

Author of Your Past is a Gift and Covered in Yucky, Mucky Mud

EASY MIND EASY LIFE

**Meditations to free your mind
and engage your heart.**

HOLLIE BELLE

EASY MiND EASY LiFE

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and engage your heart.

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Dedication

This book is dedicated to you dear Soul. Yes, you. The one reading this book. Your heart has been trying to talk to you for years, but you've shut it down. It is time to listen. Time to wake up and realise what matters most is not out there. It has always been within you.

I would also like to dedicate this book to all the beings that constantly bless my life. To my wonderful husband, my daughter, my mother-in-law, and my parents.

To my beautiful friend Alison. Thank you for being the sweetest Soul I have ever met!

I also dedicate this book to my beautiful Reiki teacher Melissa Crowhurst. Namaste.

In gratitude to my beautiful friend Sadhana. I love you.

Reiki has changed my life forever.

Thank you Sherry. Through you I have discovered that the Angels are real. What a gift you have been in my life dear sweet friend. I will always love you for that.

And in gratitude to my Angels. Thank you for your guidance, wisdom and patience. I love you dearly.

Preface

So here we are again, my beloved and treasured Soul. I have put together a collection of magical moments for you.

Some moments refer to *Little Love*, this is your inner child. Usually around the age of five. That inner child that has been suppressed and constantly told that it is to be seen but not heard. This inner child has been hiding for years waiting for you to acknowledge it and give it your love and acceptance.

Other moments talk about your Heart. This Heart is the centre of your being. You can call this Soul, or Spirit or simply Heart. Whatever feels right for you. Your Heart is yearning to go *home*.

Home is where you are at one with Source, the Universal Life Force Energy. That place of unconditional love and light. The place inside you where there are no judgements. No right or wrong. No good or bad. Life just is. This is where you find true joy and authentic peace.

Lastly, there are times that moments will call for the Universe to be a part of the dialogue we are having on that day. Again, you can easily substitute the word Universe for God, Source, Spirit or Life whatever fits best for you. I actually love to call it Higher Intelligence as well.

Deep down, you know the truth. And that's why you are here right now. These moments are trying to lead you to your truth. They are trying to lead you home. Away from all the mundane distractions of everyday life. Away from all the chaos in your mind.

Life is simple. Life is easy. We need to shed all that is no longer needed. Relieving the mind of all the pressure we have put on it. We have given the mind the job of having to figure it all out. It was never designed for this. That's why it is in constant conflict.

It's funny, as we are designing the front cover of this book, I asked the designer to make the capital i letters into lower case.

When you look at the title now, it looks like there is a person sitting in the Mind and a person sitting in Life.

It has always been our choice.

We can keep living in our minds or we can be living in our Life... in Source... in Spirit. So what do you choose?

We need to step into the light.

And all it takes is *one* breath. Breathe in. Breathe out. There you are.

Now we are talking to each other in my language, (says the Universe as it smiles and winks at you).

Introduction

This book just happened. One thought came then another. The thoughts turned into meditations, where you can just sit and enjoy that meditation for the day. This is one of those books where you can turn to a random page and that is the meditation that is needed at that particular time.

Originally I was going to call them meditations, but then moments seemed to fit better. That is what life is. A series of moments that lead to an entire life well lived.

How do you know if you are living your life to the fullest?

That's a good question and it starts with how present you are in each moment.

The past has happened and cannot be changed. But we can look at our past and learn to see the gifts that it contained for us. That is what my first book was all about. Finding all the gifts within each moment of my life.

Understanding why these events took place in my life and what I was meant to learn from them. If nothing else, this process taught me compassion and understanding for others. I learned the true meaning of forgiveness. I was able to forgive others and more importantly forgive myself.

We blame ourselves and others for so much that we think has gone wrong in our lives. But what if, that is exactly what was meant to happen? Those events were designed and orchestrated by your very own Soul because it was the best way for you to learn the lessons you came here to master.

Lessons of forgiveness, compassion, understanding and kindness. Most importantly these lessons all lead back to one truth. There is only love. You are made of love and with each lesson, you get closer and closer to Source which is unconditional love. Not only is this love unconditional, but it is a love without end.

The future has not happened yet. And to be completely honest it may never happen. For we don't know if we will still be here tomorrow. It may be our time to return to Source and all that worry and stress was all for nought. There are so many things we fret about in our lives and they never come to fruition.

So this book is about taking a snapshot. Take one moment and just sit with it. Let it fill your Being and talk to your Soul. Allow each meditation to slip through your mind (without the mind getting involved) and down into your Being. Give each meditation a moment to speak directly to your heart. Reminding you of who you truly are.

Some of these moments will call upon you to talk to your inner child. This little one has been trying to communicate with you for years. Trapped in a

subconscious bubble. Buried and ignored. When my daughter was born, my mother-in-law used to call her *Little Love* and I just found this so appropriate for this book.

So many people refer to the inner child as *Little One*, but truly this is the time in our lives when we are just pure, unconditional love. There is nothing little about the love we contain at this stage of our lives, but our human size is diminutive in comparison to the grown-ups around us.

Other meditations will call on you to sit with nature and just let her talk directly to you. Nature absolutely loves us and sees us for who we truly are. Mother Earth has no judgements about us. She just wants to love and heal us. If we step out of our own way and give her permission, Mother Earth would gladly do that for us.

So much has happened in my life in the past two years, since I wrote my second book. The most important of these events is my encounter with Angels. Here I wish to share with you the first thing that happened to me because it is just such a beautiful story. I was doing a guided meditation with Archangel Michael. In the meditation, we were meant to ask Archangel Michael for a symbol of love.

I was expecting a love heart, but instead, he gave me the symbol of the pentagram; the five-pointed star. This didn't make any sense to me.

So I spent the following days asking Michael if he was sure that this was the symbol he wanted me to have. Fifteen days went by before my miracle happened.

My mother-in-law had to go to hospital quite suddenly. She was having heart problems and was admitted so the doctors could run some tests on her. That night she called me up around 8pm to come pick her up and take her back to her house.

When I returned to my home, which would have been around 9.30pm, I went outside and found pentagrams drawn all over the concrete section of my backyard. Not only that, but they were up on the wall as well.

I ran back inside and asked my husband why there were stars all over the back and walls. He replied that he was trying to teach my daughter how to draw a star with one stroke. Meaning that you don't pick up the chalk until you finish drawing it. I almost died. I hadn't told anyone about the meditation or about the symbol. Mostly because I thought I had made it all up in my head.

The pentagram represents the four elements; water, air, fire and earth. The fifth point that points up towards the sky is the Spirit, your Spirit. Archangel Michael gave it to me as a symbol of faith and protection. This is what he said to me later when I thanked him for my symbol and asked why he chose that one.

The angels are funny like that. They will give you signs and will even prove to you that what they

are giving you is real. Since then, the angels have led me to learn Reiki. And this is a story for another book. It has just been one miracle after another.

But what I wanted to share here is, that they love us so much. All of us. Every time I do a Reiki healing and they come in to help, there is so much love in their eyes. I wish everyone could see just how much they admire and adore us.

They are communicating with us all the time too. I haven't included them here in these moments. Just know, they are always by your side. Waiting for you to ask for their help. They cannot interfere with your Free Will. But they are ecstatic when you talk to them and ask for anything. Angels are here for us all day, every day. Loving us.

The last types of meditation are your own Soul trying to talk to you directly. Our Soul communicates with us in every moment. We are just not used to tuning in to that station. Then we wonder why our life is a muck.

We were never born to fit in. We didn't come into this life to follow rules. Our existence was mapped out by our Souls before we even came here. When we start to listen, that's when miracles happen.

Give each moment the opportunity to take you on an enchanting journey into the world that resides within you.

Moment

Dear Heart, I will endeavour to listen to you today.

Whisper in my ear - all your wisdom.

I will open my mind and put judgement aside for this moment.

Sitting quietly listening to your beat.

Talk to me now. I am listening.

What is it that you want me to know?

Come. Sit with me, dear Human.

There is so much I wish to tell you.

You are magnificent in my eyes.

Deep within you is a bottomless well full of love.

This love has no end.

It can never run out.

So love fully and don't hold back.

Tomorrow this well will be full again.

Moment

Be still my dearest Heart.

No need to flutter with anxiety anymore.

Let us sit quietly side by side.

I am ready to receive your gifts today.

Breathe in slowly. Breathe out slowly.

Now repeat. Slower this time.

With each breath that you release, let go of all the stress and tension in your body.

Like you are blowing it out of you and allowing the breeze to take it away.

Each time you exhale, imagine a feather floating gently away with that tension.

This feather is drifting slowly away with the wind.

Feel that breeze caressing your face now. Soothing. Calming.

Listen to the sound of that breath as it gently unfolds.

Feel your lungs filling with air.

There now. We are at peace. Quiet. Still.

Listen to the wings of the bird landing on a branch nearby.

And the rustling of the leaves in the trees.

Moment

Dear Heart, shower me today with joy and peace.

Allow me to feel your presence.

I can feel the rain sprinkling gently on my skin.

Tiny drops. Miniscule. I can barely feel them. It tickles my hands and face.

My feet are grounded in the sand. It massages the soles of my feet as I walk.

