

You are Wonderful

Heart Thought 13, 25/3/08

by Nicholas de Castella

You are an amazing being. A most remarkable expression of creation.

You are special.

You are unique in all the universe.

The fact that you can read this makes you a most extra - ordinary being.

You are fantastic, just the way you are.

You have a unique gift to give this planet - YOU.

Your being here on Earth is not by accident, you are an important, and indeed essential part of creation unfolding.

You are beautiful and perfect just the way you are.

Your friends and family love you not because you are bright, clever, attractive or sexy (though you maybe some or all of these). You are loved for the being that you are.

When you focus on people you love, you will feel the love in your heart.

There is nothing you can do to be more lovable, you can not earn it, or do anything to be worthy of it - you are already beautiful and totally lovable.

All the love you need is available to you, right now... in your heart and around you.

You are important.

What you think is important.

What you feel is important

What you want is important.

You are a divine magnificent expression of life.

You and I are separate and different, connected and the same.
I honour both.

Thank you for being who you are.

Thank you for being here.

I honour and respect the beautiful and unique person you are.

Institute of Heart Intelligence

P.O. Box 198. The Basin 3154 Ph 03 9739 8889 Fax 03 9739 8885 www.eq.net.au info@eq.net.au