

A love letter to yourself

Every woman should realise their uniqueness.

By Aditi Maheshwari

You are not always the best at expressing yourself to others because it entraps you into feeling guilty for outperforming or not performing or simply because of compromising things you know you shouldn't have. But I want you to give yourself a chance to see who truly you are. There is something incredible inside you wanting to be acknowledged by you – only you. Nobody has the power to see you the way you see yourself, so don't let this incredible authority go unravished. I can promise you a truly rewarding experience when you exercise this simple and readily available opportunity to unleash your true self.

Love letters have always been a magical and heartfelt experience shared by lovers. Be your lover and write a love letter to yourself. Acknowledge your true essence. With a mixture of humor, scathing honesty and tenderness and the

simplicity of bursting at the seams dreams that cradles so many desires and passions, surprise yourself with the authenticity required to live your true self. You will eventually see the underlying courage to be executed to attain limitless freedom of expression and authority.

Give your heart back to itself. Peel your mask. Feel long across those words, make sure they are real. A true love letter will ignite a process of transformation within you. It will drive you to live an authentic life where you enjoy feeling liberated and happy being yourself.

Love letters are a lost art in today's time of instant messaging and emails, yet there is a special power when you write on paper in your handwriting. It does not only clear clutter of the mind but also builds a special understanding of things as well. You don't need to be formally inventive or intellectually expansive when writing to yourself. The mere simplicity is rewarding and exhilarating. Moreover, when we write things down, we increase the chances of achieving them. You can read them numerous no. of times and it will act as a reminder to make decisions based on self-love and not the manipulation of the true self.

You will soon discover your self-worth and what you are truly deserving of. You will realise what makes you unique. You will set healthy boundaries while dealing with others. You will start to nourish yourself better. You will start taking care of yourself. And slowly and steadily your new vibe will attract only the best things, people and circumstances to you. So empower yourself by walking through the doors you once prayed would open.

