

LEARNING HEART: Weekly Reflections

Summertime 2011 *In Summertime We Dream*

Week Four - A Letter for You - A Mother's Blessing

Let nobody own you. You are too precious to be possessed by anything or anyone. There will always be those around you who will try to make you feel small and inadequate. Only God is big enough for you. You are a child of the universe, fashioned from the stuff of stars. Don't ever forget your divine heritage.

Learn to love yourself. That means loving those parts of you that others may criticise. Some people think they are not good enough – or they are made to feel that way. . . Learn to be gentle and patient with yourself. Don't wait until later to love and trust yourself. Begin today.

Remember that the Power is within you. With God, there is nothing you can achieve. The only limits around us are the ones you yourself draw! . . . The true voice within you will guide you safely through the necessary darkness. . . Know how to protect yourself. You have a mystery about you that must be carefully looked after. Do not let all your sails out to the wayward wind. Do not trust the wrong people with your magic cookies. May you always have the grace to discern the falsehood and lies in those who pretend that they love you.

Make sure that you have a 'soul-friend' – a person who will never deceive you, flatter you or wish you anything but your true happiness. Your soul-friend will listen to you, will weep and laugh with you but will not be fooled by you. Like a wise guardian angel, your soul-friend will always walk with you, defend you and love you. You are the most important person in your life. And in mine. (Prism of Love pp 95,96)

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