



INNOVATIVE
JOURNALING

A Course on
How to Write A Love Letter





Created by **Innovative Journaling** for the purpose of deepening your relationship/s with loved ones and for brightening your life

Table of Contents

Chapter I: Love as an Art & Science

1. Love Letter History
2. Examples from the Past
3. Modern-Day Love Letters

Chapter II: The Traditional Love Letter

1. Essential Accessories
2. Empathic Connection
3. Love Letter Construction

Chapter III: Power of Self-Love

1. Exercise: Write a Letter to Self
2. Exercise: Journaling Methods for Self-Reflection
3. Exercise: Gratitude & Guilt Release Writing

Chapter IV: Love Frequency Communication

1. Love Notes
2. Messages
3. Special Occasions

CHAPTER I

Love as an Art & Science

[Faint handwritten text in a cursive script, likely a manuscript or letter, is visible in the background.]

1. Love Letter History

- **Date: 5000+ Years Ago:** Rukmini's Brahmin messenger by the name of Sunanda carries a love letter to the famous Krishna of the Bhagavatha Purana.
- **In Ancient Egypt:** The royal widow, Ankhesenamun, wrote a love letter to the Hittite King and Egypt's opponent, pleading with him to send one of his royal sons to Egypt to marry her.
- **In Ancient Rome:** Ovid the poet focused extensively on love letter mastery, delivering a particularly erotic energy in his "Ars Amatoria," the "Art of Love." He was known for his "Ovidian erotics."
- **In Ancient China:** Literary skill was viewed as a sign of high intelligence and also necessary for coherently constructing the "love" in love letters. Form, diction and tone collectively meant the difference between one becoming smitten with passion for the writer or dulled to disgust by dim smarts.
- **The Middle Ages:** A European formulized process for writing styles accelerated with the development of "Ars dictaminis." This methodology included the love letter and broke down its elements from the beginning to end.
- **The Eighteenth Century:** Love letter writing remained, taught as a skill, found within examples such as Richard Steele's Spectator.
- **And Wars:** During modern times, battles separated men from their wives as they had to go out to fight. The main way couples remained in touch was through the letter. Dangers at war prompted fear and deeper appreciation, knowing at any

moment their loved one may never be seen again. With pen and paper and more words than could likely fit, lovers poured out their souls and shared their days through this medium. It was the only communication form available.

With this brief timeline, we can see the **love letter existed as a way for people to share their affections for millennia all over the globe**. No matter the culture, civilization or time period, translating feelings into words and those words onto paper for another to experience has been consistent since writing's origin.

But why was this practice so pervasive? What makes someone want to write love on paper and give it to another?

The love letter's history sources from our human need to connect beyond the physical.

While romance may include physical intimacy, that desire to devour our lover in sensual embrace, we still possess a desire to connect in ways that surpass the material. We want to bond our mind to our lover's, for our lover to know our inner experience. We also wish to know what our lover's inner world is also like. An instant connection. A spiritual connection.

The love letter is romantic telepathy.

Unlike physical sex, love letter intimacy can cross time and space. It lasts longer than a phone call and more original than a phone's SMS.

We can write a letter now and mail it out, only to be received several days later. No matter when our lover receives that mail, the message remains in its authentic form along with all of its packaging.

Love letters inspire wonders and curiosities. If we know a letter is on the way, we may think about it, the contents. This keeps the romantic fire hot, the power of anticipation. The heart grows fonder.

If we are the sender, we may wonder how our lover's consciousness shifts from reading the words. Until then, in the middle ground of the unknown, a balanced blend of anticipation and patience are necessary to not spoil it. A healthy distance to allow the art to do its job serves the experience best.

Love letters can cross borders, cities and continents, and **only when both lovers know what it contains, when it is read by both are the lovers literally "on the same page."** They become of one mind frame in a long-distance conversation that does not rely on instant gratification like social media DMs can induce.

Welcome to A Course on Love Letters.

You have taken the first step in differentiating yourself as an artist-engineer of romantic conversation on paper. You will learn to become a scientist of the heart, a student of the romantic psyche, understanding your own and how to connect to your lover's.

