

My dear daughter,

You are the best idea God ever had. Maybe you already know this, but maybe you don't, so I think it's time I put some things into words. If you're uncomfortable with the term "God", let me say it another way: "You are the best idea Infinite Loving Intelligence ever had."

It may not always feel this way, life being what it is; so many ways to imagine yourself a mistake, so many chances to believe the negative judgments of others. I know how it is because I've been there, and that's why I'm writing this letter. I want you to learn what I've learned, only sooner and better.

You have everything you need, the opportunities, the self-awareness, and the compassion, more than any other group of women in history. Yours is the generation facing the existential challenge. I know it can be a difficult thing to fully appreciate, but courageous women have fought and sacrificed so you can enjoy this freedom. Acknowledge the price they paid, say "thank-you" and get on with it. The runway is clear.

What you become, how you experience yourself in relation to Love and how you impact your world, is now up to you. So spend time in the peace of your silent mind. Listen. Feel the freedom. Sense the subtle openness and the ground beneath you. Be awake to your options. You have choices to make, and what you decide will be a statement of your Identity.

Develop a healthy understanding of humility, and forgive quickly and completely. The ability to empathize with others and relieve commonly-held pain are some of the most valuable habits you can nurture. Your life will be a joyful adventure without the burdens of a victim mindset, cherished wounds and long-held resentments.

Expose assumptions that limit you. Don't accept them but don't push against them either. Ignore them entirely and seek out direct experience, examining the forgotten and the disowned. Explore the deepest parts of yourself. Don't be afraid. Be courageous. Be honest. And then be courageous and honest again. Trust in the fundamentally benevolent nature of your being.

Don't get small in response to abuses as though they control you. Beliefs imposed by others may be powerful, but even powerful beliefs are just beliefs. God is bigger than any concept conceived by man, so become acquainted with this enormous God, a God Who Loves you in detail and without condition. Enlarge your sense of Self by *identifying with this Love*.

Learn to honor yourself even while surrounded by people who will almost certainly misunderstand you. You don't have to settle for the definitions of an unimaginative world. Assume that better definitions exist and go find them. You're a creative genius, so allow inspiration to move through you. Create something original, something beautiful.

Respect this creative power that comes with being a woman. This is where so many young women lose sight of themselves, getting lost in the reflection of a man's sexual desire. Be at home within yourself and don't settle for anything less than a love that honors *all* of you. You have the power to influence the world for good or for ill, so take this responsibility to heart.

I know how tempting it can be to focus on material things; approval from others, the perfect job, a beautiful home, the evidence of a good life. Outward circumstances will grab your attention, but I hope you reach for much more than praise and material gratification.

I once thought fulfilling an outward criteria would satisfy my soul. It took me a long time to learn that what I truly longed for was an awareness of my innate goodness, the experience of myself as forgiven, and a relationship with a God Who loved me. I learned the Truth, the experience of a Love that includes *me*, by entering that Truth from within myself.

This is what I want for you. Always remember, you are innocent, powerful, beloved and free. *Every good thing lives within you. You are* the best idea God ever had. You have amazing things to do, a blessed life to live, and I believe in you.

You've got this, Mom.