The sky is so blue. Scattered clouds passing by. Changing shape as they travel past.

The sun is warm on my back. Like a huge hug wrapping around me.

The birds are singing. Their song lifts my mood. Cheerfully chirping, celebrating the day.

I close my eyes and think of all the things that make me happy.

With my eyes closed, I picture all the things that make me feel calm.

Thank you my dearest Heart. I am content now.

Moment

I am listening. Talk to me, my dear sweet Heart.

What can I do for you today?

I will slow down my breathing so I can hear you better.

I am calming the chatter in my mind and focusing on your beating sound.

What do you wish to tell me? You have my full and undivided attention.

Be present to this moment. Awake. Alert.

Aware of what is happening right now in front of you.

Life is happening right before your eyes. Look carefully so you don't miss it.

Open your ears and listen to the wonderful sounds in the world.

Breathe in the crisp fresh air. Let it fill every corner of your being.

Feel the light inside you getting brighter and brighter.

Until this light is as blinding as the sun in the summer sky.

Now relax. Ease back into this moment. Breathe.

Moment

Come sit with me. Look into my eyes.

Do you see that you are not this meat suit?

Can you see that you are not your mind or the thoughts that emanate from it?

Your mind is that voice that is constantly talking to you.

Belittling you. Berating you. Very rarely does it lift you up?

That is its job. To point out all the negative things about you.

But that is not who you are.

Sit still with me. Listen. Can you hear that?

Look into my eyes again. Can you see the pools of still water within?

Dip your toes. Enjoy the exquisite pleasure of sitting in this place with me.

There is no voice here. No noise. Just stillness and calm.

Breathe in. Exhale. Release.

Moment

Hello. Remember me?

I am your beating Heart.

Soldiering on year after year.

Never faltering.

Have you got a moment to sit and chat?

I am here for you now and forever.

I was here the moment you were born and I will be here when you take your last breath.

Did you know that I was the first organ to form in your fetal development?

It is done this way to remind you that you are made of love and that love is all there is.

So when you forget and feel that you are all alone, remember this.

I have been with you from the very start.

And I have been beating for you day after day, year after year.

Even before you took your first breath in the world, I was already here with you.

Loving you.

Moment

Come. Sit with me today dear Heart.

Tell me the truth about what I am doing here.

Why am I here and what is my purpose dear Heart?

Listen carefully, Little Love.

There is no purpose in this life but for you to experience.

Experience it all.

From the majestic sunrise and sunset.

To the mysterious moon that sits in the sky every night.

Experience love at first sight.

Experience the birth of your first child.

Live each day as if it were the only day you get to live.

Because the truth is that it may be your last one.

You don't know when this magical ride is over.

So enjoy everything that has been given to you.

It has been given to you for free.

So that you may experience the wonder of who you are.

Dear Heart, what is love?

What a great question Little Love!

Love is the reason you are here.

You were born from love. You were born to love.
And when you die, it is to love that you return.

Love is the greatest power in the Universe.

You can feel love for this beautiful Earth that has
been given to you.

You can feel love for another human being.

Love the moon, the stars, and the magnificent
sunshine. It is all there for you.

Love your cat, your dog, and your next-door
neighbour.

You have a bottomless well full of love within
you. It never runs out. So don't be afraid to love.
Tomorrow this well will be full again.

And the magical thing about love is that one love
does not take away from another.

You can love your mother and father, your
brothers and sisters. You can love your partner,
your child, your pets, and your garden.

And your heart is still full of love. It never ends.

So love it all. It has all been given to you so that
you may know who you are.

You are Love!

Moment

Come, Little Love.

Sit with me under this tree.

Today I want to apologize.

Sorry for all the times Mum scolded you and you thought I wasn't there for you.

Sorry for all the times Dad was cross with you and you felt alone.

I am here for you now. I'm sorry that you felt bad.

I have been with you the whole time. I never left your side. Not for one second.

Hold my hand and know from this moment on that I am always with you.

Rest your weary head on my shoulder.

Let me take this pain from you and give it to the wind, so that it may carry it away.

With each breath you take now, remember that I am here.

I have always been here. Not for one moment have I left you.

I love you that much.

Moment

Today I sit with you, my beautiful child.
You don't need to be afraid anymore.
I am here now. I have always been here.
As I watch you, I'm amazed at how magnificent
you are.
Your beauty makes me cry with joy.
You have forgotten who you are.
This is part of the grand design.
I am here to remind you.
Wake up.
Open your eyes.
It is time for you to awaken.

Moment

Come fear, sit with me today.

I want to thank you.

Thank you for all the times you have stepped in to protect me.

Holding up your mighty shield to keep me safe.

I love you fear.

You create a protective barrier around my heart.

The outside world cannot hurt me, as long as I am sitting within the walls of your impenetrable fortress.

Thank you fear.

I love you so much.

Moment

I am listening.

Talk to me my dear Heart.

What can I do for you today?

Moment

Hello sadness. My dear, sweet friend.

Thank you for enveloping me in your dark blanket of sorrow.

Here I can feel your arms wrapped around me, protecting me from pain and heartache.

Thank you sadness for providing solace.

You have been a place of refuge where I can hide from the world.

I love you sadness.

You give my tears a place to escape when nobody else is there for me.

Moment

Thank you anger for dropping by today.

How are you old friend?

Your mighty sword has defended me time and time again.

Protecting me from others who make me feel unworthy and not good enough.

You always stand up for me.

I am so grateful to you.

You are my best friend and I love you with all my heart.

Moment

From the moment you were born and even before,

I have always been in love with you.

How could I not be?

You were filled with love and light.

So bright that the sun is dim in comparison.

So filled with infinite joy that angels cry just to witness your beauty.

I loved you before you were ever conceived.

And continue to love you every minute of every day.

For though you cannot see your own beauty and light, that is all I can see.

And I will walk by your side every day of your life.

For you are a miracle.

And I am here to remind you of that.

Moment

Let's sit on the grass today.

Lay your head on the trunk of this tree and cast
your worries upon the breeze.

Let the wind carry them away to a faraway place.
Until they fade and disappear forever.

Lay down your burdens upon each cloud.

Then let them float gently away.

Feeling lighter and lighter with each breath you
take.

Moment

Choose today to see yourself as I do.

Love yourself as I love you.

For you are without flaw.

Humanly perfect.

Divine.

Remember that you chose to have this adventure.

For there was a part of you that yearned to explore and discover.

Leaving my side for just a short while to play.

Soon you will return to me and see that it was all just a dream.

Moment

If you think you are your body,
you are far from home.
If you believe that you are your mind,
you will not find yourself there either.
For one day, your body will wither and fade.
As it dies, it takes your mind with it.
One day, they will cease to exist.
But you will still be here.
You are made up of the same stuff as the stars
and the sun.
You are far greater than you can imagine.

Moment

Today I am choosing to forgive you.

Not because what you did was acceptable.

But because I love myself too much to keep hurting over this.

I am forgiving you so that I can have peace.

Every time I think of what you did, it hurts inside.

I don't want to hurt anymore and that's why I forgive you today.

So I don't have to think about it ever again.

I don't need to understand the reasons why you did what you did.

That is your cross to bear.

I am letting it go.

I am loving myself

I am choosing to love myself today.

By forgiving you.

Moment

Today I choose to forgive myself.

Yes, I have made mistakes.

But that does not mean that I have to punish myself for all eternity.

Making mistakes is part of being human.

I understand that I was doing the best I could at that point in my life.

The mistakes I made were perfect for my evolution.

I needed to make them.

To become who I am today.

Moment

You are whole.

There is nothing missing in you.

Everything you need is already within you.

A little seed comes with all the information it needs.

To thrive and grow into the magnificent tree you witness in the world.

What makes you think that I would give you any less than the tiny seed?

Moment

The reason you feel you are not whole is that you believe the lies you have been told.

You believe that you need this and you need that, to be accepted.

You believe that you need this and you need that, to be loved.

To find peace, you must climb to the highest mountain and sit quietly.

To be happy you need to be financially stable.

These are all lies, my dear sweet Soul.

For all these things and more that you search for outside of you, I have already given to you.

Happiness, peace, love, and everything you need to be whole are inside of you.

Not out there.

So stop listening to what others tell you is the way.

And listen to the one thing that can take you there.

Your Heart.

Moment

Many gifts have been given to you so that you may *know* yourself.

The gift of kindness.

How good does it feel to be kind? And yet this is free. It costs you nothing.

The gift of generosity.

When we share with others we become one with them. We are no longer separate.

The gift of compassion. Again, totally free. Yet, it can change everything. Compassion connects you to others.

The gift of being heard.

How wonderful does it feel, when someone just listens to you. Without judgement or advice? It makes you feel accepted.

The gift of being seen.

To acknowledge the existence of another. Priceless.

It is one thing to have an idea about these gifts. And these are just a few of them.

It is another thing entirely to actually *be* these gifts in the world.

Every one of these gifts reminds you of the goodness within you.

These gifts are waiting inside of you right now.

Moment

You are not broken.

It is impossible.

That which is of any value within you cannot be touched or tarnished.

You are complete.

Nothing can break you.

When you remember who you are.

And how much you mean to me.

You will see the truth.

My love for you is ever-present.

It is in the breath that you receive every single moment.

It is in your beating heart that keeps you alive.