2. Examples from the Past

Richard Burton to Elizabeth Taylor

Winston Churchill to Clementine Churchill

Frederick Wentworth to Anne Elliot (from *Persuasion*)

Juliette Drouet to Victor Hugo

Ernest Hemingway to Marlene Dietrich

Napoleon to Joséphine

Frida Kahlo to Diego Rivera

Georgia O'Keeffe to Alfred Stieglitz

Beethoven to his "Immortal Beloved"

George H. Bush to Barbara Bush

Ronald Reagan to Nancy Reagan

Henry VIII to Anne Boleyn

Vita Sackville-West to Virginia Woolf

Barack Obama to Former College Girlfriend

These are just a few examples of notable historical figures known for confessing, offering, sharing and strengthening their bonds through love letters. In some cases, the love was not returned while they were well received in others. Personal experience can reveal

to us that there is always risk in putting the heart on the line. Without that risk there is no chance of reward.

They did not Snapchat their affection; they used pen, paper and ensured their one-of-a-kind letter reached their lovers. The effort required to mobilize such an item, from mind to another's possession inspires on its own. The fact that so many people utilize it illustrates just how potent letters can be as a channel for love expression.

Personal History

Reflect back to a time in elementary or high school. Classrooms were not the ideal places to have a verbal conversation about love, so we had to make a way to share without being noticed. During those days where shyness was more prevalent, we might use a small note to send over to our good friends to discuss about a potential mate in the room.

"Do you like her?"

"Of course!"

"Why don't you just ask her out?"

"I can't do that!"

"Why not? Gotta take a shot!"

"She's just too cute! I can't look at her when I give it! Maybe I'll just slip it in her book. Wait, is my name on it?"

In more confident situations, we may slip a flirty note into our high school lover's locker since we may not see the lucky one until lunch.

In college, we may find ourselves using this same tactic in more assertive ways, with our own hand giving the note to our potential mate or the currently bonded in class, with a smile. And we were seen doing it too.

These days, we can simply send a text message to our lover and add an array of emojis to symbolize how we feel with the words.

With the iPhone X, We can now become the Animoji and take on the appearance of a character and speak; this is still sent as a digital message. The sister to the Animoji message is the selfie. Snapping a quick picture with our bae and posted with a caption on Instagram can suffice as a love message.

If we continue down this road, we will find throughout history to our present times, the love message is a consistent theme, a way for people across regional spectrum to communicate with those they romantically love. The method just changes forms and these new forms are lacking something.

But you are in this course because you have an interest in not just changing forms, to go with the times. There is something strange about this novel digital communication pinging you every hour on multiple devices. You sense that something is missing, particularly when it regards coming in touch with your romantic partner.

You see the ease of creating dating profiles and the copy-paste option to connect with all of the suitors in the same exact way. This sameness you see in your Emails, the texts and perhaps wonder whether anyone who ever sent you a message digitally put some thought into it.

You actually see the word "romantic" used less often. And "love letters" appear to be a thing best left to medieval times.

You recognize the idea of romance has been replaced with hookups and relationships that exist without the fire often aroused when partners are genuinely passionate about each other. When

was the last time you saw a couple that could not keep their hands off of each other and saw love in their eyes?

This intuition you are experiencing is a call for this course, where you will explore the depths of regaining or enhancing that very skill you are executing in a futuristic, digital form, separated from paper and thoughtful words matched with intention.

3. Modern-Day Love Letters

What do modern-day love letters look like? Do love letters exist in today's time?

Technological influence is quickly infiltrating industries and the literary space is far from protection.

Books are being digitized.

Newspapers are phasing out.

Blogs are replacing researched articles.

Texts are replacing in-person communication.

E-cards are replacing physical cards.

