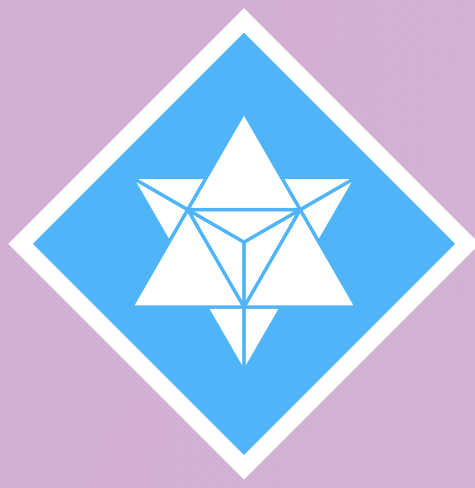




LOVE SQUARED

SARA RICHARDSON
LMT CSMF



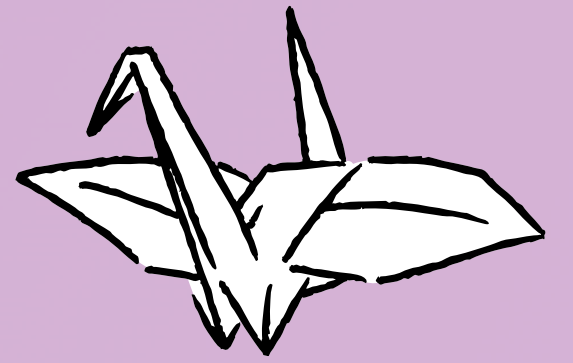


DIGITAL BUSINESS CARDS

BY CONCEPTUAL INSIGHTS GROUP

You're holding something rare.

Not just a card, it is an invitation.



Sara Richardson doesn't hand these out lightly.

She sees something in **you**. a spark, a heart, a quiet knowing, and that's why you're here.

This is your sacred portal to a different kind of healing.

One where deep tissue work doesn't just ease your back pain, it clears the weight you've carried for years.

WHERE MASSAGE, MEDITATION, AND MINDFUL ENERGY WORK COME TOGETHER LIKE A SYMPHONY JUST FOR YOU.

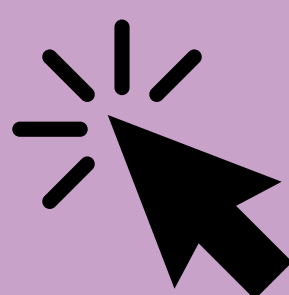
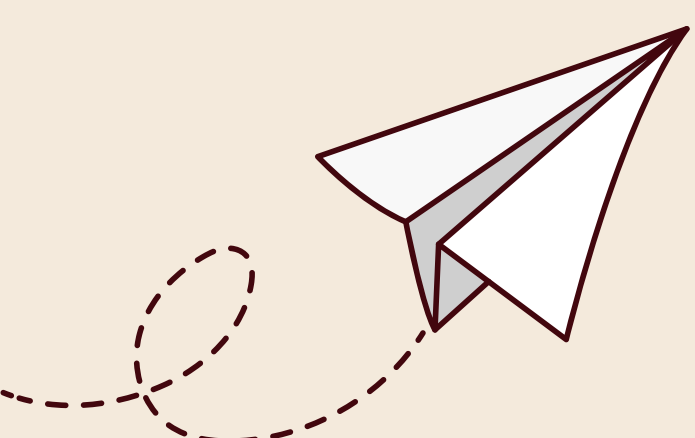


**BUT THIS CARD IS MORE THAN CONNECTION,
IT'S A HIDDEN OFFERING**

In each panel you'll find not just products and services, but Sara's favorite book, the film that changed her life, videos that inspire her, and little truths **she only shares with those ready to listen.**



In a world that treats attention like currency, this was made differently — from the heart, not the algorithm. It's not just for business, **It's for coming Home**



**GET A
CARD LIKE THIS**





ABOUT

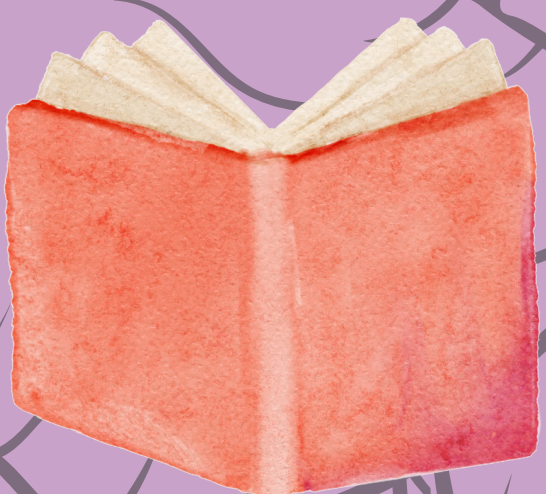
LOVE SQUARED

Love Squared empowers purpose-driven individuals on the path of spiritual and mental awakening. Founded by Sara Richardson, it's built on the transformative power of love — as a force for clarity, courage, and self-trust.