That you may one day wake up to the truth.

The truth of who you are.

Moment

You are my child and I will always be here watching over you.

I am always listening when you need me.

I am the one drying your tears when you are crying in the darkness.

You may think that you are defeated or damaged in some way.

This is not so.

For my love is with you always.

I am here to remind you that you are loved.

You are made of love.

And love cannot be broken.

As I said before, it is not possible.

For love is what creates and sustains life itself.

Love is the most powerful energy in the universe.

Love is who you are.

Moment

You are like the sun in the sky.

Clouds may come and go. They may even cover you up.

Days in darkness as the clouds take over the sky.

There may be thunderstorms and torrential rains.

Then there is the night when the sun is nowhere in sight.

Weeks turn into months with no sun to be seen.

But it is always there.

Moment

I love you.

I love everything about you.

The way you smile. The way you walk.

Your quirky expressions. The tone of your voice.

Your laugh is amazing!

I love how you get up every time you fall.

And how you think you're not worthy and not good enough.

I love how unique you are.

In case you didn't know, you're one of a kind.

I love who you are and the way you look at the world.

Through you, I can experience what it feels like to be human.

So thank you. Keep being you.

I'm your number one fan!

Moment

When you think you are not worthy of my love,

Remember this:

I am the breath you take in every moment.

Moment

When you believe you are not good enough for my love, remember this:

Every day I give you the sun to keep you warm and the shade to keep you cool.

I give you water to quench your thirst.

And have provided an abundance of food to satisfy your hunger.

Every sunrise and every sunset is painted with my love for you.

That you may see how beautiful you truly are.

I have given you the song of birds to lift your spirits.

And flowers in all colours and fragrances to show you how much you are treasured.

The stars in the sky are there to remind you that no matter how dark it gets,

There is always a light shining bright.

All of this and so much more, I give you every day.

So that you may know how precious and special you are to me.

Moment

I will no longer tell myself I am not good enough.

I will no longer tell myself I am wrong.

I will no longer tell myself I am to blame.

I will no longer tell myself I am unworthy.

I will no longer tell myself I am weak for expressing my feelings.

I will no longer tell myself I don't deserve to be loved.

I will no longer tell myself I am broken.

Today I will show myself the kindness I deserve.

Today I will love myself.

Moment

Come fear. Sit with me today.

I wish to thank you for always protecting me.

Especially when I thought I was surely going to be destroyed.

Thank you for defending me when I thought I was broken.

But the truth is I cannot be destroyed. Nor can I be broken.

I am endless. I cannot die.

So thank you for being there for me when I was lost and didn't know who I was.

Can I have a hug fear?

I love you.

Moment

Anger will you sit with me today?

You stuck up for me when I thought I was unwanted, abandoned, unloved.

You stood up for me when I was told I wasn't good enough.

And would never be good enough.

Anger, you have shielded me from pain time and time again.

And I thank you dear friend. I love you.

But the truth is, I am loved. I am wanted. I am good enough.

I just needed to give this to myself.

And not wait for someone else to give this to me.

The love I have been waiting for my whole life was from myself.

I needed to love me.

I needed to want me.

I needed to know that I am enough just as I am.

Come Anger. Let's sit together and breathe this truth in.

Dear Mum,

I see now.

That what you did to me, was also done to you when you were little.

I am so sorry you had to go through that.

No child should ever have to go through what you suffered.

I forgive you, Mum.

I love you, Mum.

Dear Dad,

I can see clearly now.

That what you did to me, was also done to you
when you were little.

I am so sorry you had to go through that.

No child should ever have to go through what
you endured.

I forgive you Dad.

I love you Dad.

Moment

Dear Mum,

Today I understand.

You couldn't love me the way I needed to be loved.

You weren't given that love as a child.

How could you possibly give it to me?

I love you, Mum.

I am sorry you weren't loved the way you needed to be loved when you were little.

I forgive you, Mum.

Moment

Dear Dad,

Today I understand.

You couldn't love me the way I needed to be loved.

You weren't given that love as a child.

How could you possibly give it to me?

I love you Dad.

I am sorry your parents couldn't love you.

The way you needed to be loved when you were growing up.

I forgive you Dad.

Dear Mum,

I realise now that you were told you weren't good enough.

And you were made to feel not good enough.

That's why you treated me that way.

You didn't know any better.

I forgive you, Mum.

I love you, Mum.

And I want you to know,

You are good enough.

Moment

Dear Dad,

I realise now that you were told you weren't good enough.

Your parents made you feel this way all the time.

That is why you treated me that way.

You didn't know any better.

You actually believed that you weren't enough in some way.

I forgive you Dad and I love you.

Dad, you are good enough.

Moment

Dear Mum,

Today I understand why you made me feel unworthy of being loved.

That's how you were made to feel when you were a child.

I'm sorry that happened to you.

You are worthy of love.

We all are.

I love you, Mum.

Moment

Dear Dad,

Today I understand why you made me feel unworthy of your love.

That's how your parents made you feel when you were a child.

I'm sorry that happened to you.

But the truth is, we are all worthy of being loved.

I love you Dad.

Moment

Dear Mum,

I understand why you yelled at me when I was little.

The same had been done to you when you were a child.

It was just a behaviour you learned from your parents.

I'm sorry you went through that.

You must have been so frightened.

Being so little and having someone big yell at you.

I forgive you, Mum.

I love you, Mum.

Moment

Dear Dad,

I understand why you yelled at me when I was little.

The same had been done to you when you were a child.

It was just a behaviour you learned from your parents.

I'm sorry you went through that.

You must have been so afraid.

Having someone so big yell at you when you were so little.

I forgive you, Dad.

I love you, Dad.

Moment

Dear Mum,

I understand why you smacked me when I was little.

The same had been done to you when you were a child.

It was just a behaviour you learned from your parents.

I'm sorry you went through that.

You must have been so afraid.

Having someone so big hit you when you were so little.

I forgive you, Mum.

I love you, Mum.

Moment

Dear Mum,

I understand why you abused me when I was little.

The same had been done to you when you were a child.

It was just a behaviour you learned from your parents.

I'm sorry you went through that.

You must have felt so powerless and scared.

Having someone so big abuse you when you were so little.

I forgive you, Mum.

I love you, Mum.

Dear Dad,

I understand why you abused me when I was little.

The same had been done to you when you were a child.

It was just a behaviour you learned from your parents.

I'm sorry you went through that.

You must have been so frightened and confused.

Having someone so big abuse you when you were so little.

I forgive you, Dad.

I love you, Dad.

Moment

In the song of every bird and the buzzing of each bee.

In the crashing sound of the wave as it collapses back onto the shore.

In the rustling of the leaves as the wind blows through the tree.

In the soft breeze that kisses your cheek.

In the murmur of your heartbeat, beating gently in your chest.

And the soft caressing sound of your breath as you inhale into your nose.

I am speaking to you constantly.

Listen not with your ears as they will not understand.

Rather listen with your Heart.

For I speak the language of love.

And only your Heart can hear the message each contains.

Moment

Every time the sun warms your back.

Every time the breeze caresses your cheek.

Every time a rainbow adorns the sky.

Every time a star is twinkling.

Every time you take a breath.

I am saying,

I love you.

Moment

I want you to go to a mirror and look deeply into your eyes. Look carefully at the intricate patterns within your irises.

Enjoy the beautiful colours and patterns that are created inside.

Now lose yourself for a moment as if they were tiny planets in some far-off galaxy.

When you have travelled to the farthest reaches of the Universe, Breathe in deeply.

Now focus on the pupils. The dark centres.

Close your eyes and dive right into these dark spheres.

Let yourself float in this void.

Breathe in the peacefulness here.

Feel the serenity of this place.

Listen to how quiet it is here.

Nothing for miles and miles.

Just you. Just space.

Come here as often as you like.

It is always here for you.

Inside.

Waiting, for you to visit.

Moment

You have been conditioned to believe that you are separate from me.

Nothing could be further from the truth.

I am in every sunrise.

I am in every sunset.

With the rise of the beautiful moon every night,
I am there.

I am the breeze that whispers in your ear... I am here... I am here...

I am the very breath that gives you life.

I love you, sweet Soul.

I am always with you.

Feel me in your heart.

Moment

Be quiet... listen.

Shhh... listen carefully.

Do you hear that?

Pay attention.

Be still.

Focus.

Can you hear me?

I come to you in every moment.

There.

Did you feel it this time?

Close your eyes.

There.

I am with you now.

Moment

Hello. I am the wind.

I've come to play with you today.

Let me tickle your cheek a little bit.

See, isn't that fun?

Let me run my breeze through your hair.

Close your eyes.

Feel me as I caress your forehead.

Listen as I whistle gently in your ear.

Give me your worries and doubts.

I will carry them away and give them to the sea.

There they will float away.

Never to be seen again.

Come.

Play with me.

Moment

Hello. I am the tree.

Come rest your weary head on my trunk.

Breathe in the pristine air I am gifting you at this moment.

Close your eyes and put all your troubles down.

Watch them slowly disappear into the soil.

And deep down into my roots.

Watch as I transform them into beautiful flowers in all the colours of the rainbow.

Growing at your feet.

Each one delicately blossoming full of love for you.

Come.

Rest.

Take a load off.

