

* The Softer Side of Myself *

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I accept this reality: This is my Body.

I surrender to every This and Now.

My love lets in what fear shuts out.

I parent myself.

More and more I yield and make peace. As much as prison permits.

I drop "shoulds"; I make choices.

I always have a choice.

I walk freely on the earth.

I have power. I let go of the need to control.

I drop guilt: I deserve pleasure in all forms.

I increase my faith and all that I need comes to me.

I do what I need to do and trust the universe to carry me through this ordeal.

I have what I need and need what I get.

Whatever happens to me is for me.

Now I have the intuitive vision to see:

Where I held on and thereby was held back.

Where I can let go and thereby go on.

Where I said No and thereby interrupted my journey.

Where I can say Yes and thereby advance my journey.

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