

LOVE LETTERS
from your
HIGHER SELF

HOLDING HANDS WITH SPIRIT



Peri Coeurtney Enkin

“It requires a lot to thrive in the world—so much so it’s easy to get separated from what truly matters most. In *Love Letters From Your Higher Self*, Peri shares a practical way to fall in love with the person who matters the most—yourself. This is definitely THE book to keep on your nightstand to read again and again.”

—KIM CASTLE & W. VITO MONTONE,
Co-creators BrandU™

“Peri’s new book, *Love Letters From Your Higher Self*, is incredible. It totally resonates with my insides. Reading the letters and writing my own letters has opened my heart even further giving me more understanding, compassion and wisdom to love myself fully. From this place I am experiencing my life blossoming. I am more relaxed and joyful as a result of reading the letters and using her method of writing. I believe the world is ready for more self love. Thank you Peri!”

—BRENDA DUCHARME

“While reading *Love Letters* I felt as though I was enveloped in big, warm, loving, tender arms...coming from within. Ahh, the absolute nurturing I received was completely fulfilling...and also a reminder of what I already have and already know. Thank you for your wisdom and eloquence. These are the words we have been waiting for and wanting to hear—from our parents, teachers, friends, lovers, children, and each other.”

—CATHY HARTMAN
Nonviolent Communication Trainer, HeartMath Provider

“*Love Letters* is a wonderful support to re-connect with who we really are! It is profoundly useful on life’s journey.”

— ROGER A. WEISS, PH.D.
Psychologist

“Each time I randomly opened up a page in Peri’s book I found a message that I needed to hear right now. It is inspiring, supportive and uplifting. Today it is comforting to know that my dream seeds have been planted and are being formed in the invisible world, where all elements necessary are being woven together for manifestation, and all I need to do is to become excited and know it is on its way. Thank you Peri for the reminder of ‘being grateful’ and that life is an adventurous and magical journey.”

—LYNN WIND, RMT, LMT
President, The Hawaiian Islands School of Massage

“Thank you so much for this great gift, Peri! I will keep it in an obvious place to remind myself when things begin to frustrate me...and I have passed it along to those I love, who do not always see the absolute beauty in who they are, as I see it in them. It is a generous, beautiful gift you’ve given here! Thank you!”

—JOY VINSON

“After reading Peri Enkin’s beautiful book *Love Letters* several times, I realize as much as I know about loving myself ... I love my Self even more now—As Swami Muktananda said, ‘Your god dwells within you as you, so honor Your Self’”

—RENEE MIEREANU, MCHT

LOVE LETTERS
from your
HIGHER SELF
HOLDING HANDS WITH SPIRIT

*Until you love your self - Nothing.
Once you love your self - Everything.*

LOVE LETTERS
from your
HIGHER SELF
HOLDING HANDS WITH SPIRIT



Peri Coeurtney Enkin

Love Letters From Your Higher Self
Holding Hands with Spirit

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*You yourself, as much as anybody
in the entire universe,
deserve your love and affection.*

—BUDDHA

*If you want to live a new love story,
If you want to expand and strengthen
the love you have in your life,
If you want to know,
Once and for all,
How it feels to love and be loved,
Read Love Letters from Your Higher Self.
They are filled with Love for You...*

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Preface

Aloha,

YOU MIGHT BE WONDERING why I wrote *Love Letters from Your Higher Self*. The answer is simple. I wrote it because I needed to read it. And I knew that many of my clients and readers would benefit from reading it too.

Let me share a bit of my story and how I came to receive the first Love letters from my own Higher Self. Let me share how the development of a personal relationship with your own Higher Self can improve the quality of your life and deepen your experience of love as well.

I had no idea what a Higher Self was, until I had a direct and intimate encounter with mine. For me, it occurred during a Spiritual crisis that changed me forever. It was my spiritual initiation and the most important time of my life.

In my mid-twenties, I came down with a serious illness that no doctor could diagnose. For many long months, I watched as my life fell apart. I lost my energy, my zest for life and eventually I lost my marriage. My world, as I knew it, came to a complete stop. Desperate, depressed and hopeless, no matter what I did I

found nothing to facilitate my own healing—nothing except surrender to something bigger and larger than my self.

That surrender did not come easily for me. Instead, I did everything I could to stay in control. I did not understand Universal Laws. I had no concept of a loving invisible force. And so—I fought and resisted the unknown.

At the age of thirteen, I made a decision to take charge of my own destiny and to chart my own course through life. By sheer willpower and determination, I had a great deal of success—at least on the outside. I designed my own education, traveled to Europe, met and married a great guy and lived where I wanted to live.

In my twenties, my life began spinning wildly out of control. I grew frustrated and angry. It all began to fall apart and I became terrified. Yet, I was “strong,” so I endured and carried on. On the outside I kept up appearances. On the inside, a whirlpool of energy grabbed me and sucked me downward. I began having strange physical symptoms and I had difficulty functioning for the most ordinary tasks.

The road I traveled upon came to a complete stop. I could not continue moving forward in the direction I charted for myself. I had no more strength to resist what was happening to me. I had to give in. I began to give up control. Honestly, I thought I would die. Indeed, it was through a near death experience that I was transformed. It changed my entire orientation toward life.

I will never forget when it happened—the moment I met with my own Higher Self. For me, it was sudden and dramatic. Before I tell you about it, I want you to know that this difficult initiation was mine to walk through. For most, the path is much, much gentler. I was extremely shut down and I was very

stubborn. In hindsight, I have no doubt that what I endured was the perfect unfolding for my personal evolution. I was so far out of alignment with my authentic self that I needed a complete turnaround to set myself right inside. By dropping my external focus, I uncovered a well of inner peace and love that had been missing from my life. I needed access to that inner core before I could truly enjoy my life.

Enjoy I now do. But I digress. First this:

It happened over the course of a weekend. I developed a shaky but steady meditation practice when nothing else relieved my pain. For months, meditation became my main activity. Not for an hour or two but for six or seven hours daily. Migraine headaches and searing pain in my lower back prevented me from being out in the sunlight or walking much. One afternoon, I reached the end of my rope. I needed to let go and sink or fly—I had no idea which. I walked into my bedroom and lay across the bed. There, eyes open, I spoke these words into the silence: *“I surrender. I don’t know if there is anything or anyone out there, but if there is, please help me. I’m done. I can’t do this alone anymore.”*

The invisible world opened up inside of me that night. I awakened from my sleep as a huge wave of energy traveled from the bottoms of my feet up through my body like a thick cloud or soft blanket. When it hit my heart, I sat up gasping. It happened a second time. I got up and made my way out of the bedroom to a chair by the kitchen table. I sat there in the middle of the night trembling as this indefinable current of energy continued to have its way with me.

The third time it happened, my resistance was gone. It pushed through my heart, into my third eye and out the top of my head. At this point “I”—the small self that I was under the mistaken

illusion was the entire me—left my physical body. I was carried into a brilliant bright white light. Love and endless waves of positive feelings enveloped and flooded through me.

Every time I attempt to write about this experience or to describe what happened to me, I reach this point and words fail me. All I can tell you is this: I knew I had reunited with my own Higher Self. I knew that my Higher Self was infinitely wise and loving. I knew, for the first time in my life, that I was loved more than I had ever before imagined or known.

Now, I knew all kinds of things about my current life and my purpose and what I came here to do. It was like receiving a download from a giant master computer. I knew I was not done with this physical experience. I knew it was my task to learn and to share and to teach about love. I reconnected with my original purpose, gained a new understanding, and renewed vision for my life.

In the years since that profound turnaround, much has happened. I've faced many more obstacles and challenges. And yet, from that point forward, I have always known that my ordinary small self is not my full identity. I am part of a larger, wiser Higher Self that totally loves—all of me; all of life, everything, and that love is my true nature. Ever since, I have cultivated that relationship through inner dialogue, meditation, and letter writing.

When times get tough, I pick up my journal and write a letter to my Higher Self. Over the years, I have learned how to receive letters back. This practice has both comforted me through some of the darkest periods of my life and empowered me for some of the brightest and most wonderful times.

When confused or puzzled, I ask for guidance from my

Higher Self. Regularly, I am delighted by the clear and expanding—and always more loving—perspective offered to me.

When happy, I celebrate with my Higher Self as well. In my Higher Self, I have an Inner Friend, Lover, Teacher, and Companion. I suppose—if you are a skeptic, you could call this a very evolved imaginary friend. But there is a good chance—if you are reading these words—you too are aware of the invisible realms and the larger wiser spiritual essence of life.

What is invisible to the physical eyes and ears can indeed be seen, felt and heard when the inner eyes and ears open. Our intuitions and feelings continually deliver messages to us—I call these communications *Love Letters from Your Higher Self*.

Now more than ever, we are learning to turn within for sustenance. We learn that when we drop ideas of lack, and instead connect with our essential fullness, we have so much more to give. During this time of great awakening, the veils that appear to separate our ordinary small selves from our Higher Selves are lifting. The distance from one state of consciousness to the other is minimal.