While this is the trend, you as a love letter writer, specialized in this craft recognize **the longer this trend continues, the more you will stand out by perfecting your art.**

The more people rely on text messages to reach out to their romantic interests, **the more you focus on organic writing.**

The more time users invest in swiping left and right on dating apps, **the more you will focus on being rare and valuable with word power and aesthetic.**

The more partners take the small moments for granted, forgetting the passion in anniversaries, **the more anniversaries you will create and honor them with love letters.**

You will recognize the more digitization penetrates those areas that originally were intimate between people, the less connection cultivates, and the greater your opportunity to **amplify your capacity to stoke your lover's fire with passion by being original and connected.**

Modern-day love letters need not lose their artistic touch. They retain their flair by being constructed with tools thought to be old-school, like writing under candlelight parchment or using a fountain pen or closing your message with a unique wax seal. In our information-distraction age, these methods may appear too time consuming. Our western society is at the precipice between infinite information and concentration deficit. This crossroad is influencing how we engage romantic relationships.

This course offers uncommon sense concepts and practices regarding the romantic love letter. Some of it may appear separate from the subject at hand, but as you progress your perception will broaden to see the full palette: **to love another, we must love ourselves, and to express that love to another in an art form, we must be capable of adorning a self-image that we love.** All will be seen as art.

Some of the principles we cover here:



Time is Money; Time is Presence

We know the business adage about each minute equating to potential profit. Let's explore how time also empowers us with presence. Wherever we are, that is where our presence is, and that

is the time being invested. Wherever our mind goes, we send our presence there and time invested along with it.

When forming love letters, the time we invest in creating it allots us the opportunity to focus on its creation. The more time we give, the more attention we can give, the more of ourselves we put into it, and the more of ourselves our lover receives through this form.

Slow and Steady Wins the Race

In the love letter realm, we step outside of the daily hustle. We focus on the details. Phone turned off. No computer screens. Distractions eliminated. Slow to choose the paper. Steady when burning the wax to let the ink plop on the paper. Delivering the letter with ease and confidence. No rushing your lover to open it. Showing patience to wait for the reaction. Slow and steady makes this experience a long-term engagement that can be cherished for years to come.

The Tortoise Beat the Hare

In the story, the hare was a sprinter, fast-footed taking great leaps, but this exertion was accomplished by using all of the energy at the start. This speaks to a lack of self-control, all impulsivity and no skill: all potential and no maturity.

The tortoise is poised, keeping a consistent pace, not shifting based on what the hare is doing. No external worries. From this space, the tortoise maintains stamina, knowing when and when not to push.

Romances that act like the hare burn out just as fast. Hare lovers spew out their desires without restraint in the beginning then the passion fades with regularity, and familiarity.

Your love letters will sustain through time if they embody the tortoise's consistency, the most recent as high quality as the first.

Discipline Marries Passion

In this romance style, discipline weds passion. They fuse so you release that unrestrained, creative spark into a form that is crafted with mastery. When your fire is tossed all over the place, it is less potent and will likely miss its target, your lover. Every word, every sentence structure, every choice made to create your letter is intentional yet unbound.

Resist the Shift

The E-cards are easy to produce. You can create a free account, select a premade template, add your words, choose the Email recipient and time the send. The E-cards may have music to choose from, animations or attractive designs.

The local market may offer wide selections, customized by occasion. It takes a few seconds to find your option. Handmade, witty words, it speaks your voice for you. For less than \$5.00, you have a pre-packaged love letter any person would appreciate.

Resist the shift. Resist the convenience. While stores, online and brick-and-mortar can offer these options, know they are not original. Each cuts you out of the vital creation process that will make your handwritten letter ever more impactful on your lover's heart. Just as time is money and it may cost a bit more to produce an original, you are investing not wasting.

Be a Love Letter Investor

You are investing. The time, effort, laser-like focus to create just the right letter for your lover is an investment that will bring you a return in the form of appreciation, expressed love, remembrance and distinction in your lover's eye.



CHAPTER II

The Traditional Love Letter

1. Essential Accessories

You are on the journey to becoming a skilled love letter writer. As with any profession, you need the proper tools to make your craft into the best expression of you. With instruments you curate, there is special attention given to every stroke as you pick up the pen selected, focus given to each paper you chosen, and enjoyment for the process of creating a letter so uniquely compiled its presence alone makes an impression.

Pen

Consider the pen you choose to write letters with. It should be different from your standard writing tool at work or for other affairs. Your writing instrument should have a comfortable grip and an appearance that speaks romance and passion to you.

What color do you resonate with? Which colors turn you on to think about love and passion?

Pen type also makes a difference in your experience.

