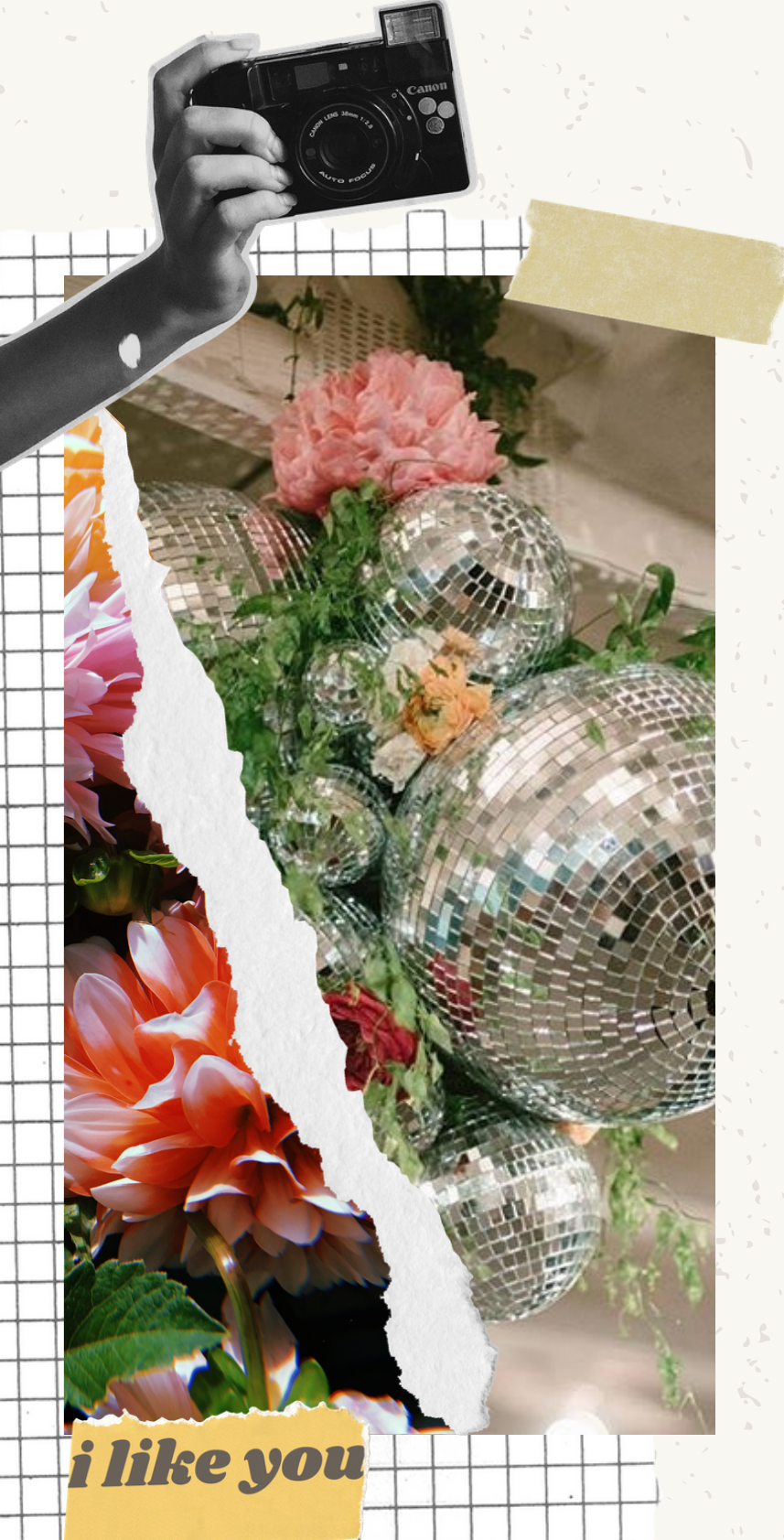


Written by Ayesha Ophelia

WILDLY SENSUOUS

a digest of loving for a few good women

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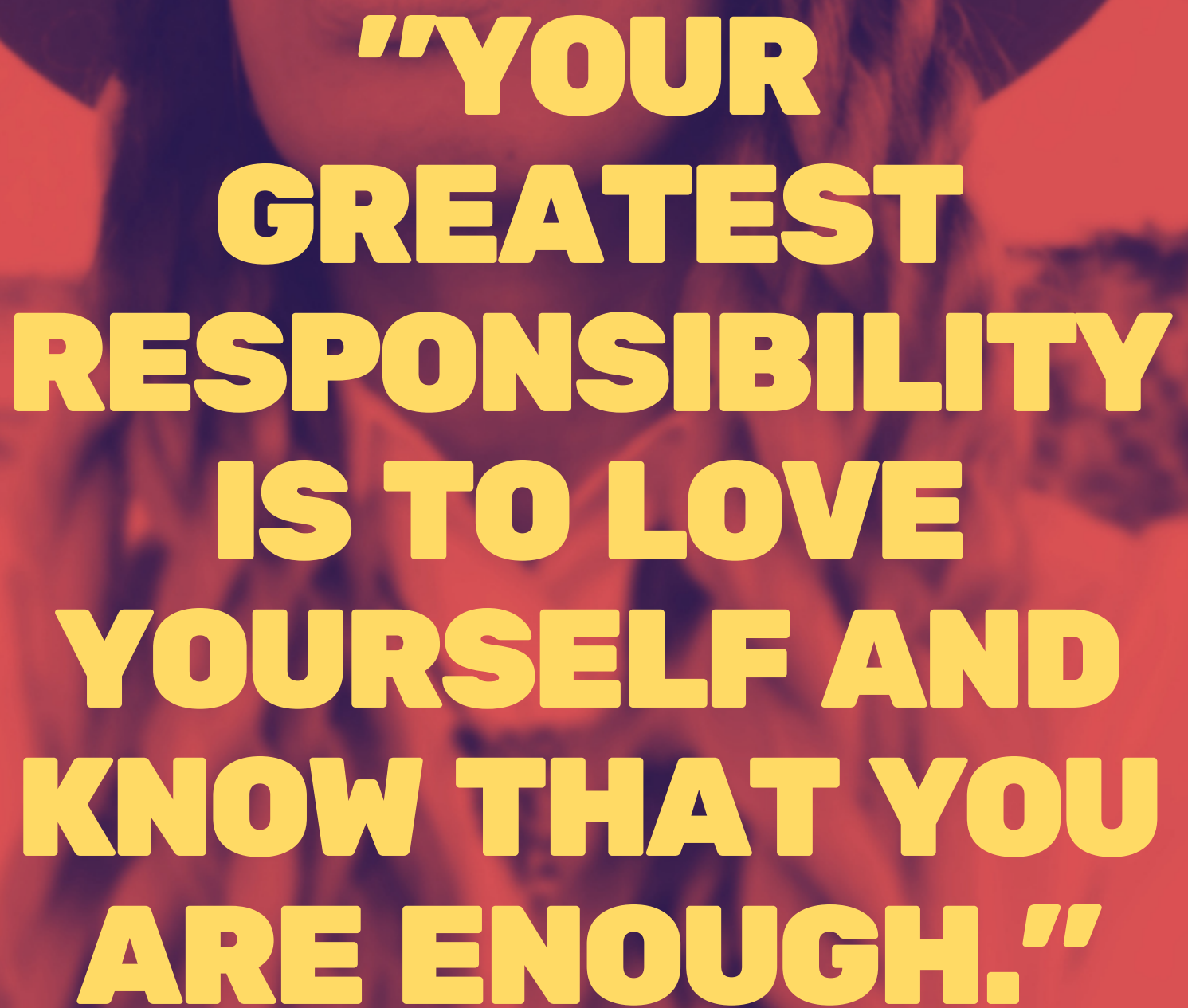
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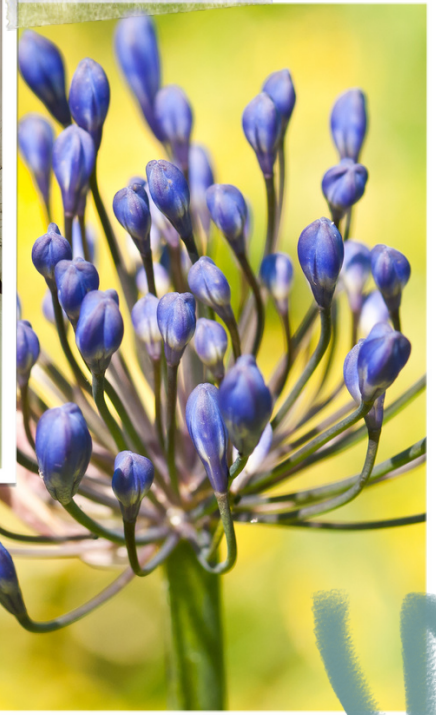
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**"YOUR
GREATEST
RESPONSIBILITY
IS TO LOVE
YOURSELF AND
KNOW THAT YOU
ARE ENOUGH."**

this

is



*where I will give suggestions for
how to deepen this experience...*

The universe runs on vibration. It's not like Tinder where you are mainly looking at persons avatar and words to make an assessment.

