

Jn. 16²³

25 Oct. 11

My Dearest Destiny.

How are you Sweetie? I hear that you're taking a "time out" in order to put things in proper perspective. It makes me feel proud of you that you took the initiative to do this.

I don't know what type of program you're in - or what type of opportunities are offered there... but you know that my prayers are with you, right? They are! Happily

I pray thankful prayers for you. Your life experiences are making you a strong person for some reason, in spite of the emotional pains involved.

You know, when I pray for loved-ones who are going through their personal ordeals, I don't simply invoke the Higher Powers to watch over you and let it go at that, but I see solutions to your problems and feel inclined to offer suggestions. You see, I see prayer

as a precursor to becoming more involved. And in this case, I'm proud that you're at a place in your life to take inventory of your blessings and opportunities to make the most of, and therein re-develop your "Attitude of Gratitude". That Attitude that makes all the painful experiences pale in comparison.

Okay so here's my suggestion Money; pen and paper in hand, make a POSITIVE - NEGATIVE list of your life. Trust me, I'm sure you've definitely got more POSITIVES to be grateful for than NEGATIVES to get mired in. Yet, if the NEGATIVE

list seems more important to you, then there's a more comprehensive list you can write out listing all the events in your life giving you grief. This is an exercise of CATHARSIS which will help you come to terms with your past once you dare expose it to paper.



It is a scary exercise of CATHARSIS - to dare re-visit painful memories which we naturally try to avoid and forget. But on paper they really don't seem so terrifying and then you can be free of them ~ stronger from the experiences.

You don't have to be so analytical about everything though, Destiny Joy. It's easy enough to let by-gones be by-gones and simply proceed in your life care-free and joyfully excited about this life of yours - with all the wonderful experiences.

What, you say? Drugs and Alcohol problems tend to make even more problems? D'oh! Yup, that "experience" ruins many lives. Aren't you as grateful as can be that that experience is out of the way and you can get on with your life?

So what are your plans now? Do you have a list of short-term and long-term goals spelled out? Care to share? I always look forward to see what you have to say when you write me. I wish you all the best Destiny.

Be Blessed.