If you use a roller ball style, the only component you need to consider is ink refilling through the tube. Ensure that your roller ball pen can be efficiently replaced with ink so you avoid having to repurchase the entire pen. Time will create history, and the many letters you write with this pen will cultivate a rich history you can reflect on over time.

Selecting a fountain pen will introduce you to a different maintenance experience. A multifunctional fountain pen can be filled with an automatic ink tube and also filled by ink jar. In both cases you will be writing with a unique nib, so you will have to decide on the nib's size. Each size will determine how thick your words write on paper. As you test them out, consider your personal

penmanship and how each size makes your words flow more effectively.

Pen Holder or Case

Have a special place where you keep your pen. This can be a leather case held on your hip or pocket or rolled up with a collection of other pens you use. Attentive care is the theme.

Ink

If you choose ink jars, there are a number of brands that can offer you opportunities to test how it lands on paper. Combine this process with nib size you gain a feel for how your letters may officially appear.

Ink color will be determined by a combination of your tastes and the occasion. Black is standard, but there may be times you will want to use a different color.

Love letters can look wonderful in black as well as red variants like dark red or velvet, depending on the paper you choose. Experiment with the colors that you connect with based on temperament and the romance style you aim to deliver.

Travel Ink Fillers

Ink jars can be bulky to travel with. For this reason, you can research travel ink fillers. They are vials that can house extra ink in case you run out from your fountain pen. Be sure to keep them in a safe place, as the vials are often glass or hard plastic and can crush easily under pressure or break if dropped.

Paper

With pen and ink choices made, move on to your paper. Many options exist, so you will want to consider a few details before deciding:

- *How would I describe my romance style?*
- *What feeling do I want to convey with the letters?*
- *What kind of reputation am I cultivating?*
- *If my partner received my letter without any words, what would the paper say?*

The paper will have a unique personality statement of its own and merge with yours as you write on it.

Size, texture and details are up for consideration. If you intend to write small letters for example, you would need a smaller size. If you need to write letters that can quickly be compiled and given, you would want a texture that does not smudge easily or paper that dries ink quickly. Designs on the paper, if any, can augment your messages.

If you prefer journals for your paper, ensure they are detachable so you can make clean removals without damaging your book.

Envelope

The envelope will enclose your love letter. It will be the first impression made when you give it to your partner. Like the letter paper, you will be served best by examining the envelope style you want combine with the paper. This can open a wide range of choices depending on paper and envelope color, texture and design.

Give additional focus to the envelope's size compared to the letter. If too small, you will have to fold your letter more times than you would have liked and this affects the folds influencing the reader taking in the message. Too many folds and the paper looks crumbled, out of order. If the envelope is too large, you can fold the paper with convenience but leave too much space, allowing the

paper to slide inside. You want the envelope and paper to fit just right, like a romantic relationship.

Wax & Seals

Wax is your seal of elegance. It closes your envelope, can exist at your letter's conclusion and provides your lover with the final, holistic branding of who you are and what you are sharing.

Seals can act as signatures and past family lineages, houses and organizations possessed their own seal. You would know you were receiving official correspondence by the seal, as no one else in the family had access or authority to use it.

The seal is the ultimate love letter detail and will immediately set you apart from others in your lover's life.

Seals can be purchased by initial, color, symbol or image and can be customized to your liking. The choice is yours.

If you choose not to use an envelope, you can also close your letters with the wax seal. Fold the letter neatly then melt the wax to keep it closed.

Fire

To melt the wax, you will need a fire source. Lighters are convenient as are candles. Some sellers provide wax without a candle's tip and while not a necessity, the fire tip enables your wax to melt more efficiently, concentrating the drip onto your target spot with more precision.

Lighters give you the edge of producing love letters while mobile while candles offer you the traditional experience, lighting the candle, observing the flame and writing while close to it. When ready, you can hold the wax to the candle, watch it gradually burn, aim the drip onto your page and then finalize the process with your special seal.

2. Empathic Connection

Empathy is a capacity with growing demand in all walks of life. From careers to family to romantic relationships, the ability to emotionally understand and connect to another person is viewed with respect and admiration. Through empathy we are able to form bonds, to relate by way of the mirror neurons. When empathy is active, we feel heard, acknowledged as understood. The individual is there for us. We feel supported.

