



This is a great time to declare unconditional love for yourself. I invite you to pick up a pen and paper or simply open up your phone's note app, and begin writing a love letter to yourself and connecting with the life that is here in you and for you.

Here's my love letter to myself, feel free to read it and breathe it in as if it is from you to you.

My dear self,

I am so in love with you. I love all the times you have picked yourself up despite all that you have been going through and all that life throws at you.

I love your determination, the way you work to live your dreams and your courage to come back to being open and vulnerable again and again.

I love all your wounds. I love looking at you and seeing the lines on your face,

seeing your beauty shine through. You are an unassuming masterpiece.

I love your silence. I know how hard it is to put life into words sometimes. But even if you don't speak, I hear you.

I love your missteps. When you apologize or accept that you have made a mistake, I am in awe of you.

I love your spiraling thoughts. You are a beautiful mixture of energies and dynamics that dance and shine.

I love how you laugh. I love seeing you embody your joy, your pleasure, your humanness.

I love watching you heal yourself. You have come so far. You have done so much and continue to do so. I am so proud of you.

I love how you make an effort to listen and be there for others. Sometimes you are there for them by doing. Sometimes you simply allow them to be by being and listening. You let them shine. What you don't realize is that you shine as you do so.

I love all the goodness that flows through you and in you. You are like a beaming light that reaches far and invites others to shine brighter than they thought possible.

I love your shortcomings, all the places in you that feel like they don't measure up. All of what makes you, you, I love all of it.

I love your spirit, your dreams, your never-ending quest to find inspiration, love, joy, and light in everything you look at. I know how deeply the state of this world touches your heart and how much you want to heal everyone and everything. I know you grieve what you can't do and the people you can't begin to reach.

I love how when you fall asleep, you whisper to yourself 'I am infinitely grateful' over and over again.

I love seeing you ride the waves of life, and grow stronger, wiser, and more light-filled with each and every wave.

I love you as you are, as you have been and as you will be.

I deeply and completely see, accept, love, and honor all that you are.

With love,

Your biggest fan,

Damla

P. S. Here is an online healing that you can experience within the sanctuary of your home. **Invest in your energetic well-being here.**