If you listen carefully, you can hear your own Higher Self breathing within you. If you care to develop an intimate relationship with your own Higher Self, you can put pen to paper, or fingers to keyboard and invite your own correspondence.

Your Higher Self loves you totally. I know this and trust it completely. You know this too—if not today then tomorrow. Love is our essence and our destiny. No matter what we do or where we go, love is present, waiting to greet us and to welcome us home. You are loved and all is well.

The following *Love Letters from Your Higher Self* are for you. Find a quiet place to relax as you absorb them. Take yourself to

a receptive inner place. Light a candle or turn on some soothing music. Read slowly and feel each word as it enters your body, your heart, and your soul.

Enjoy these *Love Letters from Your Higher Self*.

With My Love,

Peri

Introduction

–The “We” Within–

YOU WILL NOTICE that love letters come from a “We” instead of an “I.” This is how my Higher Self has always offered me wisdom and guidance. In our physical dimension we consider ourselves to be solo identities. In the Spiritual Realm, we are all one. The separation that causes us pain and suffering does not exist when we remember who we really are.

To honor the source of my creativity, these love letters are written from the composite “We” of my own Higher Self.

–Repetition–

YOU WILL HEAR the words, “We love you,” spoken in a multitude of ways in the love letters that follow. Let them be like waves washing into and through you again and again and again. These are words that deserve repeating—often—forever.

–Start with Love for your own Self–

FOR MANY OF US, the journey of loving relationships takes us deep into our own soul. It is meant to. The love we give and receive teaches us, awakens us and offers us pathways to the intimacy we deeply long for.

Are you living your most fulfilling love story? Do you know what it even is? Most of us live and relive unconscious love stories. Some of them work for us. Many of them do not.

No matter what we tell ourselves, or how much we affirm our desire for great love and romance; no matter how many positive affirmations we say; the love stories we carry inside play out in our lives, and some of them are not pretty.

Becoming conscious of our current love stories, releasing the ones that don't fulfill us and updating the ones that allow us to feel genuinely loved, loving and lovable is a path for the courageous who want freedom in their hearts.

Loving and being loved is the foundation of all spiritual work. We each, in our own way, learn about love. If you are ready, let us begin by receiving love directly.

Let us begin with a feeling. A feeling of being fully and completely loved. Most of us are not used to that feeling. It seems odd and awkward. In fact, our bodies are guarded against it. We have developed very little tolerance for the real high energy of love.

Let us become familiar with words of love. Let us grow accustomed to the flow of love inside our own systems. In knowing love, we know ourselves. In giving love, we expand ourselves. Let us start in the first place where love is needed the most—the hurt, sad, or lonely places inside our own selves.

We tell ourselves stories. The people we attract into our lives confirm those stories. Most of us have been telling ourselves stories based on false thoughts about ourselves and about love.

We tell ourselves we are not good enough, worthy enough or deserving of love. We flood our minds and our bodies with messages restricting and inhibiting our experience of love. We live these stories in subtle and not so subtle ways in all of our relationships.

Our authentic love stories transform and awaken us. They ask us to be brave, curious, and honest.

Old, outdated disappointing love stories inhibit and restrict us. They motivate us to perform for love or to play small in life. They prevent our fulfillment as human beings.

New, uplifting love stories are ours to claim. They inspire us to embrace our humanity and celebrate our spiritual essence. They teach us to love beyond differences and beyond personalities. They help us meet, touch, and connect soul to soul. They empower, enliven, and energize us. And, they take us into the genuine love we hunger to know.

What is the love story you are telling yourself today? And are you ready for a Higher Love?

*If you cannot love yourself,
you have no chance
to love another person.*

—MATTHEW FORD

Part One

*R*EMEMBER

Remember

WE FORGET WHO WE ARE. We arrive in a physical body and get very busy with the physical world. We forget our original selves and we go through life feeling like something is missing. We seek and long for reunion with something we think is outside of ourselves.

We are taught we will find fulfillment in people, places, and things. We think the perfect relationship will solve everything—or the right amount of money in the bank, or the perfect skin, weight and career. But even when we have all or most of these things, we feel incomplete. This is because we long for our own inner being.

Spiritual practice expands our awareness beyond the physical world. It helps us remember and reconnect with who we really are, who we have always been. Eventually, we learn to lean in the direction of our own Higher Self, even though we are not quite sure what that means. Our Higher Self leans in to meet us.

Remembering that we are more than our conditioning, more than our hurts and fears, more than our thoughts and more than our physical bodies—that is our starting place.

This moving, emotional, and inspirational opening evolves through our consciousness, enriching our awareness of the preciousness of life. During this time of great awakening, the veils of forgetfulness are lifting. Our Higher Selves are very, very close, sending us love letters each day—in many forms. They help us to remember.



A Love Letter from Your Higher Self

— 1 —

**You are lovable just the way you are.
You are not broken or deficient in any way.
There is nothing you need to change or
fix about yourself in order to be loved.**

Dear _____,

We love you just the way you are. There is nothing you need to change in order to be loved by us. Who you are is magnificent, precious, and beautiful and we want you to feel our love for you right now.

A long time ago, you learned that you were not okay the way you are. You decided you were wrong, bad, or not enough. You thought your decisions were the truth. They are not. None of these things are true about you. Ever since the time of your faulty thinking, you attracted people into your life who demonstrate and reinforce your beliefs about yourself.

That was then and this is now.

Today, we invite you to change your false beliefs. Drop these old and untrue opinions about yourself forever. There is nothing wrong about you. You are good. You are more than enough—just the way you are.

We will help you remember who you really are. We will help you remember that you are precious. We will help you know that you are loved and lovable just the way you are.

Today is a great day. Today is the day you release the old, outdated beliefs and decisions. Today you remember and know that you are lovable just the way you are. Say it right now and notice how good it feels...

“I am lovable just the way I am.”

It is okay to have tears. It is okay to feel sad for the many years you have told yourself the same old negative story. It is okay to feel relief. It is okay to change, and it is okay to come home to the truth about you. You are lovable just the way you are.

We are here to remind you when you forget. Count on us to love you just the way you are. We have always loved you and we will always love you. We love you just the way you are right now.

*With Love from
Your Higher Self*

–Love Awakens–

Change the decision that you
are in any way unlovable.
Change that decision today and forever more.
You don't need that decision anymore.



–Remember–

There is nothing you need to change
in order to be loved.
You are lovable just the way you are.



A Love Letter from Your Higher Self

— 2 —

**You do not need to provide proof
of your worthiness.
You are worthy of love.**

Dear _____,

We love you fully and completely right now. You do not need to bend over backwards, twist yourself inside out or behave in any certain way in order to prove yourself worthy of love. Our love for you is without condition.

A long time ago, you learned that if you acted certain ways and behaved according to the standards set for you by others, you might receive love from them. Ever since that time, you looked outside yourself for clues. You spent a great deal of energy trying to figure out what you must do in order to be worthy of love.

That was then and this is now.

We are here for you. You do not need to prove anything to us. We love you just the way you are. Your worth has never been in question. Our love for you is unconditional. You can relax now and know that you are loved. You do not need to provide proof that you are worthy in order to receive our love. That kind of thinking exhausts you.

When you think that you must prove your worth, you find yourself doing all kinds of things that do not feel good to you. Today is a great day because today you realize that you do not have to do anything for love. Please say the following statement out loud and notice how good it feels...

“I am worthy of love.”

Say these words often during your day. Notice how good it feels to say them. Soon, you will come to believe this is true about you. It is. You deserve love. You are worthy of love. You

are loved. And, when you love your self without conditions, you will attract people into your life who also love you unconditionally.

We will be here whenever you think you must perform for love. We will remind you there is nothing you need to do—nothing you need to change about you. You are worthy of love, just because you are you. Nothing changes that fact.

Thank you for being the most wonderful you that you are.

*With Love from
Your Higher Self*

–Love Awakens–

Change the decision that
you are unworthy of love.
Give up thinking you need to prove
your goodness in order to be loved.
If you find yourself trying
to prove you deserve love, stop and
remember the truth about yourself.



–Remember–

You do not need to provide proof
of your worthiness.
You are worthy of love.



A Love Letter from Your Higher Self

— 3 —

**You are Unique.
Who you are
is more than enough.**

Dear _____,

We love you just the way you are. You do not have to be what others want you to be or what others think you “should” be. You are your own unique person; whole, complete and unique.

A long time ago, you learned that there was something wrong with you being you. You thought there were parts of you that were unacceptable to others. Therefore, you tried to stuff these parts away or turn them into something else. You twisted and turned inside in an attempt to conform to what others wanted you to be. You do not have to do that anymore. We love you just the way you are.

You are your own unique expression of life. We celebrate who you are. It is time for you to rest assured in our love for you. It is time for you to know that who you are is more than enough. Know that you have a solid core of acceptance inside.

We are here to give you what you did not think you had: consistent, steady, acceptance and love.

Our love for you is solid and true. We love the real you, the unique you, all that you have been and all that you are becoming.

*With Love from
Your Higher Self*

–Love Awakens–

Change the idea that you need to be like others.

Give up trying to be what you are not.

