

Yesterday I said that if you need something to occupy the mind with, you could do something that you always wanted to do. What are these kind of things? Many people tell me that in their retirement they can now finally do things that they never had time for but had always wanted to do. Others tell me that after a healing they finally had the courage to do what they had always wanted to do but never dared. In spiritual healing sessions I even hear that people say after breaking up that they now could do what they had always wanted to do. More positively people tell me that finally they could tell their partner what they had always wanted him or her to know but which they never told.

So the reason for not doing or not saying things that you actually want to say or do is fear, lack of courage and maybe a lack of time. For the argument of time I have to say that you should always find time to do what you really want to do. You should not push things to 'another day' or a later time if you really have the wish to do them. Take care of yourself, take time for yourself!

And also have courage to do something for yourself. Have the courage to do what you always wanted to do. Otherwise your life is over before you got to do it! Life is short, you need to live it! If there is any wish in your heart that needs to be fulfilled, do it! Say it! Make it reality! You are the one in charge of your life. Love your life and live it!

A handwritten signature in green ink, appearing to be 'V. Singh', with a large, sweeping underline.