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Love Letter — “Changing the Soundtrack”

My Dear, I just wanted to say ~

I know you have been feeling like the World-at-Large is scolding you. Perhaps your thoughts are echoing that. How can you change the soundtrack?

Maybe you could fill your head with counteractive thoughts. Remember that whatever you do is just fine. You are more than capable of doing this and your work is important to the world. Move ahead anyway, even if you're not sure, even if others say you can't or you shouldn't.

Instead of letting that scolding get to you, look for ways to take better care of yourself. Rather than feeling sorry for yourself, choose another thought, a positive thought that makes you feel good.

Life is more harmonious when you accept others for who they are. All you need to do is pay attention in the present moment and allow.

You are perfect just the way you are!

*All My Lovin,
A.*

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