



Katharine Giovanni

# The Thriving Times

MONTHLY NEWSLETTER

March 2026

*Here's what's waiting for you this month:*

- **Katharine's Corner:** *Love Is Bigger Than February* by Katharine Giovanni
- **New Online Class!**
- **Katie Keeps It Real:** *What is your love language?* by Katie Nall, Ph.D.
- **Events coming up**
- **Angel Notes:** *What is love?* by Paula Dice
- **A Little Good News**
- **Laugh Break!**

*If Gmail cuts this email short, click "View Entire Message" so you don't miss the laugh breaks!*



Katharine's  
Corner

**Reflections from someone who's been through quite a few life lessons and now wants a word with the Curriculum Office.**

### **Love Is Bigger Than February**

Every February we talk about love.

Hearts show up in store windows. Chocolate mysteriously appears on countertops. People start thinking about romance and relationships.

And then March arrives... and the conversation disappears.

But the truth is, love was never meant to be a one-month holiday.

Love shows up in quieter ways.

- It shows up when someone offers patience instead of judgment.
- When someone listens instead of fixing.
- When someone chooses kindness even when they're tired.

And sometimes, love shows up in the hardest place of all: forgiveness.

Because forgiveness is one of the deepest expressions of love there is.

Not the kind of love you see in greeting cards.

The kind that says:

*I'm not going to carry this bitterness anymore.*

Forgiveness isn't about pretending something didn't hurt. It's about releasing the weight of it so it no longer runs your life.

And here's the part people often miss.

Self-forgiveness is love, too.

In fact, it might be the most powerful form of love there is.

Because many of us are far harder on ourselves than we ever are on anyone else. We replay mistakes, hold onto guilt, and quietly tell ourselves stories about why we should have known better.

Sometimes for years.

Sometimes for decades.

Not that I would know anything about that of course.

But at some point, love has to step in and say:

*Okay... that's enough. We're done hauling this emotional furniture around.*

Self-forgiveness doesn't mean you pretend you did everything perfectly.

It means you stop punishing yourself forever for something that happened once.

And yes, sometimes it didn't happen just once. Sometimes we repeat the same mistake a few times before the lesson finally sticks. Apparently the universe likes to make sure we really get the lesson.

Growth isn't always a straight line.

Because honestly, some of us have been carrying things so long we should probably charge them rent, or at least make them do the dishes.

When people ask me about forgiveness, they often assume it's about the other person.

It isn't.

Forgiveness is about giving yourself the freedom to feel lighter again.

And that freedom? That's love.

Love for your peace.

Love for your future.

Love for the life you're still creating.

Sometimes love looks like holding someone close.

And sometimes love looks like letting something go.

Both require courage.

The opposite of love isn't always anger.

Sometimes it's apathy, that quiet place where we stop caring, stop trying, and stop believing things can change.

Forgiveness pulls us out of that place.

It reminds us that our hearts are still capable of compassion, growth, and new beginnings.

And that kind of love is available to us every single day of the year — not just in February.

Because love isn't a holiday.

It's a choice.

And sometimes the most loving thing you can do...

is finally forgive yourself.

Until next time,

Katharine

If this message about forgiveness resonates, you might enjoy **The Forgiveness Path**, my 10-day self-paced class. The class will help you release emotional weight around others, yourself, and

money. (Not kidding... LOL)

Start anytime. Go at your pace. Feel lighter as you go.

[Click here for more information](#)

# KATIE NALL, PH.D.

Katie Keeps It Real



<https://www.nalledgeco.com>

## What is your love language?

Last month I wrote about how curiosity can be a form of love. Asking others questions about assumptions we make about them can be one way

to demonstrate that you care. We can be curious through observation as well. Hubbie and I are in a long-term (over 50 year) marriage and there are days when we each wonder what the heck we got into. During one of those years, I read Gary Chapman's book, "The 5 Love Languages: The Secret to Love That Lasts."

He defines five distinct love languages which describe how individuals feel loved. Interestingly, at the beginning of any relationship, we 'speak' all five languages while usually responding to our default one. Once we feel the relationship is stable, we fall back into our preferred love language. However, we usually connect with someone who has a different love language than ours. And when we 'speak' to our partner in our love language, they may not hear our love for them. This contrast is how couples frequently call it quits because they do not feel loved from their partners.

Here's where your curiosity is useful, without having to ask questions. Just observe. How do the important people in your life respond to these different languages? When you want to demonstrate how you care for them, treat them to their preferred love language!

The five love languages include:

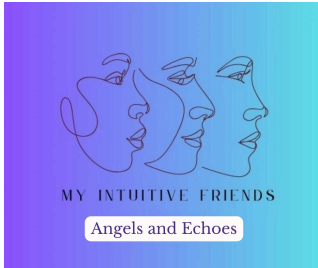
- **Words of Affirmation** - Saying supportive things to your partner
- **Acts of Service** - Doing helpful things for your partner
- **Receiving Gifts** - Giving your partner gifts that tell them you were thinking about them
- **Quality Time** - Spending meaningful time with your partner (without your phone)
- **Physical Touch** - Being close to and caressed by your partner

Each of us differs in the ways that we receive love. By learning to give love in the ways that our partner can best receive it, and by asking our partner to give us love in the ways that we can receive it, we create stronger relationships.

What is your love language?

*Katie*

# Events



## Angels & Echoes

**September 30, 2026**

*Past Life & Angel  
Messages*

An evening of  
connection, clarity,  
and guidance from  
both sides of the veil.

