



A Love Letter to My Dear Mind

Our minds are busy places, jumping from one story to the next. Often working away diligently watching out for what's wrong or what could go wrong. Almost like the sailor that is seated in the crow's nest of a ship, scanning, alert, watchful for risk/danger/threats. What an important job Mind has. Thank you Mind--for always keeping watch. Thank you for trying so hard to make sense of situations for me, always trying to protect me from harm. Thank you for all of the scanning and predicting, for the tireless work you do for me.

Dear Mind,

We are in this together, I honour your work and I ask one thing of you, please – stop your single and distorted focus on only looking for the things that could hurt/harm me. Watch out for your habits of thought and begin to scan for and pay attention to the positives, to joy. Set an intention to focus on what is right with me and with the world around me. The old, well-worn thinking patterns of over focusing on the negatives does not serve me well, does not protect me, and does not support growth into a more balanced and grounded me. I wish for you to stop looking for the things that hurt me. I invite you to stop repeating that which does not serve me well.

Here is an invitation to practice a loving kindness blessing for yourself. Pause here, take some time to make yourself comfortable in a seated posture...

Bring your awareness to your breath. Noticing the rising and falling of your belly. Rising and falling...just your breath, just as it is....

Placing one hand over your heart region, feeling your body relaxing, releasing with each breath...

Repeat these loving wishes for yourself:

Thank you Mind for the tireless work you do for me. I invite you to rest. I invite you to allow my heart to take the lead for a time.

May I live with peace and ease

May I have tenderness for myself and my ways....whatever they may be

May I know my value

May I take up my place, may I know I am enough

May I love and accept myself just as I am—even when it's hard

May I rest when I need to rest

May I play when I need to play

May I love fully and with ease

May I be filled with joy and gratitude for all that I am blessed with

May I be happy

May I be healthy

May I ride the waves of my life

May I live in peace no matter what I am given...

Coming back to your breath and continuing to sit quietly, we invite you to consider:

What is your deepest wish for yourself?

If you were to write your own "love letter" what would it say? What would you truly wish to hear? What would sustain you in times of difficulty? If you could hear a loving intention for yourself repeated softly in your ear over and over again, what would it be?

Warmly,

Becky and Shelley

If I Had My Life to Live Over

I'd dare to make more mistakes next time.

I'd relax. I would limber up.

I would be sillier than I have been this trip.

I would take fewer things seriously.

I would take more chances.

I would take more trips.

I would climb more mountains and swim more rivers.

I would eat more ice cream and less beans.

I would perhaps have more actual troubles but I'd have fewer imaginary ones.

You see, I'm one of those people who live sensibly and sanely hour after hour, day after day.

Oh, I've had my moments and if I had it to do over again, I'd have more of them. In fact, I'd try to have nothing else. Just moments.

One after another, instead of living so many years ahead of each day.

I've been one of those people who never go anywhere without a thermometer, a hot water bottle, a raincoat and a parachute.

If I had my life to live over, I would start barefoot earlier in the spring and stay that way later in the fall.

If I had it to do again, I would travel lighter next time.

I would go to more dances.

I would ride more merry-go-rounds.

I would pick more daisies.

By Nadine Stair (age 85)

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