Dear Human

You've got it wrong. You didn't come here to master unconditional love. That is where you came from and where you'll return. You came here to learn personal love.

Universal love. Messy love. Sweaty love. Crazy love. Broken love. Whole love. Infused with divinity. Lived through the grace of stumbling. Demonstrated through the beauty of... messing up.

You didn't come here to become perfect. You already are. You came here to be gorgeously human. Flawed and fabulous. And then to rise again into remembering.

But unconditional love? Stop believing that story. Love, in truth, doesn't need ANY other adjectives. It doesn't require modifiers. It doesn't require the perfection conditions.

It only asks that you show up. Do your best. Stay present and feel everything. That you shine and fly and laugh and cry and hurt and heal, and fall and get back up, and play and work, and live and die as only you can do.

It's enough.

- Courtney Walsh w/edits by Lyn