*Registration opens  
soon.*



## Level 1 Workshop

**October 1-2, 2026**

Our most-requested  
workshop will  
return! Two days of  
intuition, forgiveness,  
Qi Gong, and  
transformation

*Registration opens  
soon.*



## Level 2 Workshop

**October 3, 2026**

This advanced  
workshop builds on  
Level 1, deepening  
your intuitive skills  
through practice,  
insight, and real-time  
guidance.

*Registration opens  
soon.*



## Mastermind

*A bi-weekly live mastermind*

After years of private sessions, workshops, and podcast interviews, we kept hearing the same thing: “I don’t have anyone I can talk to about this.” “My friends think I’m weird.” “Will you be my friend?”

So... we said yes.



## By appointment

*A personalized intuitive deep-dive combining all three gifts of The Power of 3 for healing and clarity.*



### **What is love?**

It is one of the oldest questions. The human heart has ever asked. Every culture speaks about it. Every person seeks it. Yet love refuses to be contained in a simple definition. It moves through our lives, like a quiet, current, unseen, but deeply felt. Love is more than emotion. It is a spiritual experience.

To love, someone is to recognize something sacred within them. It has seen beyond the surface – the personality, the mistakes, the defenses – and touching the deeper essence of who they are. And that moment, love becomes a form of recognition. A soul remembering another soul. You love with presence.

Love asked us to slow down and truly see another person. It lives in compassion, patience, and understanding. It lives in the willingness to

hold space for someone's joy and someone's pain.

Loving is not possession. It is not control. True love allows freedom. It honors the path of another soul, even when that path is different from our own. And this way, love becomes an act of trust in something greater than ourselves. To be loved is its own kind of grace.

When someone truly loves you, they see your light even when you have forgotten it yourself. Being loved feels like coming home to a place inside your own heart. It is safety. It is acceptance.

It is the quiet, knowing that you are not alone in this world.

Blessings,

Paula

## **A Little Good News**

*Because good news still exists.*

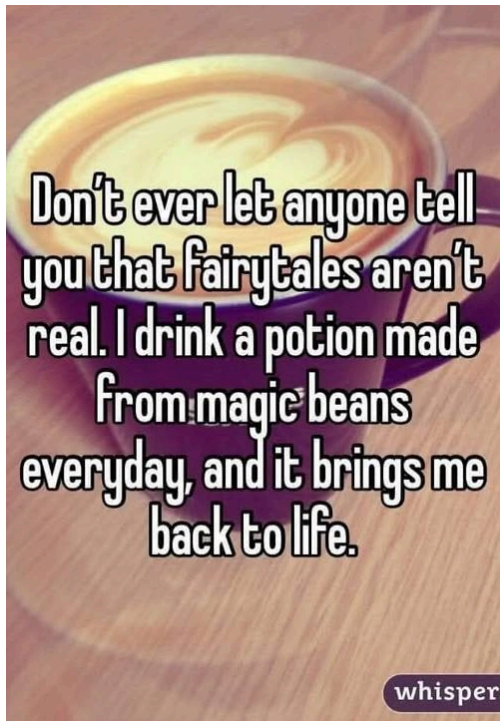
*Despite what your news feed suggests.*

**Postal Worker Drives 52 Miles After Work to Return Lost Wallet Found in -11F° Weather - <https://www.goodnewsnetwork.org/postal-worker-drives-52-mile...>**

**The 'Miracle Berry' Helps Chemo Patients Remove Metallic Taste So They Can Enjoy Food Again - <https://www.goodnewsnetwork.org/the-miracle-berry-helps-chem...>**

**Lead Pollution Has Dropped 100-Fold in the U.S. Over the Last Century - <https://www.goodnewsnetwork.org/lead-pollution-has-dropped-1...>**

**Laugh Break!**



Don't ever let anyone tell you that fairytales aren't real. I drink a potion made from magic beans everyday, and it brings me back to life.

whisper



Age 12: Fell off the bike at high velocity onto the gravel road, biked 5 miles home.

Age 50: Used wrong pillow, back was nonfunctional for two days.

Kids have safety scissors now. But back in the day, we were totally allowed to use the classroom guillotine at 10 years old.



If this message made you think or smile today, feel free to forward The Thriving Times to a friend who might enjoy it too.

New subscribers can click here:

<https://preview.mailerlite.io/forms/1235947/16009953527988>

36

## Books and Products



### **The Ultimate Path to Forgiveness**

Everyone says to just say "I forgive you." But sometimes that's just not enough. They also never teach you exactly HOW to forgive right?

This book teaches you how.

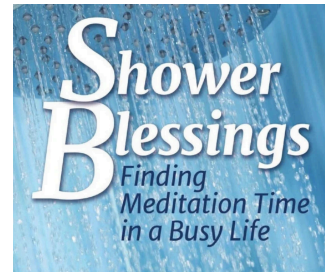
*To see Katharine's other books, please visit her website at*



### **The Forgiveness Path**

Everyone says "just forgive," but no one shows you how.

This self-paced, 10-day class delivers practical forgiveness tools straight to your inbox. Through short lessons, videos, and exercises, you'll release guilt, shame, and emotional heaviness with



### **Shower Blessings**

Struggling with trying to find time to meditate, Dr. Nall found herself ALONE in her shower and decided the shower was the BEST place for meditation. Join her in the shower (figuratively!) as you experience different meditations to find peace in your life.

[www.KatharineGiovanni.com](http://www.KatharineGiovanni.com)

grounded guidance, real talk, and zero spiritual fluff.

Please visit Katie's website to learn more at

[www.nalledgeco.com](http://www.nalledgeco.com)

**\$14.95**

**Buy Now**

**\$79 - self-paced class**

**Start Here**

**\$11.95**

**Buy Now**

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