

TO THE WOMAN WHO IS TIRED

To the woman who is tired.
To the woman who has given too much.
To the woman whose forgotten her light.

This is for you.

This is to remind you who you really are.
This is to remind you that you do not have to sacrifice yourself in order to be valued.
This is to remind you that you are inherently worthy.

Remember you came from the stars.
Remember that you are guided by angels.
Remember the little girl inside you who needs your love.

So be kind to yourself.
So be willing to assert your boundaries.
So be willing to lift your head to face the sun once more,
Wiser and stronger than before.

Your heart bleeds upon the mother
Who will nurture your spirit back to life.
Your heart will mend with your tears of both grief and joy.
Your heart is held by the Spirit of love that births the universe.

It's time to forgive yourself more quickly.
It's time to care for yourself more deeply.
It's time to walk away and say no if you need to.

Your power will return from rest.
Your purpose will arise from your passion.
Your passion will ignite when you listen to your soul.

It starts now.
It starts with you.
It starts with you loving yourself, in your wholeness.

There are parts of you that need to be shed.
There are parts of you that need to be reclaimed.
There are parts of you that have yet to be birthed.

The right people will remind you of this.
They will sit with you in the darkness and love you back into the light.

But remember that in the silence,
The One who created the stars is cradling you in each moment and
beckoning you to come home to your heart.
To come home to yourself.
To come home to this body.
To Come home to this breath.
To come home to love.

You are never alone.