You are more than enough just the way you are.

Cherish your uniqueness.

Give yourself room to be free.

You are loved exactly as you are.



–Remember–

You are unique.

Who you are is more than enough.



A Love Letter from Your Higher Self

— 4 —

You are safe and cared for all the time.

Dear _____

When you were a child, you may have been told this world is a scary place. When you heard and observed fear in others enough, you began to believe their thoughts. Those false beliefs became your thoughts as well. With them, you frighten the inner most vulnerable and precious you.

You forget that you are connected to a continual stream of positive energy. You do not realize that you can choose to live a positive and fulfilled life, regardless of what appears in your outer world.

And, you forget that we are always here loving and caring for you. You are not separate from us. We are together all the time. You really can turn your attention toward us anytime you long to feel our loving presence.

In the past, you were very busy getting to know your physical world and the people within it. You directed most of your attention toward the adventures you were having. And that is a good thing. You came into the physical world, and into a physical body to have adventures. Now, tell the truth. You really want to have a good time while you are here, do you not? You want to have great, happy, joy-filled adventures. We want that for you too. And we are here to help.

Start today by filling yourself with the peace that rises in knowing that you are not alone. Know that you are safe and cared for right now. We are here for you and all is well.

*With Love from
Your Higher Self*

–Love Awakens–

Choose to know that you are
safe and cared for at all times.



–Remember–

You can change the idea that this world is a scary place.

Imagine that you can choose to enjoy your life.

It is true. You can.

Imagine that you live in a world that responds to you.

It is true. It does.

Imagine that you are safe and cared for all the time.

It is true.

You are.



A Love Letter from Your Higher Self

— 5 —

**You are appreciated and celebrated.
There is nothing you need to do in order to be loved.
It is okay to let yourself be.**

Dear _____

Imagine that you are looking at a beautiful flower. See the softness of its petals, the color, and textures that make this flower what it is. For a moment, appreciate its simple beauty. That is how we feel about you.

We delight in you. We celebrate you. We adore you as if you are a beautiful flower blossoming. Your natural unfolding is magnificent. We are your roots and your sunlight. When you turn toward us for sustenance and nourishment, all is well. We enjoy helping you to express yourself fully.

There is nothing you need to do to be loved by us. Does a flower need to perform in order to be appreciated? No. A flower simply grows, expressing itself as it travels through all stages of its development.

Imagine you are a flower, or a flowing river, a mountain, tree or a fern. Pick anything in nature that is beautiful to you and imagine that is how we see you. Now practice saying this...

***“I am appreciated and celebrated.
There is nothing I need to do in order to be loved.
It is okay to let myself be.”***

Relax now. Let yourself be. Let all of your expectations and heavy requirements on yourself go. Notice how wonderful it feels just to be.

*With Love from
Your Higher Self*

–Love Awakens–

Choose to change the way you pressure yourself
to be something other than what you are.

Choose to change the idea that you must do
something in order to be appreciated and celebrated.
Make a conscious choice to relax and let your self be.



–Remember–

There is nothing you need to do
in order to be loved.

It is okay to let yourself be.
You are appreciated and celebrated.



A Love Letter from Your Higher Self

— 6 —

**You are enough
You are more than enough.**

Dear _____

Your presence makes a difference in the world. It matters that you are here. You often think that you are not enough, that you must be more, do more or show more in order to be loved. This is not true. You are more than enough just the way you are.

The world is a better, happier place because you are in it. Please know that just by being you—you contribute. Once you realize that you are enough, you will feel the inner peace that belongs to you. And then, you will choose to live a life of happiness and joy. You will make decisions based on what feels good for you. You will live your life with joy in your heart. You will know that you are free to do whatever you choose.

Much of what you do is to prove that you are enough. Today, we invite you to release the way you pressure yourself to perform more. That was then and this is now. You are enough. You are more than enough.

You are loved and appreciated just the way you are. Enjoy saying it and knowing it now...

***“I am enough.
I am more than enough.”***

Ah, doesn't that feel good? Do you feel relieved to know that you are enough right now?

*With Love from
Your Higher Self*

–Love Awakens–

Change the thought that you are not enough.
Release the idea that you must prove your worth.
Know that you matter just the way you are.
Know that you are more than enough.
Your very existence is a gift to the world.



–Remember–

You are enough
You are more than enough.



A Love Letter from Your Higher Self

— 7 —

You are whole and complete.

Let love fill your emptiness.

As you let love in,

You will be filled.

Dear _____

It is difficult to feel love when you feel empty inside. No matter what, or who is placed in front of you, if your inner state is one of longing and need, you will not feel full or see what is available to you.

When you disconnect from love, you cut your self off from life's abundant riches. You are never separate from the love that you are. You are never without a steady flow of wealth. We are here to remind you that you are love and that you are loved.

As you allow yourself to be loved, you will begin to feel yourself filling up on the inside. From that inner fullness, you will look out and see the same love you feel inside mirrored back to you. You will fall in love with life and life will shower you with more of itself. The essence of life is love, and that can only mean more love for you.

For now, just know that we love you. Bring us your emptiness and let us fill it for you.

What you see outside reflects what you feel inside. So, feel our love inside. Soon you will see love in the world around you too.

*With Love from
Your Higher Self*

-Love Awakens-

Change your idea that there is a
lack of love in your life and in your world.

Take note when you attempt to deny
feelings of emptiness or choose
to believe they are true.

Tend to your feelings of emptiness
by opening to the love that is at your core.

Receive more.

Love does not hurt.

Love fills and heals.



-Remember-

Love fills your emptiness.

As you let love in

You will be filled.

*The breeze at dawn has secrets to tell you;
Don't go back to sleep.
You must ask for what you really want;
Don't go back to sleep.
People are going back and forth across the doorsill
where the two worlds touch.
The door is round and open.
Don't go back to sleep.*

—RUMI

Part Two
*H*EAL

Heal

THE TRUTH IS, THERE IS NOTHING TO HEAL AT ALL. In the physical world, and from a physical perspective, we have ideas about how things should look and be. We decide that some conditions are bad and in need of healing and others are good or better. Healing implies there is something broken or in need of repair.

From a Spiritual Perspective, we see with different eyes. We understand that this adventure in a physical body is temporary. We know that one day we will drop our body suit and will again be pure loving energy. Therefore, the idea of healing is an illusion. It rises in our minds when we think we are separate from our own essential self. We never can be. It is not possible. And yet, we believe we need healing.

So, let us heal the separation inside our own minds and hearts. Let us heal our inability to extend love and care toward our own self. Let us release the thoughts that limit us and let us embrace the thoughts that connect us to who we really are. Let us start with healing our own minds and opening our own hearts. Let us start there.

–What to Remember When Waking–

*In that first hardly noticed moment to which you wake,
coming back to this life from the other more secret,
moveable and frighteningly honest world
where everything began, there is a small opening into
the new day which closes the moment you begin your plans.*

What you can plan is too small for you to live.

*What you can live wholeheartedly
will make plans enough for the vitality hidden in your sleep.*

*To be human is to become visible
while carrying what is hidden as a gift to others.*

*To remember the other world in this world
is to live in your true inheritance.*

*You are not a troubled guest on this earth,
you are not an accident amidst other accidents
you were invited from another and greater night
than the one from which you have just emerged.*

*Now, looking through the slanting light of the
morning window toward the mountain presence
of everything that can be,*

what urgency calls you to your one love?

*What shape waits in the seed of you to grow
and spread its branches against a future sky?*

Is it waiting in the fertile sea?

In the trees beyond the house?

In the life you can imagine for yourself?

In the open and lovely white page on the waiting desk?



A Love Letter from Your Higher Self

— 8 —

**It is wonderful for you to feel good.
Enjoy feeling pleasure in your body.
You have a right to your own pleasure.**

Dear _____

You are beautiful and whole. We send this love letter to remind you that it is wonderful for you to enjoy pleasure in your body.

When you were small, others wanted pleasure and they did not know how to find it for themselves. They thought you would be the source of pleasure for them. And so, you learned it was your job to be the source of pleasure for others. You thought you had to give pleasure to others in order to be loved—to be okay—to survive.

This is what happened to some of you. This is what caused you to contract and withdraw from love. You became busy, taking care of others and you forgot about yourself.

You learned well from what you saw. You began to think that others could be, would be, and must be the source of the pleasure you longed for too.

The truth is, the source of your pleasure has never been outside of you. The source of your pleasure is inside of you. It is available all of the time.

Right now, in this moment, you can turn on a switch of good feelings and feel a surge of pleasure flooding through your body. Your thoughts will become softer and kinder as well. How do you do this? You make a decision to love yourself without condition — right now.

The past is over. That was then and this is now. You have a right to your own pleasure. It is wonderful for you to feel good. Enjoy feeling pleasure in your body. Your physical body is a magnificent vehicle for giving and sharing energy. That is your choice.

You deserve pleasure and you do not need to give pleasure to receive it. Pleasure belongs to you.

*With Love from
Your Higher Self*

–Love Heals–

Release the idea that you must give pleasure
to others in order to get it.

