

Good morning Tweety:

I thank you for being honest about why you were distant.

You observed me being critical of your friends, and you witnessed me imposing my beliefs on others, you experienced me being critical of your and Alexander's eating choices, and that I "always" take the opposite position no matter what you share.

I woke up realizing that you must feel attacked, judged, criticized, and unsupported when we communicate.

How do I know that? It is exactly how I feel when I mention my spiritual friends and colleagues, when I bring up spiritual topics, and when I share experiences of my spiritual life.

I apologize again Tweet as I was not aware that I was doing to you exactly what I dislike the most in my communication with you.

Now that I am aware, I commit to see the best in those whom you have in your life, to honour your choices, to offer love and support and to be a sounding board as you need.

If you notice I am falling into old patterns please remind me gently so that I continue to grow and deliver in my commitment to you.

You and I deserve this level of communication and support from each other.

I look forward to us both feeling supported and valued in each other's presence even though we experience the world differently.

I am very grateful to have you in my life.

Tweetie