

# UpWrite Words

Offering online and print writing services to the Personal Growth Community

## Love Letter — “So Hum Practice”

*My Dear, I just wanted to say ~*

*First, you know, always be aware. Note and name what's going on in the present moment and what you're feeling about it. Accept all of it in your heart, love it and allow it to be what it is.*

*Chant “So Hum,” imagine and feel the good feelings you want to feel. This chant promotes synchronicity. You know how good it feels when things fall into place, run smoothly, happen at just the right moment. Practice this chant and see how well things flow for you!*

*The key to synchronicity is to notice it when it comes. That increases your chance of more.*

*So,*

*#1) Be aware of what's going on in the moment and accept it.*

*#2) Chant So Hum, asking for synchronicity.*

*#3) Watch for it!*

*Remember, all is well.*

*All My Lovin,  
A.*

For more Love Letters visit [www.UpWriteWords.com](http://www.UpWriteWords.com)