



# LOVERS DIGEST

VOLUME 1 • ISSUE 01  
A FEW GOOD WOMEN  
FEB/MAR 2021

size, of yellow and rose  
 hiding acorns and chestnuts; the dogs rolled amo  
 them, and scampered after them as they flutter  
 through the heavy air, and barked at bead-ey  
 robins; then suddenly, through a break in the wo  
 land cloisters, she saw a broad avenue, the beech  
 meeting over it in red and gold, and beyond the  
 house, its windows flaming in the sunshine, a  
 fiery spikes of blossom lingering before it.  
 Still and quiet, filled with repose it looked; tin  
 had changed since the old M. F. H.'s day, when the  
 house overflowed with guests, and the woods and  
 lanes echoed to the crack of rifles or the ringing  
 horn; times had changed: since the sad winning  
 smile of the first Charles had rested on gallant cava  
 liers, marshalling to the signal of boot-and-saddle,  
 but the halo of old romance was still there.  
 Now came the sound of hoofs, the rustling of  
 crisp dead leaves, and riding like a king unde  
 canopies of crimson and gold, came a lithe young  
 canoping mouth; a



Every Queen  
needs a  
great  
council



## letter from the editor

Welcome to the first ever edition of Lovers Digest. The name Lovers Digest found me because digestion is key in the absorption of nutrients or information. (and I grew up looking at my grandparents Readers Digest)

We cannot be malnourished when it comes to love and be in loving relationships.

And as we are all here (I assume) to deepen our relationship with loving we must...

"Feelingly digest the words we speak in prayer. -Sir H. Sidney

Disclaimer: Digestion for many of us can be a funny, loud, and embarrassing process. Some pills are just hard to swallow. While others just glide down the throat. The space I have created is perfect for the messy nature of change. We do our best. We leave the rest.

Don't forget you aren't on this journey alone. You have joined forces with an elite force of "good women" and our ferocity of love will change the planet.

*ayesha ophelia*

**ayesha ophelia**

**EDITOR IN CHIEF**

# OPEN

Requirements for moon 01.



Written by Ayesha Ophelia

# REVEAL

a digest of loving for a few good women

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***i like you***

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EVERYTHING

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*this is us*

*a few good  
women*



*creator*

*strength*

**LOVE**

**xoxo**

*this is just  
a sample  
there are  
more of us...*

hello  
beautiful

# TAKE THE VOW

*say it aloud*

STAY  
—  
WILD



IT'S A  
BEAUTIFUL  
DAY TO START.

vow/  
noun

an uplifted promise

keywords: swear, promise,  
pledge, affirm, guarantee,  
engage

①



"I, \_\_\_\_\_, vow to enter into this grand love experiment with curiosity, compassion, and commitment.

*I affirm out loud that all energy I put towards unveiling love will return to me.*

*I invite synchronicity in as a way to guide my path. It is my absolute honor to show up as I AM.*

**"AND THE DAY  
CAME WHEN  
THE RISK TO  
REMAIN TIGHT  
IN A BUD WAS  
MORE PAINFUL  
THAN THE  
RISK IT TOOK  
TO BLOSSOM."**

**this**

**is**



*where intentions  
are set...*



An intention is a guiding principle for how you want to be, live, and show up in the world. Ask yourself, what matters most to you in regards to love and relationship?

Your answer could form a powerful intention, for which you can align your thoughts and attitude for the day ahead.

But an intention shouldn't be confused with a goal — it's not something you attach an expectation or evaluation to. It is something you want to align with in your life. It's an aim, a purpose, or attitude you'd be proud to commit to. Intentions come from your heart; they are not the tangible.

Setting an intention is a way to bring your heart and mind into alignment. Setting an intention at the start of this journey can be a powerful practice because it's the first step to embodying that which you want. Wayne Dyer said, "Our intention creates our reality." And how many times have you heard "What you think, you become," or "Thoughts become things"? If you're focusing your mind on a specific intention during a meditation, you are bringing it to your focused mind, your thoughts, your heart ... and in turn helping to bring it into your reality.

**this**

**is**



*where you learn how to set intentions.*

Your intention should be closely tied to your personal thoughts, values, and perspective on love. Intentions can be a clear and specific or as simple as a word or phrase you'd like to align yourself with.

like "open your mind and heart," "love," "vulnerability," "strength," "kindness for myself in this process." Try to keep the intention positive, so instead of saying "stop being so closed," or "spend less time alone," choose the intentions, "be courageous" or simply, "community". -Melissa Eisler

Before we meet take some time to sit down and outline your intentions for being here. You may be surprised what your intentions are going in as they may shift during the process.

You will find some journaling questions that will help you get clear on the next page.

Here are a few of my intentions for this journey.

- Remain Curious
- Compassion for days
- Vulnerability is a top asset with love
- Creativity reigns supreme

**this is**

the journaling section



intention setting edition

“Intentions  
compressed into  
words enfold magical  
power.”  
~Deepak Chopra

Here are some thought-starters to help you get started in forming an intention:

1. What matters most to you in love and relationship?
2. What would you like to build, create, or nurture in your life?
3. What would you like to let go of?
4. Who would you like to forgive in your life?
5. How do you feel when you are your happiest self?
6. What makes you proud?
7. What word(s) would you like to align yourself with? What fears would you like to release?
8. What are you grateful for?
9. What are your wildest dreams?
10. What is working really well in your life?

# love



# labs



The overall goal  
research condu  
our. It is a d

## the spirit of the lab

Our love laboratory is for experimentation, curiosity, and unlearning. The overall goal of the research conducted in our Lab is to discover more about who you are and how you love.

The labs happen 3 times a month and will feature different leaders in relationships, sexuality, confidence, and wellness. You will have the opportunity to interact, ask questions, and learn more about the barriers you have put in the way of love and how to embrace them.

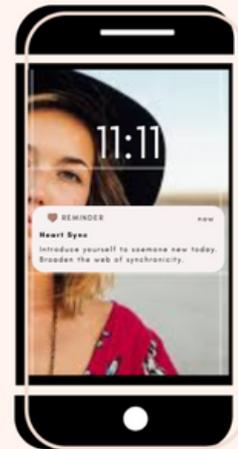
# Recording Prompts



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.

WEEK 01 RECORDING  
PROMPT



# *FEARS SPOKEN EVAPORATE*

RECORD UP TO. 3 MINUTE CLIP ABOUT WHAT FEAR IS SAYING TO YOU AS YOUR BEGIN THIS JOURNEY.

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. WEEK 02'S QUESTION WILL BE AVAILIABLE VIA APP + EMAIL + PRIVATE PORTAL.

# 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.*

- *As I open myself to love, I am met by love.*
- *True love emanates from my pores.*
- *I attract deep love with deep vulnerability.*
- *Authenticity is a magnet for love.*
- *I will fill my heart with love everyday.*
- *I am being directed by the invisible hand of love.*