Moment

Hi. I am the grass.

Come lie down on me.

Let me wrap around you like a blanket.

Keeping you warm.

Keeping you safe from the world you are so afraid of.

Here you are protected.

Here you are seen.

Here you are heard.

Here you are loved.

Moment

Hello. I am the moon.

Let me gaze upon your beautiful face.

Let me shine my light upon you so that I may
get a closer look.

Ah Yes!

Divine.

Magnificent.

You're an angel.

I can't quite find the word...

Ah Yes!

Exquisite.

Moment

Good morning. I am the sun.

I hope the colour palette I chose to decorate the sky today delights you.

They dim in comparison with the love I have in my heart for you.

Were you to shine your Divine Light upon me, I would be blinded.

Yes, I am talking to you Human.

Imperfect as you think you are.

You are Divine Perfection to me.

So let me look at you this morning.

I do not have much to give you.

So I hope you accept this warm hug.

I pray it warms your heart, even if only just a little.

Moment

Hello, Judgement? How are you?

We've been playing together for a very long time old friend.

Thank you for being there for me.

I needed you.

As long as I played with you, I was separate.

You kept telling me that I was unworthy or unwanted.

You also kept showing me how unloved I was.

So I started playing with you.

And we started finding fault in others.

But to be honest, judging others doesn't make me feel good either.

They are just doing the best they can.

Today I know that I am worthy.

I am wanted and I am loved.

By *me*.

Hi. Remember me?

You left me here in the dark all alone.

Cold and afraid.

Why did you leave?

Sorry, Little Love.

I didn't mean to leave you there by yourself.

It was just easier for me to go on without you.

At least, I thought it was.

But I can't go on without you.

Because you are my joyfulness.

You are my innocence.

My freedom and playfulness.

Without you, I'm just a walking meat suit.

I have left the best parts of me behind.

Can you forgive me?

I promise I won't ever leave you again.

I love you, Little Love.

Moment

Hi there. It's me, the Universe.

How are you today?

You don't look like you're doing too well.

Can I help?

You know, I can ease that pain for you.

I can take away that darkness.

All you have to do is ask.

Allow me to assist you.

Allow me to show you who you truly are.

Just say the word.

I'm here if you want me.

Moment

Breathe sweet Soul.

Just sit in this moment.

Don't let the anger consume you.

Look at it rather as a storm.

As it sweeps across the ocean, creating massive waves.

Watch the clouds get darker and darker.

The waves are getting higher and more turbulent.

It looks like the little boat floating on the water will be destroyed.

But then, the clouds get lighter and the waves start to disperse.

The storm will soon pass and the ocean will be calm again.

Trust that this will only take but a moment.

And the little boat can continue on its journey.

Hello beautiful Tree.

Hello magnificent Human.

I wish I was more like you Tree.

*Your trunk is so wide and you look so strong
and wise.*

Ha Ha Ha.

Oh Human you are so funny!

If you only knew that inside of you there is a
light so bright.

It can illuminate across to the ends of the
Universe and beyond.

You need not envy me Human.

Everything I am,

You are too.

And so much more.

Moment

Good afternoon glorious Ocean.

Good afternoon Human.

Come in and relax.

Let me massage your back with my waves.

There is a lot of tension in your neck.

Let go.

Give me all your fears and doubts.

Let me take them away to the horizon and watch
as they disappear.

Allow them to float off into the distance.

And just be here with me right now.

Enjoy the soft caress of my water on your skin.

Permit me to give you a warm cuddle.

There, isn't that better?

Now, close your eyes and listen to the sound of
my waves as they crash on the shore.

Pay attention to the breeze as it passes by.

And the birds singing in the trees on the land.

Stay with me for a while.

Hello beautiful Bird.

Good morning dear Human.

I wish I was more like you Bird.

You can sing magnificent songs to greet the day.

Your feathers are just glorious.

And you can fly.

I envy that you are so free.

Oh Human, I am sorry if I am chuckling right now.

Do you even know who you are?

You are made of the same stuff as the sun and the stars sweet Soul.

I live day by day on what Life gives me.

If it rains, I get wet. If there is no food, I go without for that day.

But YOU.

If it rains, you build a shelter.

If there is no food, you plant seeds and grow them yourself.

You don't need to fly Human, you have built aeroplanes.

You play beautiful music on all sorts of different instruments.

You can change your feathers every day by changing the clothes you wear.

Whatever is in your heart, you can bring into existence.

Because you are a creator.

Moment

Moon why do you follow me every night?

I cannot help but be drawn to your light, dear angel.

Oh, I'm not an angel.

I'm just a human.

You are so much more than that.

And that is why I adore you.

Moment

Mum, why didn't you love me when I was little?

It's not that I didn't love you.

It's that I couldn't love you.

You see when I was young my mum made me feel unwanted and ashamed of who I was.

When you were born, I saw your pure light and innocence.

These feelings of unworthiness just became amplified.

I could not give you what I did not have.

But mum, love is not something that you have.

Love is something that you are.

Moment

Dad, why didn't you love me when I was little?

It's not that I didn't love you.

It's that I couldn't love you.

You see when I was young, my dad made me feel unwanted and ashamed of who I was.

When you were born, I saw your pure light and innocence.

All these feelings of unworthiness just became amplified.

I could not give you what I did not have.

But dad, love is not something that you have.

Love is something that you are.

Moment

Come, Little Love.

Talk to me today.

I am listening.

I am sorry if I haven't let you speak before.

I apologise if I keep telling you to get over it.

Or that you should be over it by now.

I am here for you now.

Say what you need to say.

Scream at the top of your lungs if you need to.

I am not here to judge you.

I am here to hear what you have to say.

So come. Sit.

Tell me what is troubling you today.

Why are you crying, Little Love?

Mum doesn't want me.

Dad doesn't love me.

Nobody cares whether I exist or not.

That's not true Little Love.

I care.

For without you I would be all alone.

I'm sorry I left you here all by yourself.

I am here now.

I want you. I love you.

Come. Let me kiss those tears away.

Can I hug you?

I have missed you so much, Little Love.

Let's go sit on the swings for a while.

Moment

Dear Human.

I have been storing all your anger and guilt.

All the shame and fear.

The discomfort you are feeling is me trying to tell you to look at what you have created.

The pain you feel is the parts of you that you are not loving.

When you tell yourself that you are not worthy.

It hurts.

When you tell yourself that you don't deserve to be loved.

That hurts too.

When you tell yourself you are not good enough.

I feel all of that and file it away for you.

I can help you.

All you need to do is listen when I try to talk to you.

Don't get upset with me.

Allow me to give you the messages that will heal all these wounds.

Be open.

Pay attention.

I am on your side.

I love you.

Your body.

Moment

Try to remember my beautiful child.

I chose to be your mother.

You chose to be my child.

We chose to have this experience together as it would be for our highest good.

Stop for one moment and reflect.

I held you in my arms before we came.

And wrapped my wings around you.

We looked into each other's eyes and smiled.

I love you so much that I would do this for you.

There is nothing I wouldn't do for you.

I love you infinitely.

Remember our pact.

The sacred covenant between us.

Remember.

Moment

Try to remember my beautiful child.

I chose to be your father.

You chose to be my child.

We chose to have this experience together as it would be for our highest good.

Stop for one moment and reflect.

I held you in my arms before we came.

And wrapped my wings around you.

We looked into each other's eyes and smiled.

I love you so much that I would do this for you.

There is nothing I wouldn't do for you.

I love you infinitely.

Remember our pact.

The sacred covenant between us.

Remember.

Moment

Dear Little Love

Today I want to play with you.

Come outside.

Let's walk barefoot on the grass.

I'll see if we can find some dandelions so we can blow them away and make a wish.

Let's dance and spin and twirl.

When we fall down, we'll lie down on our backs.

And look at the clouds and find shapes.

Maybe there will be clouds shaped like a duck or a whale.

Perhaps a duck riding a whale!

When it gets dark, we'll make a wish on a star.

That tomorrow we can do it all again.

Dear Little Love

Why are you sad today?

Is it something that I said?

Or something that I did?

I am here for you now.

You wanna talk?

It's never too late to make amends.

What can I do to make it up to you?

I'm sorry I haven't been there for you before.

But I'm here now. And I'll never leave you again.

I promise.

No matter what you say or what you do.

I won't judge you.

I love you.

Dear Little Love

I want to apologize to you today.

Every time I judged you.

Every time I criticised you.

Every time I told you that you don't deserve to be loved.

Every time I told you that you're not worthy or not good enough just as you are.

Every time I looked at you and felt shame.

Every time you tried to talk to me and I told you to be quiet.

For all the times I couldn't love you.

Please forgive me.

Hello Little Love.

How are you today?

I am angry with you.

What did I do?

You keep telling me it's going to be ok.

You keep telling me to get over it.

You keep telling me that it's not important.

I don't need you to tell me what I should and shouldn't be feeling.

What I need is for you to just sit and listen.

Let me say what I need to say.

Moment

What do you need to say, Little Love?

I am not ok with being seen but not heard.

I am not ok with other people being more important to you than I am.

I am not ok with other things mattering more to you than me.

I am not ok with you just leaving me here all alone.

I am so sorry Little Love.

I promise from now on to make you my priority.

Can you forgive me?

