

ON: A SECOND OPINION

Your opinion of yourself may change from day to day, Dear One, based on how you feel, how you look, what you think, what you've done (or haven't done), how you loved, what words you used, what you ate, how well you performed, and so on. Some days you will feel that you are more worthy of love, and some days less so. But you should know that no matter what, our opinion of you will never change.

In our eyes, you will always be divine, you will always be sacred, you will always be worthy.

So, the next time you are in doubt and are trying to figure out whether or not you are worthy of love, respect, compassion, or forgiveness, and are in need of a second opinion, please remember to take a minute and ask for ours.

ON: BEING LOVED, CHERISHED, AND ADORED

When it comes to love, Dear One, forget about trying to change, bend, twist, or mold yourself into something that you think will inspire someone else to love you. It is not a worthy use of your time, and it won't work. Trust us.

When it comes to love, what matters most is not someone else's experience of you, but your experience of you.

You want to be loved? You want to be adored? You want to be cherished?

To you we say love yourself, cherish yourself, adore yourself.

The experience of these things will be so much sweeter, and will have so much more meaning, impact, and influence on your life when they come from you than they ever possibly could coming from anyone else. If you don't feel these things or believe that you are worthy of them from yourself first, how could you possibly embrace them coming from someone else?

If you want more of these things in your life, Dear One, give them to yourself. Give yourself all the things that you have been waiting, hoping, and praying that someone else would give to you, and watch what happens. See how quickly others start lining up to give them to you as well—to share in the experience of you with you.