

# Dear Courageous Spirit ~

I know you haven't felt courageous lately. But, that doesn't mean that you aren't courageous. Allow the noise to fade. Feel the heartbeat of courage that pulses through you at all times.

I would like to now speak to the part of you that is trying to put a lid on your success, trying to dim your light out of fear of being seen. To you, I say...

It's okay. You no longer have to hide. It's okay to come out of hiding and be loved and supported. I know this triggers a lot of stuff you've been trying to hold down and push away. But, it's like trying to hold back a wave in the ocean. It's a waste of energy. And if you were to take a few steps back, then you could see the beauty of the beach.

You're not wrong for what you've been trying to do. You're not a bad person. It's simply time to stop trying. It's simply time to make a new choice. Just because you made one choice yesterday that doesn't mean you have to make it again today. Allow today to stand on its own. Allow yourself to stand on your own beautifully lifted up.

## LET GO

There's nothing to prove. There are only choices to make. Choose to love yourself through this. Choose to feel the courage. You've been so courageous. You are courage now.

## Embrace

 the beauty of who you

are and where you are. I love you just as you and who you are becoming. There is no other you. There is no other now. Choose courage anew.

# Love ~ and more Love ~

for you.