Everyone has a well of pleasure within
that they can choose to tap into at any time.

Do your part by being an example.

Accept pleasure into your body and into your life
by tapping into the fact it is already inside you.

Embrace the idea that you have a right to enjoy your self.



–Remember–

Love rises like a fountain
that fills you from inside.



A Love Letter from Your Higher Self

— 9 —

**Your best is more than enough
Your best is Magnificent.**

Dear _____

We know you are doing your best, and your best is more than enough. In fact, your best is magnificent. That is how we see you. You are a bright magnificent light traveling through the physical world. You can relax and enjoy the adventure. There is no need to worry that you are not doing it right. In fact, there is no need to worry about anything at all.

During childhood, you picked up the thought that you must prove yourself in order to be enough. You thought you had to show your worth through your activities to get it right. Still, you thought that what you did was never good enough. These are not easy thoughts to carry around with you. They weigh you down and fill you with sadness. This is not an easy way to live and it is no longer necessary.

You worked hard to be heard and understood. You learned to, “perform” in ways that earned you the attention and care you wanted and needed. You thought your best was not enough. That was then and this is now.

Today please accept our reminder. Your best is more than enough. Your best is magnificent. What does this mean? You can stop comparing yourself to others. You can stop thinking that you are less and others are more. You can enjoy doing your best and knowing that your best is more than enough.

Once you remember that your best is good enough, you can relax. We want that for you.

*With Love
from Your Higher Self*

-Love Heals-

Release the idea that your best is not good enough.
This thought only generates
pressure and tension inside your body.
It generates feelings of sadness and hopelessness too.
With this thought you grow tired and worn out.
This is no longer necessary.



-Remember-

Your best is more than enough.



A Love Letter from Your Higher Self

— 10 —

Your have ongoing support.

You have a whole inner team cheering you on.

The Universe wants you to be happy and successful.

Dear _____

We have good news for you today. Just in case this is one of those days you forgot you have ongoing support, we are here to remind you. Even if today is not one of those days, remembering how connected and supported you are is a good feeling. We want you to have an ongoing stream of good feelings.

You are never ever alone. Not only that, the Whole Universe wants you to be happy and successful.

There are days when you believe you have no ongoing support. How could that be? You are an essential part of the whole of who we are. And since we are one—connected and united as a whole person—there is no way that you could ever be left to fend for everything on your own.

When you were small, your inner vision became cloudy as you busied yourself with the physical world. There certainly was a lot to look at and it took a great deal of your attention and energy.

The same thing happened to your inner hearing. You could not hear us applauding. You could not feel how much we are celebrating you on your adventure in the physical world.

Close your eyes for a moment. Take a deep breath in and relax your body. Feel our joy for you. We are here celebrating and cheering for you. Always. That is a given. Now, will you allow our support to permeate you?

*With Love from
Your Higher Self*

–Love Heals–

Release the idea that nobody is on your side.
When you really think about it, you will laugh.

You will realize that this faulty thinking
has caused you great stress and struggle.
Today is a great day to change your thinking.



–Remember–

Enjoy this thought today:
The Whole Universe celebrates with you.



A Love Letter from Your Higher Self

— 11 —

**You are creative.
Your creativity expands our world.**

Dear _____

There is nothing wrong with your creative muscles except lack of exercise. Even that can be quickly remedied. Simply allow yourself to think outside of the box. You do not like that old box anyway. It has gotten quite stuffy inside, hasn't it?

When you were very small, you picked up the idea that you were not creative at all. There were times you stepped outside of the box that others designed for you and you got a surprise. Instead of being celebrated for your creativity, you received stern looks. You thought your creativity hurt others and that is the last thing you ever wanted to do. We know that about you.

Your creativity reminded others that they had squashed their own creativity. And, because you wanted others to feel comfortable, you decided to squash your creativity as well. Eventually, you stopped stretching your creative muscles quite so much.

Listen carefully. Others may not always feel comfortable around your creativity. They will, however be inspired by your courage and your breakthroughs. Do you want to offer comfort or inspiration? The choice is yours.

Your creative juices are steadily flowing. They bubble up inside you when you are ready to receive them. When you're ready, waves of inspiration, explosions of passion and peels of laughter escape through you from their hiding places inside. Tingles of joy run up and down your spine. Creativity is good for you.

Do you want to know how to get started? Do you want to know how to bump up the voltage on your creative brilliance?

Make just one small change today. Do something that you have never done. Move a picture, rearrange a room, wear a color that you do not usually wear, call a friend who does not expect to hear from you, dance, sing, or prance. It does not take much. Just begin with one small thing and the intention behind it will allow waves of creativity to wash through you.

You are a creative being. Being creative is natural for you and it feels good too. Why would you stop the flow of your creativity? Well, you learned many reasons to hold yourself back when you were young. That was then and this is now. Those reasons no longer matter. You can choose to allow your creativity to blossom.

*With Love from
Your Higher Self*

–Love Heals–

Release the idea that you are not creative.
Embrace the idea that your very essence is creative.
Creativity is what you are.



–Remember–

You are a creative being.
For you, being creative is natural and it feels good.



A Love Letter from Your Higher Self

— 12 —

You can imagine a loving world.

**You can use your imagination
to create your own happiness.**

Your imagination is powerful.

Dear _____

You have an amazing imagination. You have imagined all kinds of horrors and tragedies. Your imagination has run down lonely, desolate roads. You have become practiced at imagining the worst possible scenarios.

What if you turned your imagination down more positive directions? What if you harnessed the power of your imagination toward your own wonderful experiences?

Give it a try right now. We will help you. Turn your imagination this way and see how it feels.

Imagine you are totally okay right now -exactly as you are.

Imagine yourself whole, complete, and perfect—with nothing to change, nothing broken and nothing to “fix” at all.

Imagine your heart is open to give and receive love.

Imagine the past is over.

Imagine today you get a fresh start.

Yesterday is done.

Tomorrow has not yet come.

Imagine that during this one precious moment of healing, you reclaim the power of your own positive imagination.

Imagine that you are wonderful. You are wonderful. Can you imagine this?

If your answer is, “No,” do not give up. Practice. Lean toward positive possibilities. Stretch your imagination a little bit. Go ahead. Dare to consider that life is good and so are you.

If your answer is, “Yes,” then, Bravo. You have just created a whole new wonderful tomorrow for your self.

*With Love from
Your Higher Self*

–Love Heals–

Release the idea that bad things
are lurking around every corner.

Release the idea that you
are restricted in what you can imagine.

Embrace the idea that
you can imagine something wonderful.

When you do—more of
what is wonderful will show up for you.



–Remember–

Your imagination is powerful.

You can use it to conjure wonderful experiences.

What you imagine is what you will feel.

Learn to use your imagination wisely.

It belongs to you.



A Love Letter from Your Higher Self

— 13 —

Your open heart knows.

Dear _____

Your thoughts are powerful. You are beginning to know this. Do you also know the incredible power that exists inside your heart? We are not speaking of your physical heart. We are talking about your energetic heart- your Spiritual center. Do you regularly drink from the fountain of love and wisdom that rises there within you?

Your mental body is a small compartment, centered mostly within your head. When you relax your footing inside that compartment, you relax into the infinite that we are. As you rest in the openness of your Spiritual heart, the walls of constriction you wrapped around yourself for safety dissolve.

You think opening your heart means no security at all. In fact, when you allow this unfolding to take place you are nourished from within and true lasting freedom occurs for you. You know your own eternal nature. You rise above daily concerns to rest easy with life.

Your heart knows freedom from reactivity and attachment. Your heart knows the way through addictions, cravings and obsessions. Your heart knows real healing because your heart knows real love.

Open your heart now. Just for your self. Offer praise and acknowledgement to the miracle that you are. Extend unconditional love toward your own inner self- all parts of yourself. Hold your self in the greatest of esteem and honor—the way you wish to be held by others. We hold you that way. We adore you. Will you adore your self now too?

*With Love from
Your Higher Self*

–Love Heals–

Release your desperate attempt
to cling to ordinary facts for safety.
Know the tender power that radiates
from your own blossoming heart.
Embrace the wide-open spaces of sweet possibilities.
Know the presence of love inside your own heart.



–Remember–

Your thoughts are not limited to ordinary knowledge.
Neither is your heart limited to ordinary exchanges.
Your heart is an endless ocean of extraordinary
wisdom and boundless love.



A Love Letter from Your Higher Self

— 14 —

You are not alone.

Dear _____

Sometimes, in the middle of the night, when all is still and quiet, a cry wells up inside of you because you feel so empty.

Sometimes, in the middle of an ordinary day, when all is hectic and busy, sadness overcomes you because you feel so alone.

Sometimes, when you have no lover, you wish someone—anyone—would hold you close.

Sometimes, even in your lover's arms, you feel something missing and you long for more.

Sometimes, the world looks like a sad and cruel place. You believe what you see and then you feel even worse than before.

You want someone to, “get you.” You want someone to understand and to know you, inside and out. Well, the wonderful news is, we do. We totally and completely, from cell to cell—Get You. In fact, when you realize what is really going on, you understand that we are you. And you are we. So, now we ask you—once you remember that we are here, and that we are not ever going away from you—can you ever really be alone again?

