

Mom's Send Off Letter to Young Adults

You will create the world you experience with your thoughts. They color everything, so choose them wisely. **You will not become a better person by beating yourself up in your thoughts.** You must always be gentle with them. Some of the things you think are absolutely true are really just toxic fiction you grew up with. If a thought doesn't make you feel good, turn it around to its opposite. Look for the truth there. That's where you'll find it, I promise.

Life will be easier for you if you can let go of everything that makes you feel stuck in sadness, judgment, or hatred as soon as possible. In fact, **letting go of everything is one of the secrets to a happy life.** Let go of the inconsiderate remark of a friend, or the stupid move of the car in traffic, or the misunderstanding with a colleague. Just as they don't know what's going on inside of you, you have no idea what private battle they may be facing. That doesn't mean you allow anyone to treat you badly; it just means you give a little grace for not knowing all the details. You may need to set a boundary, but you don't need to wage a war. Let all of life's moments pass through you like a soft breeze through the trees.

Spend some time alone in silence every single day. If you can do it outside, even better. Five minutes can be enough on some days. Twenty minutes is optimal. And on occasion an hour can be transformative. You don't necessarily have to sit in meditation. You might sink into the quiet wisdom of your soul while doing the dishes or going for a walk. Your intuition will improve and your spirits will be lifted. Your own guidance will eventually bubble up to the surface when you practice this enough. Trust it.

Move your body out of love for it as often as possible, not out of punishment for it not being exactly as you wish it to be. The better you treat your body with movement and nourishment the better it will treat you as you grow older. Your body is a beautiful vehicle that takes you everywhere you want to go. Treat it with kindness always.

Don't be afraid of your feelings; own them all. The big and raging ones, the small and quiet ones, welcome them all. They are there to inform you. If you allow them, they will become trusted guides. They are all temporary, and you are big enough to hold them. **Fear will almost always be along for the ride and that's OK.** It can ride shotgun, just don't let it take the driver's seat.

Your problems are not problems. They are opportunities for you to discover more of who you are and who you want to become. Life is always happening for you, not to you. Try to see them as a puzzle, not a prison. You will often find the answer when you quit really looking for it. **When unsure of anything, simply follow your curiosity.** It will always take you someplace new and fascinating. Don't make any major decisions when you are tired, angry, or scared. Wait for a moment when you can find some peace.

And don't be afraid to change your mind or your beliefs. I have a completely different view on most things I was trained to believe years ago. This isn't being wishy-washy. It's growth. And **growth is never a straight line.** It's circular like a spiral staircase. Accept that this is part of the process of life, too. Life is constant change, and change is often painful because that's how we grow. They don't call them growing pains for nothing. **Pain is the wrapper in which many blessings will show up.** Sometimes all you can do is sit with the pain, give it space, and wait for the gift. It will come but you will have to look for it.

Lastly, **trust your heart over your mind.** Every. Damn. Time. Your mind will overthink and try to rationalize. Your heart will simply know. If it doesn't yet, give it a little more space. It will. **Your heart is your truest compass.** Learn to keep it open, especially when it wants to close. Trust yourself more than any outside source, including me. Don't let the world tell you who to be. Be yourself and the world will eventually catch up.

I wish I had the wisdom to pass these things on to you as you were growing up, but I hadn't yet learned them myself. Know that love was always my guide, and I did the best I could with what I knew at the time. **Life is so generous.** It brought you to the world through me and for that I am eternally grateful. Thank you for being my best teachers.

Love,
Mom

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