

Love changing the world one heart at a time.

## *Keep the Love Going*

We encourage you to “Keep the Love Going” by doing a random act of Love. You can download free note cards like this one from our website.

In the Spirit of Love is a non-profit created to help bring love to the world. We believe that demonstrating acts of kindness ignites a fire within the heart activating a wholeness that only love can bring. This belief restores hope, peace and love within the individual and within the neighborhood. Our hope is to change each heart that crosses our path allowing each person to know and believe that they ARE important in this world regardless of race, sex, religion, culture or creed. We all have hearts that beat each day and although the rhythms may vary, the function of the heart remains the same in all of us. Let’s join together as one heart and make a difference in this world.



**IN THE SPIRIT OF LOVE**  
**FOUNDATION**



[www.inthespiritoflove.org](http://www.inthespiritoflove.org)