

A Letter of Love to My Daughter

My dear daughter,

It is with the deepest love, respect, and desire for you to live a happy fulfilling life that I write these words. Although I diligently try to be there for you, I know that I will fail at times or not always be present as you face life challenges. Hence this letter.

Your challenges are not mine. As a teenager, I did not face the same issues you do, most importantly how social media has complicated the process of maturing. However, there are enduring elements that cultivate happiness and peace in your life.

This is what I wish for you:

To know that you are enough. Nothing that you can do to change yourself will make you more than enough. You are already there- changing your body, making better grades or having different friends does not change that you are already enough. Run, don't walk, from people who suggest you are not worthy, especially romantic interest.

To resist comparing yourself to other young women. You are unique in every way- how you think, feel, believe and create. No one's uniqueness is more valuable than yours. There is no race.

We all have equal value. Try to rejoice in the accomplishments of your fellow woman as envy will erode your sense of self.

To appreciate your failures. Failures are necessary to truly understand success. Failing with a sense of graceful acceptance is the true gem of trying. Forgive those who fail you.

To lead with kindness and gratitude in your life. Greed, mistreating others and "getting ahead" mentality distracts from living an ethical life filled with compassion, love, and truthfulness toward all living beings and mother earth. Quite simply, each day rise to the mantra of treat others as I wish to be treated.

To cultivate your spiritual life. Find it, protect it, and spend time enriching your relationship to the divine, once you have it figured out.

To take time to figure out who you are. You will find this best in the silence of not doing. You will learn to listen to what you feel, believe, and want in those moments.

Much love,

Mom, Dad, or both