

*It all starts with you!*

# 22 RECIPES FOR LOVE & JOY!

*By Robin J. Bloom*

Doing what you love & loving what you  
do brings more joy in your life...it's a  
vibrational match.



Joy comes naturally & is one of the  
highest vibrations of love!



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Be playful with life!



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Love is boundless; everyone is  
deserving of these precious moments!



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Enjoy the stillness as nature  
replenishes you!



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Create to your heart's desire, exploring  
all the infinite possibilities!



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Join with like-minded hearts & notice  
how love grows exponentially!



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Explore your talents & gifts, you are a  
powerful creator!



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Appreciate a child's expression of love  
& joy as they mirror the love you are!



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Share laughter & joy, it is your  
birthright to be happy!



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Stay present to life



Be true to yourself

Live your joy!



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Encourage a child's play, this is how  
they learn to trust you & the world!



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Follow your heart & soar to new  
heights!



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The soul expresses through the body,  
let your energy move!



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Allow yourself to play & experience  
life. Intend to be happy no matter  
what is going on around you!



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Celebrate the simple joys of life  
with love, vigor & thanks. Watch love  
flow through you, in you & w/you!



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Give voice to your inner-child.  
Through play we heal our wounds!



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Energetically, we are all a family  
unified as one heart, one mind, one soul!



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Live from your heart & express your  
soul's desire. It's what you came here  
to experience & share with the world!



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To love & be loved is a universal need  
by nature. A simple & joyful smile  
will spontaneously uplift us!



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Parents create a safe space for  
children to serve as the builders of our  
new world!



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Learn more about yourself through  
discovery & allow for your path to  
unfold!



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Be happy & free, you are a divine soul  
that wants to express your love & unique  
gifts. The world needs you!





*In deepest love & gratitude,  
a special thanks to  
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