Moment

Hi there, Human.

I have been holding onto your anger in here.

I am holding it for you because I love you.

Do you think it might be a good time to look at what you've been holding onto?

Is it time to release it?

That way we can both be free and heal this dis-ease.

I can't do it without you.

Your Body.

Moment

Hi there Human,

I have been storing your fear over here.

I am holding it for you because I love you.

Do you think it might be a good time to look at what you're afraid of?

We can do this together.

I promise it won't destroy you.

What it will do is end the discomfort we are both in.

Your Body.

Moment

Hello dear Human,

I have been stashing your pain away here.

Every time you get hurt, I take that and place it inside.

Do you think it might be a good time to look at what you're hurt by?

Let's do this together.

I am holding this pain for you because I love you so much.

Is it time we were free?

What do you say?

Your Body

Moment

Just for today, I will listen to the birds.

I will allow their song to speak directly to my heart.

And fill my heart with gratitude.

That my ears can hear this symphony of Life.

Unfolding before me.

Moment

Just for today, I will breathe in the sunrise.

I will delight in the colours, not with my eyes,
but with my heart.

Knowing with full gratitude,

That I have been given another day to live.

Moment

Just for today, I will close my eyes and focus on my breath.

In listening, I am tuning in to the Universe and giving thanks that I am alive.

Breathe in.

Thank you.

Breathe out.

Thank you.

With each breath, I hear the Universe speaking to me.

As I inhale.

I love you.

As I exhale.

I love you.

I am safe. I am loved.

Ouch! said the Rock.

Why did you kick me, Human?

You are just a rock.

You don't have any feelings.

We are made up of the same thing Human.

What's that Rock? Dirt?

No, energy.

Now pick me up and put me in your pocket.

What for?

To remind you that we are connected.

And to remind you that you are connected to all things.

No matter how small and insignificant.

I judge me.

I judge me not.

I judge me.

I judge me not.

Just for today, I will choose to not judge myself.

And maybe tomorrow I will not judge myself.

And perhaps I can spend one week not judging myself.

Which can turn into one month of not judging myself.

Which can turn into a year of not judging myself.

Which could result in a lifetime of not judging myself.

Moment

I love me.

I love me not.

I love me.

I love me not.

Just for today, I will choose to love myself.

And maybe tomorrow I will love myself.

And perhaps I can spend one week loving myself.

Which can turn into one month of loving myself.

Which can turn into a year of loving myself.

Which could result in a lifetime of loving myself.

Moment

Just for today, I am not right.

Just for today, I am not wrong.

I am not good and I am not bad.

Just for today, I am not guilty.

And I am not ashamed.

Just for today...

I simply AM.

I just AM.

I AM.

Moment

I am not my bank account.

I am not the clothes I wear.

I am not my physical body.

I am not the car I drive.

I am not the house I live in.

I am the observer.

You can see me staring back at you every time
you look in the mirror.

Hello.

Moment

Where do beliefs come from?

They were passed on to you by your parents and your grandparents.

By your teachers and your religions.

By society and humanity.

By your ancestors.

Your mind has been conditioned by all these things and more.

So don't listen with your mind for it is running on old, outdated programs.

You won't be able to find the truth there.

Let go.

Listen with your heart.

Moment

Dear Tree, can you help me?

What seems to be the problem, dear Human?

I feel lost. I can't seem to find my way.

You seem so wise and sure of yourself Tree.

I trust that everything I need is given to me at the exact time I need it.

The rain, the sun, the air.

Even my tiny seed had all the nutrients I needed to grow into the tree I am today.

Have faith Human.

Everything you need will come to you at the exact moment you need it to.

If a Tree like me is given everything it needs,

Why would you be given any less?

Moment

Today I want you to think about where your beliefs came from.

Perhaps some were passed down to you from your parents and grandparents.

Others were passed down to you from school and teachers.

More importantly, let's look at beliefs created in your childhood.

Hold those beliefs in front of you.

Look at them with love and compassion.

Hello Little Love. Thank you for holding these for me.

The belief that I'm not good enough.

The belief that I'm not loved.

The belief that I'm not worthy and don't deserve.

But these aren't mine.

They were passed down from others.

We can let them go now.

These weeds were planted into our garden when we were young.

It is time to pluck them out and discard them.

Will you help me, Little Love?

It is time.

Moment

Hello Belief. How are you today?

I am great!

I am holding onto all the lies you have been telling yourself about who you are.

All the fibs you have been telling yourself about the world.

All the lies you believe about others.

It is my job to stand here until you are ready to wake up.

Until you are ready to accept who you truly are.

I have a very important job.

I keep you stuck in the illusion.

The illusion that you are not worthy of being loved.

The illusion that you are not safe and that this is a dangerous world.

The illusion that you're separate from Source.

Thank you Belief for helping me see the truth.

You have served me well.

Moment

Hello Judgement. How are you, my friend?

I want to thank you judgement.

While I play with you it seems like I'm looking at Life through a kaleidoscope.

I can point the finger all day out there.

I can judge this person and that situation.

I can even see all the defects in myself.

With you, I can see the flaws in everything.

When I stop playing with you I can see the truth.

There are no imperfections.

It is all Divine.

Source is in everything, including me.

Moment

Thank you dear stranger for cutting me off in traffic.

It pushed my buttons and triggered anger in me.

It reminded me of all the times I was made to feel invisible when I was young.

Come, Little Love.

I will no longer treat you as if you are insignificant.

You matter to me.

You are the most important person in my life.

I love you very much.

Little Love, please forgive me for treating you this way.

Moment

I will sit with you breath.

Just me and you.

Still.

Silent.

Nothing else exists but you.

In. Out.

In. Out.

Like waves that come crashing onto the shore.

Only to be pulled back into the ocean again.

In. Out.

In. Out.

Nothing to do.

Nowhere to be.

But here in this moment.

With you.

With every inhale: I am alive.

With every exhale: Thank you.

Moment

Thank you dear stranger for yelling at me today.

This pushed my buttons and triggered fear within me.

It reminded me of all the times mum yelled at me and made me feel wrong or at fault.

Come, Little Love.

We don't need to be afraid of bullies anymore.

I'm sorry for all the times I blamed you for not being perfect.

I love you.

Can you forgive me?

Moment

Thank you dear stranger for talking to me like
I'm a worthless pile of dog poop.

This pushed my buttons and triggered hurtful
memories from my childhood.

Come, Little Love.

We no longer need to feel like we are unworthy
of dignity and respect.

We deserve to be treated with kindness.

I'm sorry for all the times I treated you like
you're not good enough for my love.

The truth is that you deserve my love the most.

I love you and I need you.

Moment

Dear Bully, I wish to thank you today.
You showed me that you can hurt me physically.
But, I am not my physical body.
You can hurt me with words.
But I am not my beautiful mind.
The things within me that are important cannot
be destroyed.
You cannot harm what truly matters.
And that is *me*.
My Spirit.

Moment

Dear Bully, today I wish to thank you.

You taught me how strong I am.

You showed me how resilient I am.

You taught me that I have everything I need to be happy.

The love inside my heart belongs to me.

Nobody and nothing can touch that.

Except me.

For that, I am truly grateful.

Moment

Dear Bully, I just want to say something.

Today I realise that you did all those hurtful things because you felt worthless.

I understand that you said those spiteful words because you felt unwanted.

On the outside, you looked like you were enjoying what you were doing to me.

But on the inside, you were screaming for help.

A person that is happy with who they are, doesn't need to put others down.

I forgive you, dear Bully.

You can't take away from me what's important.

And that is my beautiful heart.

You have a beautiful heart too.

You just don't know it.

I know that I am loved.

By me.

Dear Grown-Up Self...

It's me, Little Love.

I don't need a hug from mum.

I don't need a hug from dad.

Nor do I need a hug from grandma or grandpa.

Hugs from uncles and aunts are not required.

Sisters or brothers can hug me all they like, but it's not what I desire.

Not even friends come close.

What I need is a hug from you.

A hug that lets me know that you accept me exactly as I am.

Dear Grown-Up Self...

It's me, Little Love.

I don't need mum to tell me she loves me.

I don't need dad to tell me he loves me.

Nor do I need grandma or grandpa to tell me they love me.

Love from uncles and aunts is not required.

Sisters or brothers can love me all they like, but it's not what I desire.

Not even friends come close.

What I want more than anything in the world, is for you to love me.

I love you and I've been waiting a really long time for you to love me just as I am.

Moment

Even when you think you're alone.

I am here.

Even when you don't like who you are.

I am here.

Even when you wish you had never been born.

I am here.

I have been here with you from the first moment
you took a breath.

And I will be with you when you take your last
breath.

I am your beating heart.

I beat with love for you every day.

I am your biggest fan.

Moment

You may think you are flawed.

Or that you are imperfect in some way.

You may even believe that you have made mistakes.

But none of that is true.

For I see the real you.

You cannot hide from me.

I have been with you from the beginning.

I know what is in your heart.

Come. Sit with me for a while.

Moment

Just for today,
I trust that everything I need is coming to me.
In exactly the right way and in perfect time.
All my dreams are taken care of.
I don't need to worry or doubt.
I just need to sit in this moment and be present.
Allowing the magic to unfold.

