

## Quotes for Love First

"Inspired and right on! Completely resonated with me. Julie is a dynamic and passionate woman who speaks from years of success and struggle, sharing intimate details of her life so we all may benefit—and we do. These are Universal Truths that everyone should embody, in business and in life."

Kenneth Mader  
writer-producer-director

Julie Caitlin Brown's seminar "Love First" was one of the most informative sessions that I've ever attended. In two short hours, Julie provided a virtual road map of "how to's" for just about anything that life can toss your way. If you do one good thing for yourself this year, make it a visit with Julie...I guarantee that it will be time well spent!

Lauren Stone  
Exec. Director  
Lake Arrowhead Film Festival

Julie, I just wanted to tell you that my Mother passed away last week. She was 82 years old. Kathy and I were driving to the funeral up in Arkansas, and I had your book on CD Love First, the Beginning. Kathy told me to play it. As I listened to it again, it helped me more than you can imagine. On the CD there were some things I knew I had to do. So by the time I got to the funeral, my mind and heart were right. I knew there would be some relatives there that I had problem with.

Your Friends  
Ed & Kathy Power  
Shreveport, LA

Hi! Guess what? I am starting to catch on to this Love First thing, I think. I've been listening to your CD, doing guided deep relaxation every night, I bought a couple of new spiritual books to feed my brain, and I've been doing some aromatherapy and bodywork with a gal from school and my whole perspective has shifted! I feel much more loving and tolerant of those around me. Seeing us all as equal beings traveling our individual paths on this planet, each with our own right to make choices and our own lessons to learn. My intention has been to be a sort of quiet observer of the things going on around me but making sure not to get involved.

I feel so much more open and today alone I found numerous opportunities to be loving, kind, and supportive, genuinely so. At one point in the day I felt like a mischievous three year old.

It felt really, really good since I have been stuck in a place of self-pity, resentment, fear and self-loathing—in short, self-obsessed! Hope you are well.

Love Christina

