



What if the exhilaration you feel when you are in love is simply the heightened state that occurs from being able to express more of your innate essence without restraint?

What if the object of your affection is more accessible than you imagined?
What if the source of your adulation is you?

Acept Who You Are is a bold and beguiling love letter written with the intent to woo you into falling hopelessly and inexorably in love with yourself. Being a fractal of Source energy – it asserts that you are love. So, to fall in love is simply to let go of the illusory self, and unapologetically step into your most authentic expression. It's an invitation to remember who you were before the world changed your mind about who you needed to be.

Which is not to discount the heart-palpating excitement felt in the throes of romantic passion. But can the world really know and love you, if they are clueless to who you are?

I do not mean the people-pleasing, affable version that titters at the mere whiff of a compliment, or winces inwardly at the slightest hint of reproach. But who are you when the curtain recedes, and you're no longer play-acting to someone else's script?

Who would you be if you were to relinquish the subconscious programs of self-doubt, shame, guilt and unworthiness that cause you to seek external validation from others, and chased illusory notions of romantic love to fill a void that could never be filled by anyone – but yourself?

