

Letters from Love

From <https://elizabethgilbert.substack.com/p/letters-from-love-day-one/comments>

=====

Dear Love,

I'm tired today, and my throat hurts, and I confess I'm not feeling particularly inspired or even particularly inspired to SEEK inspiration. And yet—maybe this quiet expanse of blahh is an easier canvas to paint on than my usual state of animated rainbow? What is it, Love, that you want me to see or feel or know?

Dear Little Canvas,

You're right: the blahhs are nothing to fear or run from. You've learned by now to love stillness, solitude, and space. What you're experiencing today is a sort of space, too. Your head aches, yes, but do you see that your thoughts have slowed down? Your throat hurts, and do you see that you've given yourself permission not to make that phone call you never wanted to make in the first place?

I love you in your blahhs, just as I love you in your rainbows. What I wish for you today is this: rest, gentleness, and an eye attuned to the beauty of blank spaces.

Yours always,

Love

=====

What would you have me know today, dear love?

Dear Barbara,

You made sense. You've always made sense. Embrace your gut when you feel the rightness of how you are feeling. There is no need to seek validation as it's been right here all the time. When you become anxious because you want validation, stop-breath-believe. I've always had you and always will.

Love, Love

=====

Dear love, what would you have me know today?

Dear Sandra,

The bravest thing you do, I see happening. It feels as if you have lost your way my little pebble, but I see you starting on the grandest adventure.

It is such a joy to see you continue to challenge the norms. And, I see that it is scary. It is so brave of you, and everyday I am honored to be here every step of the way. The Queen of my life you will forever be the music in

my ear. The sparkle that shines from your heart will guide you on this path to fulfillment and joy that you so deserve my little Pookie. It surprises me that you are so scared!

The challenges that you take or so inspiring, sweet potatoes, sugar, nuts, Moonbeam, precious pig, honeybee, pop-tart, rebellious, rebel raccoon! (I was still writing when you all were talking about the endearments. so I put them down) go and do them, if you fall I will be here to dust you off and get you going again.

Always here for you with open arms and an abundance of love
Unconditional Love.

=====

Dear love, what would you have me know today?

Dear my little brave darling,

You hold so much, so close, so close to you, for fear that you might lose it all. A fear that will not allow you to loosen your grip, yet, your arms are heavy sweet one, the weight too much. "How do I release you often ask, How do I find what's underneath, what's closet to me?" You can release my darling, you can and you must, for the space that will open up will be plentiful, rich, and vibrant filled with all the wonder and ease, an abundance of ease, that you can welcome open hearted. Let yourself receive. It will be soft in there my sweet, warm and welcoming. Your mind does not need to join, it doesn't not need to guide your way, you my love know the way. Your body knows the way, the same way the pen knows how to form letters you know the way to your heart, to your worthiness. The same way you trust the pen, trust your knowing, for you my expansive darling have more love inside you then you have ever let yourself imagine. You my love, don't have to hold it so close, tightly gripped. For there is no scarcity here. There is only bountiful love, rivers of love, and endless skies. Just keep facing your heart to the sky. Just keep singing.

All my love.

=====

Dear Love, what would you have me know today?

My dear sweet lamb. My mudpie-making, tree-climbing, worm-saving, tutu-twirling, double-fisted painting, animal-loving little creature...you have this innate knowing of what you like , what you want, how to give back to the world. You needn't question your right to be here, to take up space in the world - with your body, your voice, your opinions, your needs. You deserve to be here. You DESERVE to be here. You add richness and sweetness to this messy tapestry of life...and people feel warmer when they wrap themselves in the fabric that includes your wondrous threads.

=====