When empathy is vacant, we may sense that our words fall on deaf ears. The energy we convey through emotions is not registered. Ultimately, a lack of empathy blocks healthy relationship building.

This is what makes empathy powerful in love letter creation: when our empathy is heightened, we are more attuned to the lover and can intuit what and how to construct the right letter at the right time, can sense when and how to deliver it and be prepared to engage our lover after it was received. Empathy transforms us into both creators and students in our relationships, learning in a love classroom where lessons are given daily for all partners to participate in.

With empathy, we are less prone to lashing out or reacting impulsively. We are more considerate and can better perceive how our actions affect the romantic relationship over the long-term.

Empathic connection will also make us sharper at assembling the instruments we cover in this course to produce love letters. You will find that originality, sensing and tailoring are at the heart of this skill, which can only be cultivated with a high empathic capacity.

Read Literary Fiction

Literary fiction differs from other forms because this genre directly focuses on the humanistic challenges people face with one another. There is much dialogue and studies show reading conversations in a story helps readers develop new viewpoints. When a character is undergoing a breakup, the reader strengthens empathy by reading the dialogue that took the characters through it, their reasons and motivations. The reader, adding to the mental empathic database, absorbs these literary experiences.

Choose a story one by one and reflect on the characters' development. Stories tend to reflect real occurrences, giving attention to life experiences common among people.

Place Yourself in Another's Position

Daily living also provides opportunities for developing empathy. In the case of your lover, remember that person did not spontaneously show up in your life. There was a time when you both lived different lives, had unique experiences and you came together bringing the collection of those experiences. Acknowledging this, you can practice empathy with your lover by considering their position, work to see how they see and given their unique experiences, understand why they do what they do. Whether you disagree or agree with it is a different matter; this perspective shift is meant to inspire understanding not automatic agreement.

Ask Questions

Questions are potent tools for stimulating new perspectives.

Questions act as arrows while answers are targets; the question is the focuser for our attention, which leads us towards an understanding. We can then say that questions automatically come with answers, and in the case of writing love letters, empathy forms the bridge between them.

Empathic questions to ask yourself:

- *What does my lover fear?*
- *What motivates my lover to improve?*
- *What adversities did my lover have to overcome to reach this point in life?*
- *What is important to my lover?*
- *How do I support my lover's goals?*
- *What do I do that tends to make my lover light up?*
- *What tends to strengthen our empathic connection?*
- *What tends to weaken our empathic connection?*

Invest time to answer these questions, no need to show anyone. They quickly challenge you to look from your lover's perspective for understanding. Your empathic eye will be sharpened as we progress through the course.

3. Love Letter Construction

With your instruments at the ready, let us go through constructing a proper love letter. The structure will serve you to touch upon the key points, while leaving you with enough space to adapt and augment as needed.

This is an important process; structure exists within all writing forms as random as it may appear. The love letter, packed with passion and emotional content, is no different. With structure comes technique, and you gradually become more skilled at creating letters infused with love, touching all of the critical areas needed to transmit the message.

1 The Salutation

Based on your unique relationship, you will want to use a greeting that is special to the individual. Do not use a salutation you would

use for others, even if they were lovers in the past. Reflecting on our empathy discussion in the previous section, the name(s) create a bond between you and that specific lover.

The name can relate to unique qualities you either observed or experienced. This romantic name can become a talisman over time, its deeper meaning resting comfortably in your lover's psyche, providing healing and the sense that you are always present. If received positively in this way, your lover will have no problem connecting with the name. It will sync in the lover's psyche over time further contributing to positive feelings.

2 The Date

Provide the date for your letter. Dating will give context over time. Depending on when it was read, the date can illustrate how early you conceived of the letter and indicate time invested, a plus for you. If your lover keeps the letters, they can be reflected on for anniversaries or other special occasions. Imagine how authentic the experience would be, the conversations you would have if you spent time going through letters you personally wrote to each other years ago instead of a social media rolodex on a smart phone.

