

Yesterday I was writing about this important topic of our feelings. As I said it is very important to see and feel them without our mind interfering. What do you feel? When you see your feelings I would like to ask you to accept them. This is the next step! You can say, yes, this is me. At the moment I am angry, this is my feeling and I accept it. It is very important to accept your feelings, to accept yourself. Only if you accept yourself you can respect yourself. Be proud of who you are and what you have inside! Each of these steps is important because only if you respect yourself you can love yourself. And only with this love to yourself you can give love to others and receive love from others. Then you are open for this universal love. Accept yourself, respect yourself and love yourself!

A handwritten signature in green ink, appearing to be 'L. M. G. H.', enclosed within a green oval shape.