

The letter for – *When She's Hurting*

Hey lady,

Oh, I'm sorry to know that you're struggling right now. It hurts my heart, and, I'm here. I may not understand your struggles or your pain, but I don't need to to be right here with an ear or a long, firm hug or a reminder that you and your experiences matter to me.

I don't need to understand your struggles to envelope you in support and compassion, and so much love. No, I can't fix this for you, I can't crawl inside your heart or mind to soothe the hurt or mend the broken or right your compass. I can't fill your lungs with long, deep breaths to calm you. I can't sink your feet into the earth to ground your body in the here and now. How I wish I could, but while you do the work you need to do, for yourself, while you learn life through this experience, I am right here, holding space for you and believing in all of the wonder and magic and possibility inside of you. My hope is that you see the sparkle of your wondrous self in the dark very soon.

Love. Always, love.

@ladyloveletters