

Mother,

I need to heal me regarding you so I can live my own life in harmony.

You are the channel through which I chose to live this physical experience. I chose you because you were perfect for me. Thanks Mom, you did a beautiful job I now know, because I see the whole story, and yet there is so much I do not know about you, all you carry, all you have suffered...

My internal, wounded child has been very resentful of you all these years. I closed my heart for a long time. That, unknowingly, has kept me tied to pain that I no longer want in my heart

I'm not a victim of you because I know you did the best you could with what you had and knew. Now I am free to grow, evolve and reconcile with you.

I recognize the wounded child in me and I learn to give her all the love and acceptance that she did not receive in the way she expected it.

I distanced myself from you believing that was going to help me avoid the pain, the pain of not feeling loved as I am, of not feeling enough; it has made me go around the world looking for a love, an acceptance and approval that nobody can give me and that has made me suffer a lot.

I have lived demanding love constantly through "being good", "being perfect" putting myself last, "giving more", seeking approval, allowing abuse, staying when I should leave, achieving professional recognition, depending on what others say or think about me, etc, etc ...

Today I am determined to comfort and heal my wounded child.

For this I not only need to but I choose to reconnect with you because through you is the way I reconnect with life and with all my inner strength.

I ask the Highest to help and let me see the woman that you are without judgment, to be able to see all your decisions without judgment and to be able to accept you as you are without it hurting.

To the extent that I accept you, I reconcile myself, because you are the seed from which I was born and through which I unfold all my potential.

'Mom, you and I are one, Mom you and I are one, Mom you and I are one.

I'm not bigger than you, I do not condemn you. You are the Ocean and I am the river that is born of you.

Life and Mother are greater than I and in front of you all that remains is to accept and surrender with humility, the best disposition. And I do so now.

This is deep, inner work which I do every day. I accept you in my heart with all your defects and your virtues. Without any expectations, without waiting or wanting you to change, or wanting you to see me, or recognize me, I do this for myself and for all my offspring.

I honor you and respect you as you are. Thank you for giving me life. I honor your life as it has been. I honor my life as it is.

I no longer am resentful in solving your problems, I leave you with your own burdens because I know that you can deal with all the circumstances that you have chosen in your life.

I free myself of all your burdens that do not correspond to me and I am free to focus on my life, my projects, my desires. I focus on me and my inner child begins to calm down, I am no longer thirsting for love, affection, recognition, approval and attention.

I develop my own love and my heart fills with joy.

I heal when I stop wanting to change you. My energy is no longer focused on that, I am focused on living my life. The life that belongs to me.

Mother and life are united as one, there is not one without the other, to take and accept Mother is to accept life without judgments. It is to say Yes! to life, Yes! to self care, nutrition, tenderness, friendliness, gentleness. It is a Yes! to a greater love for myself.

I promise you that I will be a happy person; I'm going to love myself more than anything in this world and I'm going to enjoy my life to the fullest. That I will always surround myself with people who love me, respect me, value me and give me my rightful place. That I will believe in myself and be aware of how beautiful, talented and wonderful I am. That I am going to make my dreams come true from my greatest joy, freedom, passion and appreciation. That I will live abundantly, connected with my inner guidance, making the best decisions for me.

I take Life. I honor you and bless you, Mother. You are the big one and I am the little one. I ask your permission to choose differently. I am ready to change the history of all our lineage and to take responsibility for not carrying forth that which is not LOVE.

Mother I am happy to be who I am, I love myself with all my heart and I enjoy immensely being alive.

Thank you for bringing me to this world ð

Thank you, Thank you, Thank you.

Me.