Moment

Dear Universe,
I am open to receiving,
whatever you have in store for me today.
Surprise me!

Moment

There are no such things as mistakes.

The things that have happened in my life are exactly what I needed.

All of these experiences were necessary.

To learn the lessons.

I came here to learn.

Moment

Thank you Belief for all your help.

But I don't need you anymore.

You tell me that if I do this, I will be happy.

And if I do that, I will be at peace.

Every time I follow you,

I get to the end of our journey together
empty-handed.

Realising that following you is not the way.

But I see the truth of it now.

I am happiness.

I am peace.

These are things that I already am.

I don't need to do anything or acquire anything
to be these things.

Moment

Dear mistakes I love you so much.

Each of you has taught me such a valuable lesson.

Some of you have taught me how strong I am.

Others have taught me how resilient I am.

Some have shown me how kind I can be.

Whilst others have shown me that I am compassionate.

Through you, I have learned that I am good enough.

I am worthy of love and most of all: I am loved.

So thank you mistakes.

I wouldn't change a single thing.

You have helped me see who I truly am.

Moment

Thank you Belief.

My whole life you have told me that love is outside of me.

When someone else loves me, then I am loved.

After expecting countless people to love me the way I need to be loved,

And always ending in disappointment.

Today, I see.

That the love I yearn for is my own.

My love for myself.

Without you, Belief, I may never have found it.

So, thank you.

Moment

Belief, I want to thank you today.

For years, you made me believe that if I left everything,

and went to sit on a mountaintop.

I would be at peace.

But today I realise, that it is not the noise of the outside world,

that stops me from being calm.

Even if I were to sit on the most remote mountain,

my mind would still be filled with troubles and doubts.

This is what is stealing my peace.

Not my surroundings.

Moment

I want to thank you with all my heart Belief.
My whole life I thought that when I had a child,
my life would be complete.
And this was not true.
My child is not the love I am looking for.
Even though I adore my child with all my heart.
The love I am searching for is inside me.

Moment

Dear eyes, I would like to thank you today.
I am so grateful for all you allow me to see.
From the magnificent sunrise to the mystical
moon at night.
From the vastness of the ocean to the tiny
raindrop on a leaf.
I can enjoy the colours of the rainbow and the
plumage of the beautiful birds.
But most of all, I want to thank you...
For when I look into the mirror I can see.
Who I truly am.
In my eyes.
Beyond this physical body.
You allow me to see.
Me.

Moment

Dear ears I am filled with gratitude for you today.

With you, I can enjoy the song of the birds and the sound of the breeze.

The waves crashing on the shore and the leaves rustling in the trees.

I can revel in the magic that is music.

And also the silence in between.

But most of all, I wish to thank you dear ears.

For the beautiful voice that whispers to me in every moment.

Letting me know that I am not alone.

Reassuring me that I am being guided and supported.

A voice that tells me how much I am treasured.

And that loves me unconditionally.

That voice is my Spirit.

Moment

Dear Little Love, why are you so restless today?

There is so much I need to say to you.

But you keep telling me you are too busy.

So I sit here, day after day waiting for you to have time for me.

You are all I have.

But to you, everything else seems more important.

I'm so sorry Little Love.

What do you need to say?

I'm listening.

Moment

Little Love.

How are you today?

Moment

Dear Source, I wish I could see myself as you do.

I wish I could see myself through your eyes.

It is very simple, dear one.

Take away everything you think you are.

Discard everything you think you should be.

Throw away everything you think you need.

Let go of all the beliefs you have about who you are.

Nearly there.

Now, look past your physical body.

Remember that you are not your mind.

None of these things is you.

Almost there.

When you have reached that place where there is only love.

Then will you see yourself as I do.

Moment

Dear Source, I feel so lost in this world.

I feel all alone.

I wish I knew that you were with me.

Dear one, I am with you always.

Every time you take a breath.

Every time your heart beats.

Every time you are present in the moment.

Every time you think of me or say my name.

I am here.

I have always been here.

I will always be here.

Moment

Dear Source, what am I doing wrong?

I have made so many mistakes in my life.

Dear One, there is no right or wrong.

And there are no mistakes in Life.

Everything has happened exactly as we planned it before you came here.

You have just forgotten this as it is part of the Divine plan.

Each mistake, has brought you to this moment right here.

Asking me this question.

That you may remember who you are.

And come home.

To you.

Hello, dear Source.

I just needed someone to talk to.

What is wrong with me?

I have everything and yet I am unhappy.

Dear One, your unhappiness comes from being here but wanting to be there.

Having this but wanting that.

Happiness is not something that comes from out there.

Everything you chase to be happy, will just prove to you that this is not the way.

You are joy. You're made of it.

It was always inside of you.

Bliss is not something you can obtain.

It is something that you already are.

Moment

Little Seed, aren't you afraid?

Sitting in the dark for weeks.

Not knowing if you will ever sprout?

Not at all, dear Human.

You see. If I grow I can give you fruit.

And provide you with shade.

I can even give you my wood for you to build houses if you so desire.

If I grow into a magnificent tree, I can serve you.

But if I don't sprout at all.

I return to Source.

Either way, I am in good hands.

Moment

Dear Tree, aren't you worried?

You have dropped all your leaves.

What if you don't get the proper nutrients to grow new ones?

Dear Human, please don't worry about me.

I trust in Source.

If I don't get the proper nutrients to grow new leaves.

And it is my time to die.

I will go back into the Earth and nourish her.

New plants will grow.

I will return to Source.

There it will be decided how I may serve all in the highest.

It is not the end.

Just a new beginning for me.

Moment

Little Leaf, aren't you afraid?

Once you fall off the tree, you will die.

Dear Human, just like the raindrops that fall from the cloud.

And fill the oceans, rivers and lakes.

So too, must I fall and fill the Earth with my nutrients.

Life is a cycle and we all return to the Whole when we die.

From there we can return anew.

And begin a new cycle.

Moment

Little Bee, aren't you tired of doing the same thing every day?

Dear Human, if I don't do what I was born to do, all Life on this Earth will perish.

We are all intrinsically connected.

We all have our parts to play in the grand scheme of things.

Perhaps, you should ask yourself the question Human.

Are you tired of doing the same thing every day?

Maybe, you aren't doing what you were born to do.

The truth is Human, that you were born to create.

You create through being.

Not doing.

Even I can see that.

And I am only a little bee.

Moment

Little Caterpillar, aren't you afraid?

Sitting in your cocoon in the dark?

What if you never turn into a butterfly?

What if you don't make it out of the cocoon alive?

Dear Human, it matters not.

If I transform into a butterfly, I am given the gift of flight.

If I die trying, I get to fly back to Source and try again.

Either way, I am given wings.

Source loves me no matter what.

Moment

Dear Sun, aren't you tired of rising and setting every day?

Nobody appreciates the work you do.

Dear Human, I do not rise and set for anyone to acknowledge me.

Without me, the world would cease to exist.

I rise every morning because I love you.

It is my love for you that creates the magnificent colours in the sky.

Every day I shine, to remind you of my love for you.

Moment

Little Snail, aren't you fed up with carrying your house around with you?

Dear Human, I am so grateful to have been given a home.

When it rains, it protects me.

When I am in danger, it keeps me safe.

So many animals have nowhere to hide or stay warm when it's cold.

I am so lucky.

The truth is Human, there are a million things that I could complain about.

But the joy and the peace in my heart are far too valuable.

To fuss over things that I cannot change.

I envy you Cloud.

You are so free.

Oh Human you are so funny.

I go where the wind takes me.

I trust that it will take me where I need to go.

You too are free Human.

The only difference between us,

Is that you keep fighting where the wind wishes
to take you.

Hello, water.

Is it true that you contain memories?

Dear Human, I contain all the information of what has been.

All the information of what is now and all that ever will be.

And do you want to know a secret Human?

Your brain is 75% water.

Your heart is 79% water.

Your blood is 89% water.

All the knowledge you seek is within you.

Because you are mostly made of me.

Dear Star, shining so bright in the dark sky.

I need your guidance.

I feel lost and stuck.

Dear Human, thank you for reaching out to me.

Every night I look at you Human and think how lucky you are.

I sit here in the sky twinkling every night.

That is my job.

You get to create and experience and enjoy all the wonders of Life.

We are all here for you Dear Human.

Some of us to light your way.

Others to remind you of who you truly are.

You are never alone.

All of Life marvels at the miracle that you are.

Moment

*Dear Space, aren't you tired of being nothing?
You are so empty.*

That is so funny Human.

I am the glue that holds everything together.

I hold the music notes in place.

I hold the planets in their place and the stars
and even you.

It is in me that you can find your deepest truth.

I am nothing and I am everything.

Moment

Dear flower, aren't you worried that you aren't as pretty as the other flowers?

Oh Human, you crack me up.

I don't blossom to compete with the other flowers.

I grow and bloom because I can.

That is what I was born to do.

I offer you my beauty that you may be reminded of yours.

Moment

There is a gift I receive every single day.

I do not receive this gift from my parents.

I do not receive it from friends or relatives.

This gift does not come from my partner or children.

This gift is my breath.

It is given to me in every moment for free by the greatest love of all.

