

# My Valentine's Invitation: Write a Sweet Love Letter to Yourself (Here's Mine)



**Valentine's Day** is always a contemplative day for me.

It was the day that my marriage came to an end and *my new life began*.

So, on this day, reflections on love, life and my relationship to it always brings about some quiet contemplation in me.

I asked myself whether I'm lamenting about not having a partner to share my life with and I keep coming up with 'no'.

I would enjoy being with someone who is of like values but, I'm not lonely. Almost never do I feel lonely, although certainly there are times I wish to share the joys and terrain of my beautiful life with someone.

I looked at my hand with the ring that I got shortly after my

marriage ended. It is a gorgeous, big labradorite stone that we had bought me for our ten year anniversary. But, with resizing issues, I received it right after my marriage ended.

It has always represented *me being married to me*.

[Labradorite](#) is a power stone used to banish fears, break through illusions, and develop intuition. It helps actualize goals and dreams through the trust of oneself and the Universe. As I wore it, I noticed that I had begun to take in the healing elements of the stone. I was becoming more intuitive, more trusting, more deliberate in creating dreams that excited me.

I looked down at my gorgeous ring and heard that beautiful rock tell me to write myself a love letter. So, I wrote.

I noticed my hesitation about sharing my love letter with you...

The nature of a love letter is that it is unabashed in it's adoration, it is syrupy sweet and void of any 'objective' look. It is to make the receiver feel like anything that is remotely awesome about themselves would be willingly shouted from the rooftops. Valentine's is not a day to hold back. It is a day we practice less holding and more exuberant 'unqualified' expressions of love. And like any good spiritual practice, the goal is to make it a way of being.



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On that, I share with you my unabashed, syrupy sweet, adoring love letter to myself.

*My Darling Valentine,*

*Do you know how incredibly beautiful you are?*

*Your shining eyes so full of love, power and vulnerability make me soften into me. I can feel your invitation for me **to be all of me.***

*I can hear your distinctive laugh – which you readily bubble over with even at the most inappropriate times. I love how you can see the humor of the gods in life's happenings.*

*I love the way you drape your body and celebrate your curves in honor of the Divine Feminine. Others relax into the beauty of their bodies when they see your enjoyment of your own.*

*No space is the same upon your entry. You enhance the space. You need not do anything. **Your being-ness is felt.***

*I love that you show your flaws. It makes you even more loveable.*

*I love your feisty, your gentleness, your smarts, your stubbornness, your dichotomy.*

*I am enchanted by your child-like mannerisms which makes me want to listen to your wisdom.*

*I am awed by the words that escape your lips without filter. In that, you deliver to me a poetic handbook on life.*

*I love your lust for learning. And equally, your content at 'not knowing'.*

*I love that you **choose truth** over acceptance.*

*I love that you trust yourself and Divine to say 'no' to the obvious good thing and 'yes' to the not so obvious good thing just because it feels right. I love that about you.*

*Just when I think I know you, I realize there is so much more of you to unveil.*

*And that delights me.*

*Keep unfolding.*

***You are at the beginning of your bloom.***

*I love you wholly and eternally,*

*Me*

Now it's *your* turn. What would an unabashed, syrupy sweet love letter to yourself say?



*Farhana Dhalla is a #1 Best Selling Author, International Life Coach & Speaker, and Creator of the transformational Thank You for Leaving Me Journey. She is the visionary and leader of the enlightened divorce movement and the ultimate 'go to' person for shifting perspective. As a 'suddenly single mom' to three small children, she intimately knows the overwhelming fear and pain – -and the liberation of stepping into the highest version of oneself.*