It's energetic. We may be looking for a wild righteous man who is over 6 feet tall with a beard and tattoos and kind eyes and a warm heart. Meanwhile, the universe is scanning its files for the energetic essence of the person we desire. The package may not fit exactly but the energy will be a signature we can recognize.

This process isnt meant to make you so rigid that you reject something good for something "better." This process is one that allows you to see that mainly your vibration affects who comes into your field of awareness.

Knowing that what can you release as we enter the last phase of this adventure together?



this is

the journaling section



Spring Bloom edition

"Intentions
compressed into
words enfold magical
power."
~Deepak Chopra

Here are some randomly
pulled Truth Bombs to spur journaling.

1. Angels, angels everywhere!
2. If you're avoiding pain, you're avoiding joy!
3. Let your voice ride on your breath.
4. May you seek to know the vastness of your light.
5. Feelings are magnetic.
6. What do people thank you the most for?
7. It's not a race
8. Worship your vision.
9. Your heart is genius.
10. Soften!
11. Laying on the floor and listening to music might be all the therapy you need right now.
12. Do you want to be generally liked or deeply adored?

Love Mantras

Love means to be deeply committed and connected to someone or something.

A mantra is a sacred utterance, a numinous sound, a syllable, word or phonemes, or group of words in Sanskrit, Pali and other languages believed by practitioners to have religious, magical or spiritual powers. Some mantras have a syntactic structure and literal meaning, while others do not.



come up with a few of your own. be sure to only include words that are in vibration of love.

- *I am at peace with where I am.*
- *I am whole!*
- *I am constantly growing, evolving and becoming my best self.*
- *I am here to experience love.*
- *Love is accessible to me at any time.*
- *I release control*
- *Om Chamunday Jai Jai Stambhya*



Endings

It is always important to know when something has reached its end. Closing circles, shutting doors, finishing chapters, it doesn't matter what we call it; what matters is to leave in the past those moments in life that are over." Paulo Coelho

The way we close a chapters says a lot about us. This is especially so in regards to relationships.

Over the course of the last 2 months we have spent over 16.5 hours together in love labs. When it is all said and done we will have spent over a full day basking in the glow of love, being vulnerable, and revealing ourselves.

Not to mention the time we dedicated to this pursuit of knowing ones-selves outside of love labs.

What do you want to take away from this course? What has it meant to you to be able to focus so intently on self awareness around love and conscious partnership.

Create a ritual around this end. Mark it.

What can the ending of this program teach you about how to deal with endings?

WEEK 11 RECORDING PROMPT



HARVEST TIME

RECORD UP TO 3 MINUTE CLIP ABOUT WHAT YOU BELIEVE WILL BE THE HARVEST OF A FEW GOOD WOMEN? WHAT SEEDS HAVE YOU PLANTED AND WHAT WILL BE THE HARVEST?

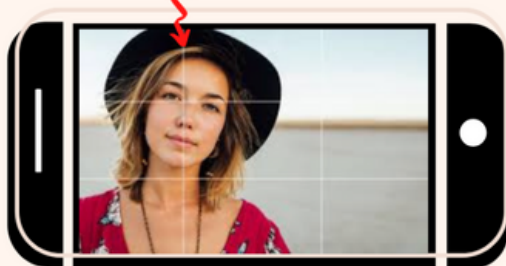
YOU CAN BE CREATIVE AS TO HOW YOU WANT TO TALK ABOUT THIS. YOU CAN LOOK DIRECTLY INTO THE CAMERA AND TALK CONFSSIONAL STYLE. YOU CAN RAP, DANCE, READ A POEM. IT'S TOTALLY UP TO YOU. JUST SPEAK TO WHAT YOU ARE FEARFUL ABOUT.

PLEASE EMAIL ALL SUBMISSIONS VIA DROPBOX OR YOURSEND IT.

Recording Prompts



DO film in landscape mode following the rule of thirds (place yourself where the lines intersect)



DON'T film with the phone or camera vertical. Please no filters or black and white. Our editing team will make all the magic.



Please use a tripod and microphone if you have one.

Once a week you will be asked to submit a short video diary answering a question or documenting your success with the app. The question will be highlighted on the app and shared via email with submission guidelines. A small portion of you may be asked to meet/shoot additional footage with Ayesha Ophelia or one of the love experts via Zoom. This will be at your discretion and done in a flexible and flowing manner.

Shooting Tips

Think carefully about the setting. While you don't want somewhere that distracts from your video diary you don't have to opt for a plain background - choose somewhere that says something about you. Get creative and remember where your light source is coming from.

What is Camera Ready?

Honestly in my world it means that you would feel confident with your likeness being played back to you. As the master of ceremonies and a student going through the process my aim is to treat the on camera times like I would a date. I did say AIM...we aren't looking for perfect polished stories. Just be real and do what makes you feel confident.