

UpWrite Words

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Love Letter — “Trips Ups”

My Dear, I just wanted to say ~

Please remember that trips ups, mistakes, even banging into walls can just as easily be help from a Loving Universe. If you see it as thwarting yourself, you deplete your energy, lose your verve and shake your nerve. If you, instead, feel Well-Loved and Guided by this Loving Universe, you can –

- Accept the situation for what it is, knowing it's for your good.*
- Show your dedication by staying true to your purpose.*
- See other tactics more clearly, not clouded by guilt or fear.*
- Experiment with other ways, knowing you will be fine.*
- Broaden your perspective to see more.*
- Have the strength to take action again.*

The Loving Universe will bring all you need: Guidance, Re-direction, Pause or Motivation so you can keep making choices for who you choose to be. Don't give up, Stay. You can refocus, change position, turn another way, try something new or stay on the same path. You know what you choose, you know what you need, and you have the skills and resources to make it happen.

All you have to do is keep putting one foot in front of the other. You can shift your weight, dance this way or that, sit and meditate on it, dream it again, write it over, that's fine. Just keep picking up your foot in the present moment and putting it on the ground in the next.

All my Lovin'

A.

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