We'll tell you the answer, so you don't have to work hard to figure it out. We know how much time you spend, “trying to figure things out,” and part of our healing for you is to provide answers easily.

The answer is “no”—you cannot, you are not, you never were, and never will be alone. Unique—Yes. Alone—No.

*With Love from
Your Higher Self*

–Love Heals–

Release the idea that you must work hard
to figure things out.

Release the idea that you, with your
ordinary limited resources,
are stranded on this planet earth without
contact or connection to anything else.
Embrace the idea that love is with you- always.
You can relax.



–Remember–

Love fills all empty spaces with more love.
You are not alone.

*Let yourself be silently drawn
by the stronger pull of what you truly love.*

—RUMI

Part Three

CHOOSE

Choose

AS WE CONNECT IN A DEEPLY PERSONAL and intimate way with our own Higher Self, new options open for us. We understand that we are powerful creative beings with endless available choices. It dawns on us that we create our own worlds with the choices we make.

Many of us are not used to making conscious choices. We choose according to our conditioning, our past decisions, and our ideas of right and wrong. We have very little space inside our minds for making empowered choices, and even less space for making choices filled with self-love.

But that all changes when we connect with our own Higher Self. The way we see and experience our lives changes from the inside. All of a sudden, we see options where we could not see them before.

We are free to choose. Our Higher Self helps us choose the path forward that is best for us.



A Love Letter from Your Higher Self

— 15 —

You have options.

Dear _____

We love you. That is not optional. Everything else is.

We know that sometimes it doesn't feel as if you have any options at all. From your perspective, inside your physical body, it often looks as if there are only two—or perhaps, on a good day, three choices and not one of them looks very good to you.

So, here is what we want you to do. Imagine you are seeing your life through our eyes. From our much larger perspective, an expanded vision is possible for you. We will open new vistas for you. We will help you see new paths to take where you thought all the roads were closed.

Consider some place in your life where you feel stuck or trapped. Now, imagine that you are no longer concerned about results. Ah. That is a tricky, sticky concept, is it not? When you get caught up thinking about outcomes, you cannot relax enough to allow other options to come into your consciousness.

Take a deep breath and know that everything is all right. Whatever path you choose will work out just fine. There are no wrong turns or mistakes to make. You are on an adventure and when the physical aspect of this adventure passes, you will still be on an adventure. All is well.

You have the option of knowing that all is turning out well, even in the midst of this physical adventure. That option aligns you with real freedom. We want that for you.

*With Love from
Your Higher Self*

–A Lovers Choice–

Love chooses to love life—all of life.
Regardless of what thoughts you have
about the events of your life,
if you choose to remember that you are love,
and you choose to love as lovers do,
you will see a million options open for you.
Since you are love, you always have that choice.



–Remember–

Love is full of options.



A Love Letter from Your Higher Self

— 16 —

You are free to make new choices.

Dear _____

We know that you would really like to know exactly what is going to happen next for you. You would like to predict the events ahead so that the choices you make today assure the outcomes you most long for.

We understand this desire in you. So, let us tell you the outcome of all of your choices right now. Here it is: Love. Peace. Joy. Freedom. Bliss. That is where you are headed regardless of what you choose today.

Along the way, you have the option to remember these absolute outcomes. When you do, you will not confine yourself to yesterday's choices. You will meet each day anew. With all of the experiences you gather, you will grow more confident in your ability to choose positive, love-filled experiences for yourself.

You will refine your choices, so that each new choice moves you in the direction of greater self-love. As your self-love grows, it will grow large enough to include all that you perceive to be separate from you. You will choose to love your wholeness—the entire universe—that is you. And we will be right here beside you, as you realize that you are free to make new choices. You get to choose, and choose and choose.

*With Love from
Your Higher Self*

–A Lovers Choice–

A lover chooses to see love regardless of
any presenting condition or circumstance.
A lover chooses to gaze through the eyes of love.
That is what lovers do.



–Remember–

When you make a choice that seems to lead you
away from love, remember to rest easy.
Love is everywhere.
What else could you possibly choose?



A Love Letter from Your Higher Self

— 17 —

You can choose to release struggle.

Dear _____

We know you love your struggles and your dramas. You are so very entertained by them. And, you take great pleasure in sharing your dramatic stories with others.

Struggle is a very common and comfortable choice in your ordinary world. In fact, it is an addiction that many are now ready to release. Once you have awakened to us, your own Higher Self, you are ready to be done with ordinary struggle. Into the realms of the extraordinary you go.

You can choose to release struggle right now.

We know the thought of stopping the struggle game can terrify you. It might even feel as if your life, as you have known it, will come to an end. It will. When you choose to release struggle you begin a brand new life based on peace, harmony and tranquility. These are feelings you have very little tolerance for.

Does it surprise you to hear that you are more comfortable with struggle than you are with peace? Do you realize that you have made a habit out of suffering? This is true—until you are ready for it not to be true anymore.

That is when you will remember you can choose to stop struggling each and every time you catch yourself doing so. You could make that choice right now. That's it. Give up the struggling. You will be fine. We will be here to catch you. All is well.

*With Love from
Your Higher Self*

–A Lovers Choice–

A lover likes a good tussle once in a while.

A lover likes to rub up against life and
feel it's pressure coming in close,
hugging skin, kissing eyelids.

A lover struggles only in service to love.



–Remember–

If you find yourself struggling
for no loving reason at all
Stop.

You can choose to
release struggle any time you want.



A Love Letter from Your Higher Self

— 18 —

You get to decide.

Dear _____

You get to decide what you focus upon, how you spend your time, and what is most important to you. There is a gentle place inside that honors all of your choices.

Nobody outside of you can ever know the best decisions for you. And you cannot know the best decisions for another. Let your self and each other be.

You get to decide what your life will be about. You get to decide what you cherish and respect. You cannot eat everything on the menu at one visit to the restaurant and you cannot have every life experience within one day or year.

You get to decide what your focus will be upon—right now. How will you make the best decisions? Your heart will know. We whisper to you and through you there.

*With Love from
Your Higher Self*

–A Lovers Choice–

How magnificent is this life of choice?

A lover knows how delicious it all is.

Lovers know that all shapes and sizes are lovable.

The delicacy of your lovers lips can deliver you to sacred realms in a thousand different ways—a million different embraces—no two the same.



–Remember–

You can choose to see life as a lover sees it.

When you love all of life with the same passion and tenderness as for a human partner, you know the same ecstasy that lovers know.



A Love Letter from Your Higher Self

— 19 —

You can change your mind.

Dear _____

You have a tendency to think the same thoughts over and over again. Is this not true? If you pay close attention, you will notice that you wake each morning with the same thoughts on your mind. As you go to sleep each evening, notice that your night time thoughts are familiar ones too.

Occasionally, you have a drama in your life and your thoughts get all stirred up. Do you see why you enjoy your dramas so much? They propel you out of your slumber. They wake you up. The excitement of being awake is something you genuinely long for.

So, let us remind you that you do not need to create catastrophe or chaos in order to change your mind. You have that freedom all of the time. How exhilarating.

To know, just because a thought is running through your mind, does not mean it gets your attention or focus, can free you from unconscious imprisonment and relentless repetition.

You can change the thoughts in your mind. Pay attention.

If you are feeling fear, there is a good chance you are frightening yourself.

If you are feeling hopeless, your thoughts are probably running down the “doom and gloom” road.

If you are feeling overwhelmed and out of control, you are thinking disempowering thoughts. All of these thoughts can be changed.

In order to change your thoughts, you must first decide that you want to feed yourself positive, kind and nourishing thoughts. Decide to love your self just like we love you, and your thoughts will change on their own.

You can change your mind by opening your heart. When you do, your outer world will reflect back the changes inside of you.

*With Love from
Your Higher Self*

–A Lovers Choice–

You are made of energy.

The essence of energy is love.

Therefore, you are love and you get to choose
your thoughts as love would choose.



–Remember–

You can live as lovers do by changing the thoughts
in your mind to thoughts a lover would choose.



A Love Letter from Your Higher Self

— 20 —

You can choose peace.

Dear _____

During this grand physical adventure, you experience many contrasting things. You live in a world full of things you like and things you do not like at all. You have preferences and that is wonderful.

As you decide what you enjoy, you focus your attention and define your reality. At a certain point, you decide that what you really want is peace. You want to feel calm and tranquil inside, no matter what your surroundings bring.

You can choose peace in the middle of chaos. Even when things are not going the way you would like them to go, you can choose peace. When you do, you teach your body about freedom. You remind yourself you are a spiritual being first and foremost.

Enjoy your human stories fully. However, when you get ready for freedom, you will find yourself growing tired of upsets and turmoil. Then, you will come home to the center inside—where we are. You will rest in the still point of calm at your core and you will know freedom once more.

When you choose to drop your conditioned reactions, you reclaim your power as well. Nothing feels more unsettling to you than feeling that you are powerless to make changes for yourself.

