

Are you a wounded warrior?

Dear Wounded Warrior,

I realize there was a time when your heart was wounded-A time when you closed your heart. A time when the shield went up to protect you from the perceived pain- a time when maybe you forgot how to give and receive love.

Perhaps this wounded heart led you to believe you were not good enough or not truly worthy of love- perhaps everything after that point became a mission to either avoid feeling again or to prove you could be loved. I see now that your heart is in a glass cage.

I feel your fragility, wounded warrior; I feel your pain and see your vulnerability- no matter how hard you are trying to keep it hidden. Your harsh words, your need for control and your pushing me away are all signs of your pain. The decision led you to forget yourself, you are lost, wounded warrior.

I get now that this decision of "lack of worthiness" created your fear. This fear has created anger, despair and loneliness- there is a bubbling rage within you-a frantic energy waiting to be set free.

I see through you, wounded warrior, you are transparent. Put down your shield and open your heart again- aren't you tired of the fight? With your heart in a glass cage you cannot feel what is around you- the numbness is blinding you from the truth. Because, my darling warrior, the truth is **YOU ARE DEEPLY LOVED AND HAVE A GREAT WORTH WHICH**

NEEDS TO BE SHARED WITH THE WORLD. You are needed and all the protection is just getting in the way and holding you back.

IS THIS YOU? ARE YOU THE WOUNDED WARRIOR?

DOES THIS WOUNDED WARRIOR EXIST IN ALL OF US?

Let's put down the shield, break through the glass, connect back to our true essence-in our essence lies our ability to truly feel and express love, in our essence lies our courage, our true strength, to stand our ground in calmness and wisdom rather than the fear of a soldier. Set yourself free, let your heart out of this prison, feel, love and be happy.

"A warrior does not give up what he loves; he finds the love in what he does" Dan Millman the peaceful warrior