Practice 9.1

Write lots of Love letters

Set your alarm clock or timer for half an hour and write lots of love letters.

Just keep on writing love letters of any kind. Use all the assignments you had this Course and you might even find some new one…. Just write, don't think! End the one letter and start the next, let yourself go in the total writing expression of Love pouring from your heart, flowing through your arms on the paper on or the computer….

When the alarm goes, stop and stay a few moments in silence and sense your energy, sense your body, sense your heart. Then bow to all the people that you have been writing too!

If you want send the love letters to the people they are meant for. Or send the love letters to love@outrageousloveletters.com