

A Love Letter to My Body

by Aliyah Alexander – May 2018



My dear loving body/mind, my precious vehicle for this lifetime, you have served me well. Thank you for being a body with so much endurance and so much forgiveness. I am humbled at your service.

You have taken so many insults, so much abuse, and you have met it all with so much grace. You have had your bones broken, twisted, forced to go beyond your capacity, but you have served us well.

You grew two of the most amazing children I can ever imagine. And from them came amazing grandchildren, and perhaps there will be more. I, Aliyah's soul, will be watching, listening, ever giving my two cents, but always loving.

You have weathered quite a curriculum to teach me how to better love and that I am worthy of being loved.

The former, I came wired with that ability, but the latter was more hard-earned. I guess that is why it's called a "curriculum."

You have fulfilled your Sacred commitment to me with generosity and grace.

I release you with loving gratitude.

You are free to do what bodies do. You have served me to the utmost
and I can't imagine any better body to carry me through this life.

I will not force you to eat when your system does not want to digest.

I will not trick you with medications.

I will let you shut down with as little struggle possible. I will help you let go.

If my mind pushes me beyond your limits
because I am plagued with guilt or the unrealistic belief
that you are necessary to lessen others' grief,
I will not abandon you.

I will help you let go of needless suffering
with whatever resources I have available to me,
with the same generosity you have afforded me.

Our shared mind has served me well.

It helped me be the first in my family to have an advanced degree,
which I was able to use in service to others.

What better joy in life can there be?

You helped me strategize an impossible curriculum with impossible circumstances...

without you I could not have lived alone, unable to move from the neck down
for as many years as I have, touching so many lives along the way.

I learned to receive love, and an even greater challenge; I learned to ask for help.

Without body and mind, I would have left long ago. We did really well together!

It is almost time to completely let go,
to scatter joy to the earth, the air, and water, especially the water.

We can know that we did what we came here to do.

We can let go and let Love.

This appeared in the May 2018 issue of Aliyah's blog:

<https://aliyahonline.wordpress.com>