With this love letter, we send a gentle reminder that you are free to choose peace right now. Regardless of what is happening around you in this moment, peace is an option that belongs to you.

We love you completely. Whether you choose peace today or dive deep into turmoil and struggle, the choice is yours. We love you either way. There is nothing you can do or say that will change that fact. Unconditional love is what we have for you. Love without qualifications. You are precious and loved.

*With Love from
Your Higher Self*

–A Lovers Choice–

Lovers like romantic stories.

They enjoy the seeking, yearning and longing.
They relish the coming together, uniting and bonding.
Eventually, a lover enjoys the peace that comes from
living in love, much more than the search for it.



–Remember–

You are free to choose peace right now.
Regardless of what is happening in your life,
inner peace is always an option for you.

When you are ready,
take a deep breath and choose peace.

It belongs to you.

–We Have not Come to Take Prisoners–

*We have not come here to take prisoners
But to surrender ever more deeply
To freedom and joy.*

*We have not come into this exquisite world
To hold ourselves hostage from love.*

*Run, my dear,
From anything that may not strengthen
Your precious budding wings.*

*Run like hell, my dear,
From anyone likely to put a sharp knife
Into the sacred, tender vision
Of your beautiful heart.*

*We have a duty to befriend
Those aspects of obedience
That stand outside of our house
And shout to our reason
“O please, O please
Come out and play.”*

*For we have not come here to take prisoners,
Or to confine our wondrous spirits,*

*But to experience ever and ever more deeply
Our divine courage, freedom and
Light.*

—HAFIZ, "THE GIFT"



A Love Letter from Your Higher Self

— 21 —

You can choose joy.

Dear _____

In our last love letter, we reminded you that you are free to choose peace. Now, we want to offer you the same good news about joy.

Joy is an inner state too. It naturally comes forward inside when you align with the fullness that you are. Joy is another word for inner fulfillment. It has nothing to do with seeking, getting or accomplishing. It has to do with being present and awake as consciousness.

Now that we are getting to the real joy that comes from being conscious of the flow of our love, you will feel ongoing joy inside yourself.

Yes, the human dilemmas will still go on. Yes, you will notice things you do not like at all. Nevertheless, you will experience yourself as more, so much more than the momentary, “blips on the screen,” you encounter.

These are states you have longed for—peace, and joy and freedom. They are all available to you when you feel and know our love.

*With Love from
Your Higher Self*

–A Lovers Choice–

Lovers know joy inside their hearts.

They radiate joy through their eyes,

their smiles and their hugs.

Live a lovers choice by welcoming joy into your own heart.



–Remember–

You have access to unlimited inner resources.

One of those resources is Joy.

*This is love:
to fly toward a secret sky,
to cause a hundred veils to fall each moment.
First to let go of life.
Finally, to take a step without feet.*

—RUMI

Part Four

*C*REATE

Create

OUR HIGHER SELVES FILL US WITH LOVE AND WISDOM. They do this 24/7. Not an instant goes by when our Higher Selves are not vibrating at a frequency of love and radiant light. As we align with our own Higher Selves, we begin to know ourselves from an entirely new vantage point.

As we remember who we really are, we heal our ideas of separation from our own Higher Self. We become aware that we are energetic beings. We understand that the energy of life is full of love and wisdom. We grow more empowered in our ability to make choices from self-love guided by inner wisdom. If we do not know these things today we will know them soon.

Not only are we whole beings filled with loving energy, we are intimately connected to the creative forces of the universe. Our Higher Selves live at a creative frequency that we are not used to. Yet, we can reach it, touch it, stretch ourselves to embody more and more of the creative energy that is alive inside of us.

We create our worlds with our energy. The vibration of our gathered thoughts, feelings, and actions ripples out, attracting to us everything that matches and aligns with our current consciousness. We are creating all the time.

The following Love Letters from Your Higher Self help us rise to new creative vibrations. They help us breakthrough limitations and habits constricting our creative abilities. They bring awareness and strength back to our creative muscles. They do this by awakening consciousness. Creative consciousness is our birthright.



A Love Letter from Your Higher Self

— 22 —

You create by opening up.

Dear _____

You are closer to us than you have ever been before. You know you are made with the energy of love. And you know you feel most empowered and free when you make choices based on the love that you are.

Now, we want to help you strengthen your creative muscles. We want you to feel the exhilaration and bliss that comes from drawing something new into form.

Your reality is made anew each and every day. There has never been a, “you,” like the you, that you are today. And, there has never been a life like the one you are living right now. Do you see how miraculous this is?

What do you want to create next? The possibilities are endless. Here is a key to help you enjoy your creative ride. Choose to create that which expands you. Open up to learn more, to love more, to know more and to express more. Let your creativity stretch you beyond where you have traveled before. And choose to create that which enhances the light radiating inside you.

Your creativity allows you to radiate more light to the world.

Now, as soon as we start speaking about the unlimited power of your creativity, we notice you begin to squirm. You look for distractions. In fact, you consider closing this letter and placing it under the bed or in a dark closet.

You were taught to fear your own creative power. You learned to hide your own genius abilities. You turned down the voltage on your own creative spark. And so, the spontaneous rising and falling of creative impulses and ideas became locked inside you.

Today, we invite you to reset the dial. Crank up the volume on your intuitive hunches, listen to your gut feelings, open up and know that anything is possible. Dare to dream passionate dreams and turn your attention and your energy toward those dreams.

When you open up to the possibilities that light you up inside, you attract more light to yourself. Light attracts more light. And with light, all things are formed. Love creates with light—and so do you.

Enjoy your creative process. There are many stages that make up the creative act. Opening up is the first one. Enjoy them all.

*With Love from
Your Higher Self*

–Love Creates–

Love creates with Light and so do you.
Love creates with focus and intention and you do too.
Love creates with inspiration and the choices
that arise from living an inspired life.



–Know This–

Opening up is the first stage of the creative process.
When you open up to life, life opens up to you.



A Love Letter from Your Higher Self

— 23 —

You create by allowing creative tension.

Dear _____

We love you. And we love riding the creative currents of life with you. It is a joy to go in the direction of your dreams and desires. We delight when you focus your attention and energy in a specific direction, on something that pleases and inspires you.

With your creative intentions, you call us into a new song, your hearts most perfect song for the moment. We love the music of your heart.

When you open up, you hear all kinds of sounds. You are attracted in many different directions. Sometimes, you get confused and overwhelmed. There is so much to choose from. There are so many options. The more opening up you do, the more you will notice this is true.

When you feel overwhelmed and you are not sure what to choose, we notice instead of staying open, you often decide to close yourself up. You think you will feel more comfortable when you do.

Opening up and remaining open is a new skill for you. At first, when you are learning how to do it, you will find the whole idea intolerable. It sounds exciting but it feels odd.

The only reason openness feels uncomfortable is you have decided that tension of any sort is bad for you. This is not true. Creative tension is good for you. It induces the contractions through which your dreams are born.

We want you to open your mind to the idea that creative tension can be exciting and fulfilling.

Stay focused on your dreams. You will find when you experience the most creative tension, something powerful is being formed in the invisible world. You cannot see it right now, but it is there, weaving together until the elements are in just the right combination to become visible to your physical eyes.

Relax, breath and accept that creative tension is part of your creative process. Get excited about it. There is no room for boredom or apathy when you are burning bright creative fires. You have moved far beyond mediocre living. Your creative juices flow through you into new forms and manifestations. Will you let them carry you?

*With Love from
Your Higher Self*

–Love Creates–

Love stretches into the creative realms
and embraces the unknown.

Love carries you through states of tension to relief,
and from contraction to expansion.

Love makes the invisible visible.



–Know This–

Creative Tension (which you often describe as chaos)
is the second stage of the creative process.

When you allow feelings of creative tension,
you open up to even more creative possibilities.



A Love Letter from Your Higher Self

— 24 —

You create by incubating ideas.

Dear _____

Incubation is really a very easy thing to do. Hold an idea or desire that is precious and meaningful to you with care and tenderness.

You have many dreams and desires. They rise inside you and you long for their fulfillment. Very often, you reach out into the world, trying to make your dreams come true. There is a stage in the creative process where making noise and taking action to further your dreams is wise and possible. When you are incubating however, it is best to remain quiet.

When you hold your creative ideas with loving care within your heart, you invite participation from the mystic realms. Invisible creative forces work on your behalf, weaving the elements of your dreams into the perfect combination for delivery into your life.

Incubation is challenging for you. You have been taught to believe that if you cannot see it with your physical eyes, it must not exist. We want to remind you that everything begins as a seed of possibility long before it manifests in your physical world.

What are you incubating today? What seeds of potential call for your loving attention and nourishment?

You know now what love sounds like. You know what it feels like to receive words of love. Now, offer this same quality of love to your own dreams. Let them know that they are welcome here.

Watch as the miracle of creation unfolds around and through you.

*With Love from
Your Higher Self*

–Love Creates–

Incubation is a quiet time.
It is the part of the creative process known well
to mystics and pregnant women.
Something is being formed.
A miracle is occurring within.
It's not your small mind, nor your plans in charge now.
Life itself is in charge.
Trust in the invisible is required from you.