SARA RICHARDSON LMT CSMF

Sara is a Licensed Massage Therapist and Certified Sonic Meditation Facilitator with Listening To Smile, helping high-performing individuals reset their nervous systems through somatic healing, breathwork, and vibrational sound. Based in Pittsburgh but serving clients nationally, she creates a powerful container for release and resolution.

Her work is not just about relaxation, it's about recalibration. She guides clients into states of deep coherence, allowing them to return to their lives with renewed focus and emotional balance.





SERVICES



INTEGRATIVE MASSAGE THERAPY

Deep tissue, myofascial release, and energy-based techniques to release stored tension, restore alignment, and **support structural and emotional well-being.**



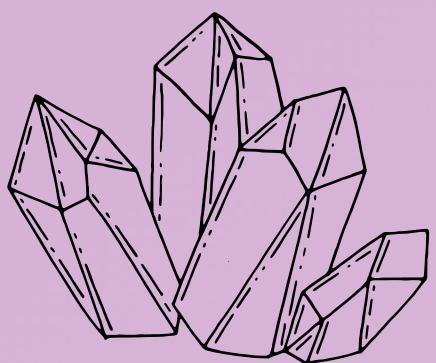
FREQUENCY MINDED MUSIC™

Curated albums designed with intentional frequencies to **support nervous system regulation, focus, rest, and emotional release.** Music that doesn't just play, it resonates.



COACHING WITH SARA

A high-impact coaching program for overwhelmed women, moms, and boss ladies who are tired of surviving and ready to thrive. **This program helps clients reclaim mental space, regulate their nervous systems, and lead from calm, clarity, and self-trust** — not stress and sacrifice.





