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Love Letter — “Being Defenseless”

My Dear, I just wanted to say ~

Being defenseless, you say, sounds weak. Let me assure you, it will give you more strength than you can imagine!

First, you must use your Right Effort to effort only for awareness. Set your hand, your will, your intentions to saying yes to whatever is. And simply allow things to be as they are.

This frees you from emotional upheavals which can make you feel bogged down and clouded by insecurity, fear, worry and doubt.

In that now quieter space, you have the ability to respond - to take responsibility. To see what is and do what works.

With this freedom you can easily flow into Action, defenseless - with nothing to defend.

Though you did draw to yourself circumstances in your past which appeared to create downfalls for you, it wasn't, in fact, to destroy your dreams or shoo you off your path. It wasn't because you were weak or wrong. It was, instead, a gift of Grace. So you could move ahead, more deeply and fully yourself.

The Loving Universe Theory states that everything happens for your best and highest good. With that kind of support what could you have to defend yourself from? With nothing to defend, you become far stronger and more courageous to move forward.

All My Lovin,

A.