



Letters From the Heart



Kenny and Julia share their unique perspectives on how to create a loving relationship.

E-mail your question to Kenny & Julia now!

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Kenny writes: We must print this prayer prominently on our web site! It's fantastic! So many people need to use it.

What I Ache For...

I ache to be wanted instead of needed
 I ache for my eyes to be met and held for more than a split second
 I ache for a strong, silent hug that doesn't let go in such a hurry
 I ache to be seen through the eyes of one's soul instead of their head
 I ache to touch and be touched with uninhibited passion and honesty
 I ache for my heart to touch another's
 I ache for my heart to be touched by another
 I ache to share moments without words, yet know that Love is speaking
 I ache to sing my heart out
 I ache to move my body and dance the spirit within me with abandon
 I ache to speak what's in my heart without judgement, ridicule or misunderstanding
 I ache for a kiss that touches my soul and not just my lips
 I ache to laugh like my daughter
 I ache to cry like my daughter
 I ache to feel joy like my daughter just for being who she is
 I ache to connect
 I ache to make love to a whole person; body, mind, and spirit
 I ache to be ached for
 I ache to know that everything I ache for is okay and normal and healthy
 I ache to share the beauty, wonder, and magic of my soul with one who can love
 not fear it
 I ache to be loved for being me
 I ache to live authentically
 I ache for the courage to set myself free
 I ache for and ask God to show me how
 by Heather Fraser - Dundas, ON Canada

Read Past Letters From the Heart!

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