



*Dear Mum / Dad*

*I am writing this letter to let you know that I have realised something important. I realise that for many years I have been holding onto thoughts and feelings that have been causing me, and my loved ones, harm. I have been stuck in my own victim state and it has been getting in the way of everything and worst of all it has been creating a distance and a difficulty between you and I. I am so sorry about that. That is the exact opposite of what I want. I have come to see that in this life we can't control what happens, we can't direct our lives, we can't really change the true nature of what is, what was and even what will be. The only thing we can change is our perspective about it. And in that we can ironically change everything. It isn't what has or hasn't happened to me that defines me. It is what I have done with it, that counts. What I have believed about myself, love, life and everything is the defining factor. I have been blocking my own potential and missing out on so much. I am finally seeing that it is 100% down to me. I get to decide who I am, and who I want to be in the world. I want to love every part of myself back into alignment, back into happiness and back into freedom. And so this is my beginning step.*

*I take total responsibility for who I am and how I am living. I am dropping the idea that anything is wrong with me and I am starting to celebrate everything about me. My sensitivities, my strengths, my past mistakes and my future potential. Everything is wrapped up together. I am a beautiful perfect paradox of difficulty, challenge, strength and insight. I am a unique being with incredible gifts to share with the world precisely because of my wild, wonderful, and at times challenging past. I choose myself, my life and this moment and with that I celebrate you. I am so sorry for the distance and difficulty I have brought to our relationship and I want you to know that I love you, I miss you and I am so happy that you are in my life. I really see that this is your time and I want you to be happy. I want you to know that I place no need or expectation upon you. I am here, ready to welcome you with open arms, heart and mind whenever the time is right. Be as you are with my 1000% blessing. When you call or visit know that you will be treasured and I am at peace with whenever that may happen. I am so grateful to you for giving me the gift of life and for playing the perfect part in the perfect creation of me.*

*I love you, I love myself, and I return to loving life fully.*

*Yours forever more*