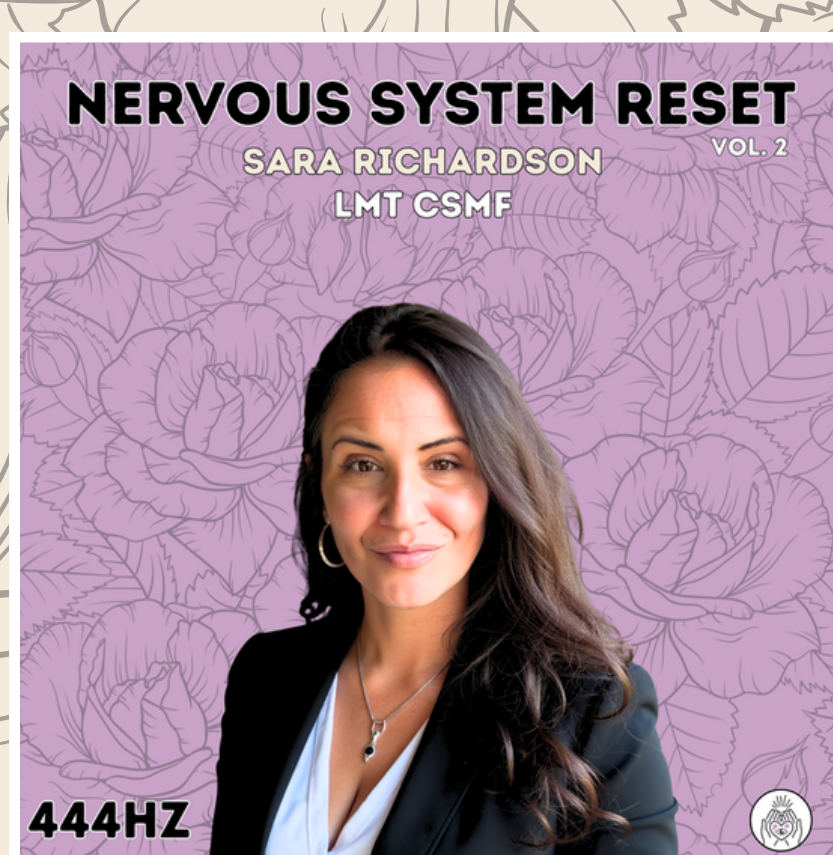
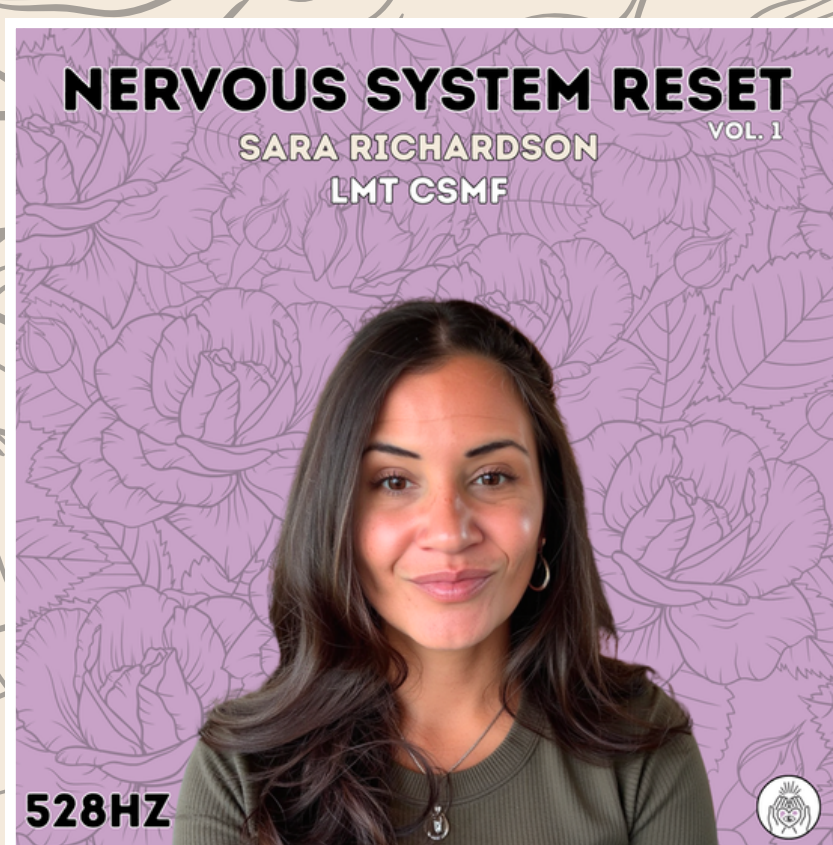
FREQUENCY

Sara has been partnering with Listening To Smile for over eight years to bring **Frequency Minded Music™** and nervous system regulation to high-achieving women, moms, and leaders. Her live in-person experiences and coaching blend sound, touch, and mindful presence to create deep release and lasting resilience

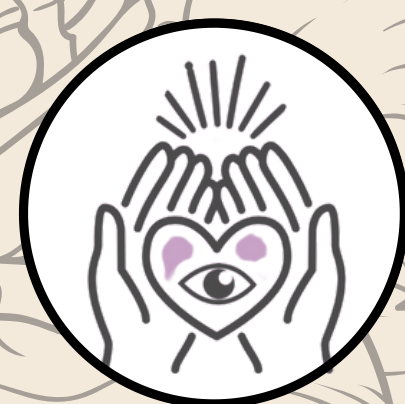
She doesn't just ease stress, she transforms it. **Through immersive events and one-on-one work**, Sara helps clients reset their nervous systems, reclaim inner clarity, and lead from calm, not chaos. **Healing, redefined.**

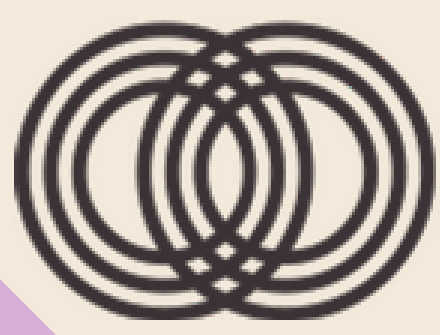


GUIDED MEDITATIONS WITH SARA AND TRU



GET MEDITATIONS





listeningtosmile | affiliate

*In an era where music is exploited, Listening To Smile has honored sacred sound for over a decade — releasing **a new album every month, each tuned to astrology, channeling, Human Design, and Gene Keys.** These frequencies are not on streaming platforms — they're protected, purposeful, and available only through their trusted affiliate network. **Sara Richardson is a dedicated partner,** offering access to this healing music as part of her work in nervous system regulation and holistic care. Every purchase supports the artists, the mission, and the ripple of conscious healing. **For conscious entrepreneurs, the affiliate program offers a powerful way to integrate this music ethically while building soul-aligned revenue.***