Moment

Today I will pay attention to every little thing.
From the stars at night to the birds in the tree.
From the sun in the sky to the grass beneath
my feet.
Everything is communicating with me.
Everything around me is trying to tell me
something.
That my mind cannot comprehend.
Only my *heart* can hear.
Only my *heart* can feel.
Only my *heart* can understand.

We learn to judge.

This is something we are taught.

Therefore we can learn not to judge.

Judgement is not something you are born with.

Love is.

Moment

To die from a broken heart means
you forgot to love the person
that mattered most...
YOU.

Moment

You don't need to do anything to be loved.

Nor is there anything you need to attain.

Love resides within your heart.

All you have to do is open it.

Moment

Allow the love that is loving you
right now, to enter.

And watch the magic unfold
before your eyes.

Moment

At some stage in your life, you were told you were; ugly, fat, stupid, lazy, unworthy, unlovable or not good enough in some way.

These words cause you pain because you choose to believe them.

Choose today to know the truth.

You were never these things.

They are not who you are.

Moment

The first step to forgiveness is understanding that the other person is coming from a place of pain or fear.

We can only hurt others,
when we are hurting inside ourselves.

Moment

Blade of grass, aren't you worried I might step on you?

Dear Human,

Yesterday, I wasn't.

Tomorrow I will no longer be.

But today I am.

To enjoy the warmth of the sun on my face

Or the wind on my skin.

To drink the fresh rain as it falls straight into the ground.

Even if it is just for a moment.

Is worth being alive.

Moment

Dear Tree, look at all your leaves.

You are so abundant!

What are you talking about Human?

Don't you know you have in excess of fifty trillion cells working hard to keep you alive?

Now that's abundance!

Moment

Meditation for today:

BE the colour yellow.

First, visualise your skin turning yellow.

Then your hair, eyes, teeth, organs and bones.

Everything is dissolving into this magnificent colour.

Imagine every single cell inside your body turning yellow.

You are completely immersed in yellow.

For at least thirty minutes, sit in this state.

What does it feel like to *be* yellow?

Moment

Meditation for today:

BE the colour blue.

First, visualise your skin turning blue.

Then your hair, eyes, teeth, organs and bones.

Everything is dissolving into this beautiful colour.

Imagine every single cell inside your body turning blue.

You are completely immersed in blue.

For at least thirty minutes, sit in this state.

What does it feel like to *be* blue?

Moment

Meditation for today:

BE the colour pink.

First, visualise your skin turning pink.

Then your hair, eyes, teeth, organs and bones.

Everything is dissolving into this colour.

Imagine every single cell inside your body turning pink.

You are completely immersed in pink.

For at least thirty minutes, sit in this state.

What does it feel like to *be* pink?

Moment

Meditation for today:

BE the colour green.

First, visualise your skin turning green.

Then your hair, eyes, teeth, organs and bones.

Everything is dissolving into this colour.

Imagine every single cell inside your body turning green.

You are completely immersed in green.

For at least thirty minutes, sit in this state.

What does it feel like to *be* green?

Meditation for today:

BE a bird.

First, visualise your feathers.

What colours are they?

Feel your wings as you open them.

Imagine you are standing on the branch.

Ready to fly.

You jump off and soar as high as you can go.

Feel the wind beneath you.

For at least thirty minutes, sit in this state.

What does it feel like to *be* a bird?

Moment

Meditation for today:

BE a dog.

First, feel the love in your heart as a dog does.

Pure and unconditional love for others.

Selfless. Completely devoted to his human.

In truth, dogs see humans exactly the same way
Angels do.

With complete awe and adoration.

For at least thirty minutes, sit in this state.

What does it feel like to *be* the dog loving you?

Moment

Meditation for today:

BE a cat.

First, visualise you are curled up in the sun.

Not a care in the world.

Nobody to impress.

Nothing to do but enjoy this moment.

You are completely content in your own company.

For at least thirty minutes, sit in this state.

What does it feel like to *be* a cat.

Moment

Meditation for today:

BE the colour opalescent white.

First, visualise a column of opalescent white at the top of your head.

Then see your face and head turning this colour.

Next, your neck, shoulders, chest and back.

Your entire torso is opalescent white.

This colour spills into your hips, then legs.

Until finally, it reaches your feet.

Your whole being is dissolving into this colour.

Imagine every single cell inside your body turning opalescent white.

You are completely immersed in this colour.

For at least thirty minutes, sit in this state.

What does it feel like to *be* opalescent white?

Moment

Meditation for today:

Be the wind.

Close your eyes.

See yourself racing through the trees.

Ruffling all the leaves.

Watch yourself sweeping the dirt off the ground.

Sit for a minimum of thirty minutes.

What does it feel like to be the wind?

Moment

Meditation for today:

Be the Sun.

Close your eyes.

See yourself rising slowly in the morning.

Lighting the Earth as you get higher and higher.

Giving warmth to everything you touch.

Sit quietly for thirty minutes.

Enjoy being the Sun.

How does it feel?

Moment

Meditation for today:

You are the rainbow.

It has stopped raining for a moment and the sun has come out.

Visualise yourself stretching across the sky.

Sit quietly for thirty minutes and be the rainbow.

What does it feel like to be the rainbow?

I am the problem.

And I am the solution.

I am the question.

And I am the answer.

I am infinite possibilities.

Moment

Please Source show me the way in which you love me.

There is not one way in which I love you, dear Soul.

Every time you say you are not worthy,

I send someone to show you how much you deserve.

Every time you think you aren't good enough,

I give you circumstances to show you how good you truly are.

When you feel you aren't loved,

I send you only angels to show you how much you are adored.

I love you always and in all ways.

Moment

Source, please tell me, why am I here?

You have forgotten, dear Soul.

That you asked me to come here.

For without darkness, you cannot experience light.

Without turmoil, you cannot know what peace is.

Where there is no sadness, how can joy be known?

You came here to play.

To experience the fullness of who you are.

Moment

Please Source, I want to go home.

Dear Soul, all in good time.

You have an eternity to be with me.

Remember why you wanted to come here.

And if you can't recall the reasons for being here.

Then simply enjoy.

Enjoy the caress of the breeze on your face.

The hug from the sun on a cold winter's day.

The kiss of the moon on your cheeks.

For you can only experience these things here.

In the meantime, I am waiting for you.

Revelling in everything that you do, sweet Soul.

Moment

Source, what am I doing wrong?

There is no right way or wrong way, dear Soul.

The answer is in the question.

You never came here to do.

You came here to be.

To be joy. To be peace. To be angry. To be sad.

To be kind. To be generous. To be jealous. To be excited.

In being all these things and more.

You discover that you are but one thing, dear Soul.

What is that Source?

Love.

Moment

Dear Source, I am sorry for failing you.

Sweet Soul, how have you failed me?

I am not a good person.

I am not kind or empathetic towards others.

I don't even like people in general.

Sweet Soul, you crack me up.

You never came here to fit in.

You came here to remember who you are.

This is the path you chose as it would bring you to the truth.

What truth, Source?

The truth that you are love.

Moment

Dear Source, I don't feel like I'm made of love.

Yes, sweet Soul. That is the whole point.

All the experiences you have chosen to have,
are exactly for that.

Source, I don't understand.

Sweet Soul, you will.

When the time is right.

Moment

Dear Source, is this a dream?

Yes, sweet Soul.

Yes, it is.

Moment

Come sit with me, dear Soul.

What do you want to talk about Source?

I don't wish to speak of anything.

I just want to sit with you and enjoy your company sweet Soul.

So come.

Sit next to me.

Stay a while.

Moment

Come sit with me today Anger.

Show me all the ways you have protected me.

I am listening with my Heart.

Tell me all the ways you have been a gift in my life.

I am listening.

Reveal to me all the ways you love me Anger.

I am here with you now.

Listening.

I love you Anger.

Moment

Come sit with me today Fear.

Show me all the ways you have protected me.

I am listening with an open heart.

Tell me all the ways you have been a gift in my life.

I am listening attentively.

Reveal to me all the ways you love me Fear.

I am here with you now.

Listening.

I love you Fear.

Moment

Come sit with me today Pain.

Show me all the ways you have protected me.

I am listening with an open heart.

Tell me all the ways you have been a gift in my life.

You have my full attention.

Reveal to me all the ways you love me Pain.

I am here with you now.

Listening.

I love you Pain.

Moment

I am so sorry Anger.

All this time you have been trying to tell me something.

And I keep treating you like a negative thing.

I have been taught that it is bad to be with you.

Your goal has been to lead me back to love.

Every time you come out to play,

there is a part of me that I am not accepting.

A part of me that I am not loving.

This is what you are trying to tell me.

That I am believing something that is not true.

About me.

I am so sorry Fear.

All this time you have been trying to tell me something.

And I keep treating you like a negative thing.

I have been taught that it is bad to be with you.

Your goal has been to lead me back to love.

Every time you come out to protect me,
there is a part of me that I am not accepting.

A part of me that I am not loving.

This is what you are trying to tell me.

That I am believing something that is not true.

About myself.

Moment

I am so sorry Pain.

All this time you have been trying to tell me something.

And I keep treating you like a negative thing.

I have been taught that it is bad to be with you.

Your goal has been to lead me back to love.

Every time you come out to communicate with me,

there is a part of me that I am not accepting.

A part of me that I am not loving.

This is what you are trying to tell me.

That I am believing something that is not true.

