



A Love Letter to myself,

A lot of the time I wish for things I haven't got....

Saying prayers to ask for what I don't have, saying affirmations so I get what I wish I had - hoping to get what I lack...indirectly. I now realize that this is maybe crazy because....where my attention goes my energy flows. So there is a lot of focus on what I haven't got, and a lot of effort being made into trying to get it!

Now in many ways I know this is not wrong because I need to fulfill my desire and passions in the future so that the Universe knows what I want and can help me create the magic to bring this into my life but I now realize...

that this very action of looking away from what I already have and putting my attention instead on to what I want, this is a way of escaping what I have, of ignoring and dismissing today, right here and now.

I've found that there is deep magic in stopping this in it's tracks, and just being here, right now and appreciating what I do have.

I know it's more exciting sometimes to make wish lists, do affirmations to get all the stuff I desire. I have been doing that for years, and I have realized, after years of intention setting and getting what I wish for, that it's never ending. The wish making never stops no matter what I have 'got'; there always seems to be a sense of the need to create different 'stuff', I think that's because I was in the habit of ignoring what is already here.

When I speed off into the future in my mind to make my virtual shopping list, it seems wrong because I am escaping and

ignoring myself and my world as it is now...and it needs loving and attention too.

When I stop myself, and look inwards, the love for myself as I am just happens. As I just stop and give it a chance to come, I discover it. I end up in a very different 'place'. I feel more 'real', centered, confident and the beautiful feeling of serenity. Not waiting for tomorrow, or continually planning what I want to happen next, things just fall into place spontaneously.

I have experienced my affirmations and intentions working really well, but then sometimes I hit a wall and get stuck, so maybe I need to look inside again, at myself, my life, what I have now and see the love just bubble up out of nowhere as it always has done but I sometimes lose my way and forget the love and joy that resides within.

Then I will feel like a rich person, a movie star, the most loved and adored woman (or man) in the world, just as I am right here and now.

I just need to be reminded every now and then....of all the beauty that surrounds me now.

But before I close my letter I would just like to say....Thank you for all the love that I have in my life right now.

With love

Myself x