–Know This–

Incubation is the third stage of the creative process.
It can occur many times during
the evolution of an idea or project.
You are constantly in different stages of incubation.
It can be a fulfilling experience all on its own.
Release your attachment to
the outcome of your incubation and
enjoy your whole creative process.



A Love Letter from Your Higher Self

— 25 —

You create through alignment.

Dear _____

We love you. When you rest in our love, we merge and become one. But while you are in a physical body, you retain your individual perspective in the physical world. This is great for us all. You clear the path and guide our consciousness on our behalf.

Focus through your physical eyes on the physical world, but remain awake to us. Direct the flow of our energy in the direction you choose for it to go.

This is how creation happens in your world. You create consciously with your choices and unconsciously through the habits of your thoughts.

When it comes to creating your world your way, you will find the most resonance when you align with us first. You experience this inner alignment in all sorts of ways. Everything clicks into place, like the vertebrae up and down your spine lining up one on top of the other.

As you feel our presence and see your physical world from our perspective, you will know exactly when to act and when to remain still.

Instead of relying on other people's opinions, instead of second-guessing your self, move forward with an inner conviction that is your own personal truth.

Creativity asks you to stand courageously as the unique individual that you are. You get to shine your light your way. The substance of the light is universal and the intricacies of human self-expression are divinely driven, but you get to add your unique flavor to everything you do.

We celebrate the wonder of your personal touch. We drink from the nectar that you drop into our grand cup. You are a one-of-a-kind expression of us. There is no creation more beautiful than you, when you are consciously aligned with us.

*With Love from
Your Higher Self*

–Love Creates–

Alignment happens through surrender and trust.
You call for the Universe and you trust it to show up.

When alignment happens you know it.

Alignment arrives on wings of confidence.
When you are aligned you know what you know,
and nobody can take that knowledge from you.



–Know This–

Alignment is the turning point in any creative process.
It is the moment when you know exactly what to do next.

You cannot make alignment happen on your own.

You set up the conditions for it to occur by
getting out of the way and letting your
Higher Self do the inner work for you.



A Love Letter from Your Higher Self

— 26 —

You create with elaboration.

Dear _____

We love you. Now, we offer you a love letter you will especially enjoy receiving from us.

You like to feel as if you are being productive. You really want us to tell you to do, do and do some more. In fact, you have this idea that doing a lot is very good for you. And, doing is good for you—as long as you love doing what you do.

The elaboration stage is when you get to do something, to act, to perform, to produce. However, if you head into this stage from a place of alignment with us, whatever you do will not feel like ordinary doing.

You will simply know the next action to take and you will go about doing it.

Elaboration is when you dive fully into life to get things done. You put your fingers to the keyboard, your toes on the skateboard, or your pencil upon the drawing board. You might even put your money where your mouth is so that you talk your talk and walk your walk in all endeavors.

We want you to enjoy this stage of the creative process as much as all of the others. The previous stages assure that you will.

So do not forget to open up, allow creative tension, incubate when you are unsure what direction to go, and trust the feeling of alignment. You will know exactly what to do.

And remember this, we are right here always, in all ways, for you. If you get stuck, or confused or unsure which way to proceed, just call on us. We are here to help you but we will not interfere. Your requests open floodgates of support that we are happy to offer you.

*With Love from
Your Higher Self*

–Love Creates–

Love creates through action,
after alignment has clicked into place.
It is the efficient and effortless way to create.



–Know This–

You will enjoy your creative adventure so much more
when you do it in tandem with spirit.
Imagine you are steering the bicycle and
we are the wings keeping you upright.
Take action based on your own inner knowing and
never mind what anyone else tells you to do.



A Love Letter from Your Higher Self

— 27 —

You create as you communicate.

Dear _____

We love you and we love every other aspect of creation too. We truly mean it when we say there is no separation between you and us. There is also no separation between you and what appears to be, “the other,” in front of you.

Only through your physical eyes do you see defined boundaries and outlines. Once you know who you really are, you care less about maintaining boundaries and more about building connections with light.

Your creative brilliance is not meant to stay in the dark. It remains hidden only when you are incubating new forms of expression for your light.

If you place your incubating dreams and desires under your pillow at night, you will receive alignment through your dreams by morning.

Your creative expressions will not stop, so do not wait for a completion date. When the time for sharing is right, your light will become even stronger by sharing and communicating your dreams with others.

First, fill your own cup. Feel good about your creations. Enjoy the process of creating and share your enthusiasm too. You may not know the exact moment when your self-expression inspires another, but it will and it does, regularly and often.

Creative enthusiasm is contagious. Whining and complaining are contagious too. Which would you rather spread throughout your world?

*With Love from
Your Higher Self*

–Love Creates–

As you join with your own Higher Self,
you join with the creative forces of the Universe.

Your creative impulses send
magnetic ripples into the world,
drawing all that supports you and
allows your dreams to come true.



–Know This–

We are creative partners
Dancing with the Universe.
May we have this next dance?



A Love Letter from Your Higher Self

— 28 —

You create through expansion.

Dear _____

Our journey together expands. Relax and know that we are with you forever—through twists and turns, inventions and endless creations.

There is never a moment when our creative process comes to a stop. Opening up happens more than once during a lifetime.

Pause for a moment to celebrate where you have been. Give thanks for this moment of accomplishment. You have already achieved many great things.

Now, look forward with enthusiasm and wonder at the adventure ahead. There is more opening up to do, more creative currents to ride, more light to shine and more love to share.

Let us expand together from here and share what we have with others.

*With Love from
Your Higher Self*

–Love Creates–
Love expands and creates more love.



–Know This–
We expand with you.

*It is your turn now,
you waited, you were patient.
The time has come,
for us to polish you.
We will transform your inner pearl
into a house of fire.
You're a gold mine.
Did you know that,
hidden in the dirt of the earth?
It is your turn now,
to be placed in fire.
Let us cremate your impurities.*

—From:
“HUSH DON'T SAY ANYTHING TO GOD”
PASSIONATE POEMS OF RUMI
TRANSLATED BY SHARAM SHIVA

Part Five

*S*HARE

share

YOU CANNOT SHARE WHAT YOU DO NOT HAVE. You long however, to share the magic and wonders of life with one another. Give first to your self and you will have plenty to offer. Your unique gifts will rise inside you, asking for expression and contribution to others.

When you hold back your gifts, blocked energy in your system makes your walk heavy, and encumbered. Sharing with others makes the journey much sweeter for you.

And yet, you often attempt to share from emptiness and that has gotten you more strain than wonder. Practice sharing what is wonderful about your life, and notice more that is wonderful to share finds its way to you. You are good at sharing your aches and pains, now share your joys and pleasures too.

Share for the pure fun of sharing. Share your hopes and dreams. Share your love. And share your laughter too.



A Love Letter from Your Higher Self

— 29 —

Share from Fullness.

Dear _____

When your energy becomes full, you light up the world. You shine with the spiritual light that is the heart and essence of you. But you cannot shine brightly when you feel empty inside and look to others to fill you up. That is why we suggest you learn to, “share from fullness.”

At times, you forget we are here. You restrict your own inner glow with thoughts that you are not enough, you do not have enough or are lacking and empty. You attempt to pump yourself up to look and feel brighter than you really are. You act “nice” on the outside to cover up the empty feelings inside.

You do this because you so long to share your light with others. Your heart longs to extend love. And you love to see other people sharing love too. We know this is true about you. But when you have forgotten your own fullness and are unhappy inside, your giving carries strings of need that pull on those you appear to give to.

You know how it feels when someone gives to you, and underneath you know they are, “giving to get.” You also know how magnificent it feels when someone gives from fullness, because they receive joy when they give to you, and there are no strings attached. You feel free to enjoy their gifts fully, because their giving enhances you both.

When you tend to your own fulfillment—and share from the experience of fullness you have attained inside yourself, the greatest gifts you can give another person can occur.

Fulfillment comes when you allow our love to fill you. Sharing then takes no effort at all.

Imagine that inside is a steadily flowing fountain of love filling you up. There is. Everyone has that fountain.

You can never fill the emptiness inside another. And others can never fill the emptiness inside of you. The very idea of being empty inside is based on faulty thinking in the first place.

Sharing from fullness first requires a shift of perception, allowing you to see through the illusion of lack.

We invite you to share from the fullness that comes when you care about your own self enough to open up and receive a steady flow of universal love.

*With Love from
Your Higher Self*

–Love Shares–

Ideas of, “need and lack,” run rampant in your world.

You live inside a sea of beliefs that,
“there is never enough.”

On the far side of that self-perpetuating concept,
you will find fountains of fulfillment.

To replenish in their waters is an act of self-love.



–Light–

Tend to your own inner light,
and brighten the world
with your own fulfillment.
Dare to be happy and content.



A Love Letter from Your Higher Self

— 30 —

Share through Beauty.

Dear _____

You live in a physical world graced with exquisite beauty. When you look through our eyes, you see beauty everywhere. The urge to create more beauty will rise inside of you.

