

Letter of Healing

Reconciliation is a beautiful process. If it is such a beautiful process, why are you often so scared to take part in it? Why do you long for forgiveness but hide from the opportunity?

Use the notepad to write a letter of healing. Perhaps you have a relationship that has never been healed. Is there a person you have hurt and would like to heal? Is there an experience or event that has caused you pain and not been resolved? Is there something within yourself that needs to be addressed and healed? Write the letter to yourself or another about an event or experience that needs the love of healing. Seal this letter in an envelope; it is up to you to choose to send it. You may choose to just mail the letter with no address on it to experience the sense of freedom (especially if it is written to yourself!).