

Hello sweet kids, parents, siblings, friends,

This is an offering of something of great value to you - included is a link (at the bottom of this email) to a Commitment to be read in the mirror to oneself every day.

I wanted to send it in the run up to Christmas. We can make a commitment to ourselves and each other to read it and live it. Just commit to doing this until Christmas Day (so your mind doesn't go completely nuts) and I challenge you and myself.

The more discomfort you feel when reading it means you REALLY need to read it and live it. Whatever feelings come up just breathe and let yourself feel it and continue reading it. We have to be willing to release the crappy feelings to uncover the beautiful ones that are always here.

I think this is the perfect time of year, the season of LOVE to actually get in touch and experience it and realize it is what we are deep down. It is VERY powerful. It carries a "vibe" that really is so uplifting and life changing. I have been doing it for a few weeks and I think it is so powerful in how it shifts your perception of yourself, your life, the world and what you are here for.

When I first saw this, I felt uncomfortable because I wasn't used to such sweetness for myself and I thought it was a little too "Mister Rogers" for me. That reaction, I have found, is an indication of just how jaded our culture has made us. Imagine, we are more comfortable with sarcasm, put downs and nastiness to ourselves than with love and kindness. Interesting.

Print it out. Just DO IT and see what happens, what opens up for you. Really. Should you decide to accept this challenge, e-mail me each day after you have read it to yourself and I'll do the same. I know ... I can hear the groans already. Beaucoup love!

http://www.whyagain.com/media/First_Person_Commitment.pdf