

Appendix B

A Letter From Your Future Self

Read this letter from your future self as a way to tap into the resonance of what your life will be like when you have the dream. Feel free to change this letter to feel/sound more like yourself.

Dear _____,

This is your future self, writing this letter. I wanted you to know what it is like to live the life you always dreamed of.

Well, in one word, it is *fabulous!*

Did all of your intentions come true? Well, maybe they don't *look* the way you might have pictured them. But the essence *did* manifest...on every last one of them (and some of them turned out so much better than you'd even imagined)! Oh...it is wonderful.

Life is very sweet right now. Worry and doubt have become things of the past. I enjoy every minute of every day, savoring the moments with my friends and family, my work, my hobbies and myself.

The abundance and prosperity that have filled my life were easier to create than I ever imagined. And the love, oh the love...it is more wonderful than I ever dreamed.

I move through my life with such peace now. I have learned to trust myself and my universe. Knowing I am always safe and can always create what I want allows for a beautiful calm and sense of safety that I never knew existed.

I love and respect what I have created. I take better care of my body, my loved ones and even my things. I am grateful for everything in my life.

I feel joy, love and satisfaction with my world all of the time now.

You are going to love it here! (And a little advice...if you feel these feelings now, you will get here even sooner than I did!)

With love,

Your Future Self

A note from Boni: For weekly messages from your unseen friends, delivered to your inbox, visit: <http://www.livealifyoulove.com/email-sign-up/>