Your beauty is unquestionable. We see and know you to be a beautiful expression of life. Look deeply inside every living form. See the radiating and pulsing energy of life held in place with an intention to be fully expressed in life.

Your beauty is an expression of your intentions as well. Through beauty, you celebrate all that we are together—the wholeness of you. We love to celebrate life with you. All of life. For all of life is beautiful, and sharing the beauty of life has always been our intention with you.

Look around you right now and notice the beauty present all around you. Recognize it, celebrate it and call it into being. You will feel how beauty energizes and adds sweetness to your life. We want that for you.

*With Love from
Your Higher Self*

–Love Shares–

Celebrate the beauty that surrounds you.
The rich tapestry of natural beauty surrounding you,
is a reflection of the beauty that you are.



–Light–

Recognize beauty. Create beauty.
Know that you are beautiful
just the way you are right now,
and others are beautiful too.



A Love Letter from Your Higher Self

— 31 —

Share and Laugh.

Dear _____

Now, when you see the grand dramas you play, reel after reel, and know they cannot change the real you, you will laugh. When you recognize the same dramas in your friend's lives, you will delight to know you are not alone in your directorial undertakings. There is great humor in the stories you spin when you are ready to see the humor they hold for you.

We suggest you let yourself have good, long, deep belly laughs regularly. Humor can be found everywhere, when you look from a "lighter" perspective upon it all.

You have lived inside your personal drama for a very long time. Now, you are learning to rest in your own director's chair and to write new scripts. Ah. How liberating it is to know that a tragedy can be turned into an exquisite love story, or a melodrama into a comedy. You do not need to take each and every scene as if it were written in stone. Change the script and enjoy the show.

*With Love from
Your Higher Self*

–Love Shares–

Share laughter often.

Your life is not meant to be a tragedy.

It is a grand play you have created,
with a rich multitude of layers and parts.
You get to choose when the comedy starts.



–Light–

Laughter is light pouring
from the belly to the heart.



A Love Letter from Your Higher Self

— 32 —

Share and Allow.

Dear _____

All is well. Let your self be. Give yourself permission to relax and enjoy your life. Soon, it will all be over. You will drop this physical body suit and join us in an ecstatic embrace of pure light once more. However, you do not have to wait until you exit your physical body for that to happen. Join us right now, and know the light you are as well as the physical form.

Allow both worlds to meet—the world of energy and the world of matter. There is no separation but that concocted in your limited thinking.

When you allow our love to fill you, your nervous system relaxes. Then, the splendor of life, the delicious extraordinary moments materialize. They have been here all along, waiting for you to allow them to be part of your ordinary human experience.

*With Love from
Your Higher Self*

–Love Shares–

Love is forever blossoming around you.

Some days, you allow yourself
to feel the splendor of it all.

Other days, you have tunnel vision and
you see only what is wrong or missing.

Allow yourself to relax. Allow yourself to receive.



–Light–

As you let go and release the tension
you hold in your body, your vision expands.
What you could not see now becomes visible.



A Love Letter from Your Higher Self

— 33 —

Share and Trust.

Dear _____

Perhaps, “trust in the unknown,” is the most difficult skill for you to acquire. You paint all sorts of desperate pictures on the canvas of your future before anything has even happened.

We know you feel silly turning your thoughts in a positive direction. You judge yourself a dreamer and decide you need to, “fact facts” and be realistic. Oh, that brings great peels of laughter to us. For the reality you know is tiny, compared to the reality we know for you.

Your future physical reality is one small percent of the grander whole. You are well immersed in it we know. But now, as you receive our letters of love, you are not quite so immersed after all. It dawns on you that you are much more—more resourceful, more powerful, more in charge than you ever before imagined.

You are beginning to understand that your future takes shape with the thoughts you think right now. That realization is an emotional, important, and dramatic moment for you. With practice, you can trust that when you turn in a positive direction, regardless of your surroundings or circumstances, more of what is wonderful in life will be yours.

Practice turning your thoughts in a positive direction. Pretty soon, you will trust the positive results that come.

*With Love from
Your Higher Self*

–Love Shares–

When you realize that the essence of life is energy,
and that life energy is loving and wise,
your doubts and concerns dissolve.
You begin to trust that love's intentions are good and kind.
You begin to trust life is bringing more
of what is wonderful to you all of the time.



–Light–

Trust life.
It wants the very best for you.



A Love Letter from Your Higher Self

— 34 —

Share Light.

Dear _____

When you look at another, do you see their form or their essence? When you go about your day, do you feel heavy and body-bound or light and radiant?

As you get used to remembering us, you will find yourself feeling lighter each day. Notice light sparkling all around you.

Allow your vision to soften and expand. Remind yourself that the world is not as solid as you perceive it to be.

There are times you catch glimpses of the particles of light that make up everything. Sometimes, someone shares their light with you and you are left forever transformed.

To be an instrument of light in the world, you need only to remember who you really are. You need only look for and celebrate the light you see in others. It is there, everywhere, just as we are here for you.

*With Love from
Your Higher Self*

–Love Shares–

Light radiates and shines in a multitude of colors.

Light is the essence of who you are.

When you look through physical eyes alone,
you see only the light that is visible on the surface.

Once your inner eyes open, you see endless oceans of light.

You know that light is the essence of the life within you.



–Light–

Share your light and celebrate the light you see in others.

Soften your gaze, tilt your head and
allow the particles of light to appear for you.

Spirit is not invisible, but do not take our word for it.

Experience it your self.



A Love Letter from Your Higher Self

— 35 —

Share new experiences.

Dear _____

There is no end to the love letters we send you. There is no end to our time together. We are with you forever, through each and every new experience—and more and more—forever.

This adventure continues for us in wholeness and unity, as we expand together. How much more pleasurable it is to take this adventure holding hands with your most loyal and devoted inner companion, friend and lover. We are that for you, forever.

We have loved you forever and we love you forever more. You can stretch, explore, and adventure. Do things you have never done before. Our love is steady and present for you through each new endeavor.

And so, we embrace you fully. While you walk in physical form, we hold your hand and walk with you.

*With Love from
Your Higher Self*

–Love Shares–

Holding hands with Spirit, you become a Whole Person
Dancing with the Universe right here in this world.



–Light–

You are never alone. We love you.

*You were born with wings.
Why prefer to crawl through life?*

—RUMI

*Do little things in an extraordinary way.
You must not let your life run in the ordinary way.
Do something that nobody else has done,
something that will dazzle the world.
Show that “God’s” Creative Principle works in you.*

—PARAMHANSA YOGANANDA

*There is a candle in your heart, ready to be kindled.
There is a void in your soul, ready to be filled.
You feel it, don't you?
You feel the separation from the Beloved.
Invite Him to fill you up, embrace the fire.
Remind those who tell you otherwise that Love
comes to you of its own accord, and the yearning for it
cannot be learned in any school.*

—FROM:
"HUSH DON'T SAY ANYTHING TO GOD"
PASSIONATE POEMS OF RUMI
TRANSLATED BY SHARAM SHIVA

*Out beyond ideas of wrongdoing and rightdoing,
there is a field. I'll meet you there.
When the soul lies down in that grass,
the world is too full to talk about.
Ideas, language, even the phrase, "each other"
doesn't make any sense.*

—RUMI

Don't stop here...
Learn to Love Even More

with
Dancing with the Universe

Nine Dimensions of Love
A 'Love Letters from Your Higher Self' Workbook

www.CreatorsChoice.com

*p.s. You are whole and all is well.
We love you completely.*

About the Author



FOR MORE THAN TWENTY YEARS Peri Coecourtney Enkin has inspired individuals, couples and group to live their deep-heart dreams and experience freedom, peace and fulfillment. People around the world find their lives enriched by her combination of practical down-to-earth skills and heart-centered processes for spiritual awakening.

Peri is the founder of Creators Choice and the author of *Love Letters from Your Higher Self* and *Dancing with the Universe; Nine Dimensions of Love*. She has created countless life enhancement programs, including the Love Letters Path for Personal Growth, The Core Training, The Turnaround, Dancing with the Universe, Aware Entrepreneurs, and Whole Person.

Peri lives in beautiful Hawaii, and welcomes you to experience the essence of Aloha in her writing and her teachings.

Resources

Please visit our website to share your comments
and to learn about additional resources.

www.CreatorsChoice.com

Long time ago, you learned that you were not okay the way you are. You decided you were wrong, bad, or not enough. You thought your decisions were the truth. They are not. None of these things are true about you. That was then and this is now... Today, we invite you to change your false beliefs. Drop these old and untrue opinions about yourself forever. There is nothing wrong about you. You are good. You are more than enough—just the way you are.

This collection of *Love Letters from Your Higher Self* touches and opens hearts. Each letter guides you forward to:

REMEMBER ... the love that is your very essence.

HEAL ... shame, doubt and grief.

CHOOSE ... to uncover your natural inner power.

CREATE ... your most magnificent life.

SHARE ... your gifts and light up our world.

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PERI COEURTNEY ENKIN is the designer of Creators Choice and the Love Letters Path for Personal Growth. People around the globe find their lives enriched from her heart-centered approach and spirit-based wisdom.

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