GET MORE
MUSIC

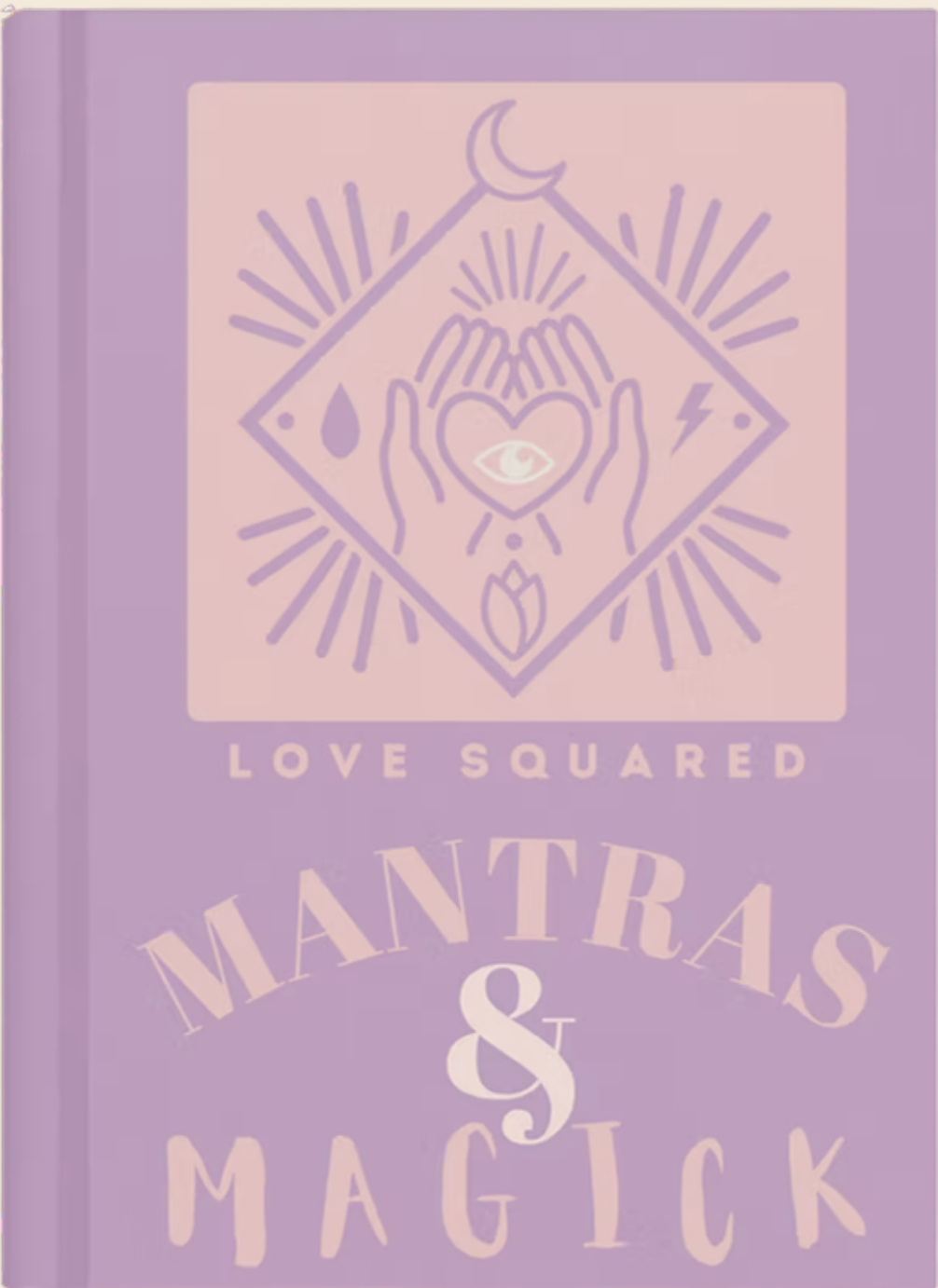
Use code:
lovesquared
to save



WORK
WITH LTS



SHOP



 [**VIEW ALL**](#)