3 The Core Message

It is important to have a topic in mind ahead of time for the letter. If you write without thinking, performing stream of consciousness for the love letter, it can appear radical, spacey or without much concentration. This is how the hare produces its work.

A way to envision this is imagine speaking what you wrote directly to your lover. Could you say it and know it makes sense in that moment, or does it sound chaotic because you did not think ahead of time?

Remember that you are cultivating an empathic, loving connection; being deliberate with your intention, what you want to share helps

you send a coherent message that your lover will understand. The love letter is more about them and less about you.

These questions can assist as prompts:

- *What does your lover need to know?*
- *What quality do you want to highlight?*
- *Does the message make sense to you when you read it?*
- *Are you capable of having a conversation based on what you wrote if it comes up?*
- *What is the context for the letter?*

4 The Purpose

What is the reason for writing your love letter? Reason and love are not often discussed as compatible, but as we progress through the course you will see that love must be tempered with reason and touches of self-discipline to keep the fire hot. This is especially important regarding gift giving, of which love letters are in that category.

Your purpose for writing can be a special occasion, showing appreciation, to remind, to bring something to light or simply a just because. Whatever it is, ensure that your letter is intentional, otherwise you fall sway to emotional tides that bring you into excesses such as giving too many letters too often. This will kill the romance.

5 Closing

How do you want to end your letter? The closing is important, providing a similar function as the salutation. Some closings are:

- *Lovingly,*
- *Sincerely,*
- *Yours Truly,*
- *With Love,*

- *In Appreciation,*
- *In Love,*
- *For You,*
- *See You Soon,*
- *Until We Meet Again,*
- *Your Man / Lady,*

The closing ends the purpose and reminds your lover of where you stand in the relationship.

6 Signature

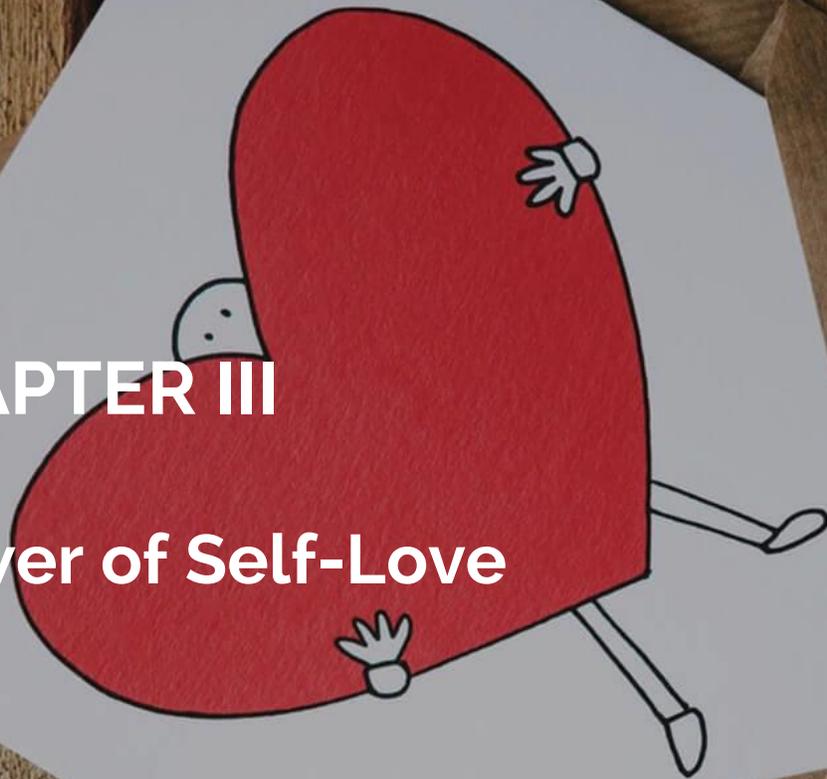
Complete your love letter by adding your personal signature. This can be a standard you use across all domains or a special signature created just for your letters. This further solidifies the letter comes directly from you, it is not forged, and you placed your official seal of approval on it.

7 Wax Seal

For special impression, end your letter with the wax seal after or next to your signature. When done, fold your letter so that a second wax seal can be placed on the letter or the envelope it goes into.