About who I am.

Today I will sit in the truth.

I am loved.

I am loved by Mother Earth.

I am loved by my Creator.

I am loved by the Angels.

I am loved...

by

me.

Moment

Today I will sit in the truth.

My love for myself...

Is the only love...

I ever needed.

Moment

Today I will sit in the truth.

The love from my Self.

Is the only love.

I will ever need.

Moment

Today I will sit in the truth.

When I love my Self.

I allow others to love me.

I no longer need to push others away.

I see my value and my worth.

And I see the value and worth in others.

Moment

The Source that resides in me...

is in all things.

The love that is in me...

is in all things.

All is sacred and holy...

including me.

Moment

My body is a sacred temple.

Within it is the most wonderful treasure.

Caring for my body is of utmost importance to me.

So I tell it at every opportunity that I love it.

For inside is the most valuable thing I possess.

The one thing that is given to me by Source.

The one thing I get to keep.

My Soul.

Moment

Today I wish to apologize to you dear Body.

I am so sorry for all the times I looked at you in disgust.

I am truly sorry for all the times I told you that you were unworthy of my love.

For all the times I told you that you weren't good enough.

For all the times I told you that you weren't attractive.

I am sorry Body.

Can you forgive me?

I love you.

Moment

Dear tummy, I wish to apologize to you today.

I am so sorry for all the times I looked at you in disgust.

I am genuinely sorry for all the times I told you that you weren't perfect.

For all the times I told you that you let me down.

For all the times I told you that you weren't attractive.

I am sorry tummy.

Can you forgive me?

I love you.

I am grateful to you.

Thank you for all that you do for me.

Moment

My dear sweet Soul.

Come sit with me today.

Tell me something I need to know.

Something that will guide me along this path
on Earth.

Show me what I need to do.

Be with me.

That I may know you better.

Dear sweet Soul.

Come walk with me today.

I want to get to know you.

So that when you speak,

I know it is you.

I wish to be familiar with the sound of your voice.

Dear sweet Soul.

Reveal to me your face.

Smile upon me.

Radiating your Divine Love,
into my being.

Fill my heart with your love.

That I may feel your presence at all times.

Moment

Dear sweet Soul.

Wrap your Divine wings around me.

Let my heart feel your heart beating.

Filling my being with the peace

that only you can bring to it.

Stay with me for a while.

Dear Heart,

I will no longer take you for granted.

Today I wish to thank you.

Thank you for filling my being with love.

Thank you for never giving up on me.

Thank you, Heart.

I love you.

Moment

Today I will sit in the truth.

I will no longer believe in things that do not serve me.

I will no longer believe the lies that keep me living small.

I will no longer say negative things to myself.

I will no longer judge myself for anything.

I choose to be kind to myself.

I choose to have compassion for myself.

I choose to love myself...

unconditionally.

Moment

Little Love, I love you so much.

You existed before all the conditioning.

Before we were shut down for being too much.

Or belittled for not being enough.

You are the best part of me.

The part that was free.

The part that knew only love.

Moment

Hello Little Love.

Can you take me back to when you first arrived?

Before we were filled with conditions and rules.

Before we were told to fit in and not stand out
in any way.

Before we were told we weren't good enough.

And weren't worthy and didn't deserve.

There.

Today, I wish to sit with you there.

Back to the moment when we were one with
Source.

I am so sorry Little Love.

For all the times I believed that we weren't worthy.

For all the times I believed we weren't good enough.

For all the times I believed we didn't deserve to be loved.

I let all these grown-ups decide who I was.

And I left you there all alone.

Because I was ashamed.

But nobody can tell me who I am.

Only I know who I am.

And so today, I forgive myself for all the times I left you, Little Love.

And I chose others over you.

Moment

Today I forgive myself.

I forgive myself for believing that I wasn't worthy.

I forgive myself for believing that I wasn't good enough.

I forgive myself for believing that I didn't deserve to be loved.

I forgive myself for shutting Little Love down.

And not listening to my inner truth.

I forgive myself for believing in all the lies about who I am.

Today I release all these beliefs.

Today I am free.

Moment

Today I forgive myself for shutting you down,
my beautiful Heart.

You know me better than I know myself.

You love me even when I can't love myself.

When I quit, Heart, you never give up on me.

So today, I surrender to you, dear Heart.

I give you all of me.

Lead the way.

I will follow you from now on.

Moment

Dear Soul, I have something to ask...

Please show me a moment when we were one with Source.

A moment when we were untouched by this world.

A moment when we were just love.

And love was all that existed.

I am open to receiving this moment right now.

Moment

Mum, I want you to know that all I ever wanted was to love you.

Today I release you, Mum.

All this time I thought that what I needed was for you to love me.

So that I could feel complete.

But it was never about you.

The love I needed to receive was never from you.

The love I have been yearning to receive,
this whole time
was from me.

Moment

Dad, I want you to know that all I ever wanted was to love you.

Today I release you, Dad.

All this time I thought that what I needed was for you to love me.

To accept me for who I am.

So that I could feel complete.

But it wasn't about you.

The love I needed to receive was never from you.

The love I have been yearning to receive,
this whole time
was from me.

Moment

Dear brother/sister, I want you to know that all I ever wanted was to love you.

Today I release you, brother/sister.

All this time I thought that what I needed was for you to love me.

To accept me for who I am.

So that I could feel complete.

But it wasn't about you.

The love I needed to receive was never from you.

The love I have been yearning to receive,
this whole time
was from me.

Moment

Dear beliefs, today I release you.

Every time I have followed you, it always ends up at a dead end.

And I end up empty handed.

It always turns out to be a lie.

I thank you for the role you have played in my life.

But I no longer need you.

So I am getting off this ride with you today.

And following the truth.

The truth that I am loved.

The truth that I am love.

Moment

Dear judgements, today I release you.

Every time I have followed you, it always ends up at a dead end.

It always ends up being a lie.

I thank you for the role you have played in my life.

But I no longer need you.

I am no longer playing this game with you.

Instead, I choose to follow the truth.

The truth that I am one with Source.

Always have been.

Always will be.

Moment

Source, please show me what it's like to be one with you.

I am open to receiving this knowledge today.

I will sit here quietly.

Discarding myself of what I thought I was.

Dropping all beliefs and judgements.

I come to you naked, Source.

Empty.

I surrender.

Please fill me with the wonder of love.

Moment

Soul, please reveal yourself to me today.

I wish to know you.

Please guide me at all times.

I promise to walk this life by your side.

Holding your hand.

From now on.

Thank you.

Moment

Dear Source...

Even though I have been living in the illusion of separation,

From the moment I was born.

I now know that you have never left my side.

You have been with me every step of the way.

And I thank you Source.

I thank you for loving me infinitely.

Moment

Life was never about being good or bad.
Nor was it about being right or wrong.
It's not about being rich or poor.
Or happy or sad.
It was about using our gifts.
Compassion, understanding, and kindness.
Just to name a few.
All of these point to a higher vibration.
The highest vibration of all.
Love.

Moment

Compassion, understanding and kindness are just some of your many gifts.

When you use them, you feel connected.

Connected to others and connected to Source.

When you choose lower vibrations.

Like Jealousy, envy, worry or doubt.

You feel disconnected.

The lower vibrating feelings make you feel separate and alone.

Knowing that we need both to get back home.

Get back to Source.

That is love.

Moment

We are all on different paths trying to get back home.

There is no right or wrong way to get there.

You may have chosen the lower vibrating feelings, to lead you back home.

Feelings of lack, scarcity, envy, worry and doubt.

The more separate you feel.

The more unbearable it feels to your Soul.

Thus waking you up from the illusion.

Do not judge the path you have chosen.

It is exactly what you need.

Moment

We are all on different paths trying to get back home.

It is not good or bad.

You may have chosen the higher vibrating feelings, to lead you back home.

Whilst others may have chosen the lower vibrations.

Feelings of depression, scarcity, envy, worry and doubt.

The more separate they feel.

The more unbearable it feels to their Soul.

Thus waking them up from the illusion.

Do not judge the path others have chosen.

It is exactly what they need.

Moment

Today I renounce all the thoughts I have of myself.

Who I think I am.

I let it all go now.

Instead, I sit with you Source.

And I humbly ask.

Please show me,

Who I truly AM.

Moment

Today I sit in gratitude for all that I have been given.

A beautiful heart that never gives up on me.

An amazing body that works tirelessly to keep me alive.

A magnificent Soul that is with me at all times.

Waiting to guide me at a moment's notice.

I give thanks to Source who is loving me infinitely.

I am blessed.

Dear Human,
You don't need to get it right.
You don't need to do it perfectly.
No matter which road you take.
Or what decision you make.
You cannot miss the target.
When you are done playing here.
You will return home to me.
Loving you infinitely,
Source

Moment

Meditation for today.

Be the tree.

Feel your sturdy trunk anchored into the soil.

Feel your roots reaching deep down into the Earth.

Feel your branches reaching high into the sky.

Today, be the tree.

Meditate for 30 minutes.

What does it feel like to be a tree?

Moment

Dear Source, I am trying so hard to be good.

I am trying so hard to be kind and compassionate.

I want to be a loving human being and make you proud of me.

Dear Human, you don't need to be any of these things.

You just need to be you.

