

There is nothing you need do or say other than to read this letter, and know that it is written with no other purpose than to send you thoughts of loving kindness.

There is no agenda, other than to simply let you know that at this very moment, you are being held in thoughts of peace, love and caring.

Close your eyes for a moment, and let these feelings of pure and unconditional love wash over you and fill your heart with love and kindness. Breathe them in and let them fill your very being until the love in you shines out for all to see and be warmed by.

We all have days when we struggle to be kind and caring, even though we want so much to be. Don't let these days overshadow the beauty and love that you carry in your heart. On those days, simply take out this letter of loving kindness and hold it in your heart. Breathe in the love that is sent to you here, and allow it to ease your hurts and wash away your pain.

Allow it to fill your heart with loving kindness, and then you too can look back upon your world with eyes and heart that care.

*Breathe, and know that you are a beautiful person
and you are much loved
exactly as you are.*