

Topic: ANGER

My child:

Hello once again my child. How are you feeling on this day? I hope your doing good but there is an issue id like to briefly discuss with you. I have been noticing lately that you have been keeping your emotions and feelings bottled up inside. Now I am sure you are aware of the harm you can cause yourself by doing that if not let me remind you. It is not a good thing to do because if you cannot express yourself eventually it will start to take its toll on you physically. Not only will you decrease your chances of being happy but you will also decrease your chances of trusting or loving someone special who wants to help you or possibly love and care for you just as i do. If you do not express yourself you will start to block me out and i will not be able to enter your heart and provide guidance and enlightenment for you. My child i gave you a mouth and a mind with ability to think freely so that you may express your emotions and the way you feel towards anything Of course there is a proper way to express yourself. Express yourself precisely, audibly, and without the use of profanity. There is such a vast abundance of so many words that you can use to express yourself. Why limit your vocabulary to profane words when there are so many to choose from. Listen to me my child express yourself, your emotions, your feelings, thoughts, ideas,anything. Just do it in a proper manner and your life will be better than before. Allow me into your heart through prayer and faith and i shall help you express yourself. This i promise . But please my child do not hold it in. Do not harm yourself, i do not want you to hurt yourself because that would bring such sorrow to my hear my love. Please remember my advice and take this letter with you. Whenever you need me just pray and read over this letter and these seven important words i have for you. I AM HERE AND I LOVE YOU. I will always love you child and i hope you will always love me as well. Together we can do anything.

Love Always,
Your Father, God