

Permission Granted

I give myself permission to breathe. And just be here in this moment. I give myself the right to be me, to embrace this time, as mine and mine alone. To inhale today the breath of hope, resilience and inbuilt ability to cope. Letting go of all fretful worry, of yesterday and tomorrow. Feel my whole being, immerse in bliss, relax my mind. Direct my head to connect with heart. Fuse thought with feeling, and appreciate my unique self. I give myself permission to nurture, my inner child. To reach out and, hug the child inside so tight, fully secure in knowing, that in all the maelstrom of life, I am doing good, I am holding my own, I am a loving beautiful person. There is only one me. I acknowledge the right, to say aloud every day, that I can and do, accept myself, as I am in this moment. I accept my imperfections. I accept my strengths. I accept that life is for real, and today is a gift for me, to give to myself, those I cherish, and others I meet. So long as I have breath to breathe, I value the imprint on life made by me.