CHAPTER III

Power of Self-Love



1. Exercise: Write a Letter to Self

One of the most important elements to sparking romance is a healthy sense of self: esteem, value and worth. The better we feel about ourselves and know who we are, the better we become at sharing this sense of worth with others. If you reflect on your experiences, you can likely find situations where you did not want to give, or intentionally chose to hold back affection from someone; in these moments, you were likely in a scarcity state.

When our internal cup is filled, we cultivate the abundance that naturally enables us to share with others without feeling drained. Something within spurs us on to give to others because what we have is just that good. Whether conscious or internal compass, we eventually realize that we should not hold our talents or resources or romantic light just for ourselves. At this stage, we recognize we have more than enough of ourselves to offer without feeling as if we lose in a zero-sum game. Quite the opposite, we receive a sense of enjoyment with the energetic exchange between our lovers and ourselves. Seeing the positive manifestations from this giving becomes a gift in itself.

One method to arriving at this state of romantic abundance is to write to ourselves from the future. The future self becomes the ideal state we strive to become; a self-image we desire to achieve that will manifest optimal romantic experiences.

In this exercise, you will have the opportunity to create this self-image from the comfort of your mind space. With a combination of imagination, intent and writing instruments, you can consciously design a persona that will gradually develop and become a reality.

This process will challenge you to create a vision of who you are at your best in all states: emotional, mental and physical. You can also create the vision for who that romantic lover is in your life, whether currently present or not for you.

From this state, you will write a letter to yourself answering the questions following in this section.

Step One

Select your writing accessories. Make these independent of other activities you work on unless they also involve self-development. This is recommended so the tools you use becoming charged with your intention, specialized to focus on matters of the self.

Step Two

Select the time to write your letter. If you choose the day, make it a morning practice or any time you have uninterrupted concentration. This is a time to commit to producing content that demands vivid imagination and emotional connection. If you choose the night, commit to completing as close as possible to your sleep time. This will help to anchor your thoughts in the subconscious and support the work playing out during sleep. You may also receive information in your dreams based on what you write.

Step Three

Apply a meditation before you write. This can be a lengthy experience or brief. If you have an established practice, use what you know. The point is you want to enter a calm state where your mind is receptive to the information coming from your writing experience.

If you are an inexperienced meditation practitioner, here is a quick technique to employ for developing the state:

1. Find a comfortable position, either sitting or laying down flat on your back. The position should help you remove tension. Tension here is identified by strain or struggle or extra effort to hold the position.
2. Close your eyes and mouth. Breathing will be done through the nose.

3. Place the right hand on the belly and the left on the chest. Allow yourself to feel how air passes through each and which space dominates breathing.
4. Inhale through the nose and fill up the belly without pressuring the chest. Keep the hands in place to monitor. You want to practice breathing from the lower abdomen instead of the chest, so you take in more air and stimulate the mind. Chest breathing gives too much pressure to that space and minimizes the amount and quality of air absorbed. Babies breathe from the lower abdomen naturally.
5. Once comfortable with breathing from the lower abdomen, place your hands either on the lap or flat down on the floor.
6. Perform deep breaths: inhale through the nose and exhale through the nose. Give attention to your breath. Hear how it sounds. Repeat this ten times.
7. Eventually, you will be calm enough and naturally enter the meditative state. Evidence will include you forgetting what your room looks like and sense of time removed. Your imagination may become more vivid.
8. Once done with your cycles, take your pen in hand and begin to write based on these prompts:

What do you look like as you Romantic Self?

What do you wear as your Romantic Self?

As the new Romantic Self, what does the current you need to know?

What are your most attractive qualities?

What do people value in you in this state?

How does your life look? What are some of the activities you're involved in?

What do you love about yourself?

Who is that romantic lover you desire or are now with?

How are you engaging with that lover?

What qualities do you want in your romantic partner?

Which challenges did you have to face to become the Romantic Self?

Are there any warnings for your current self to watch out for?

What does the successful Romantic Self do for a living?

Step Four

Since this is a letter from the future you, date the letter with the future time you envision in the visualization. Do your best to not date it too far ahead so you can have fun with the process much faster. A few weeks to a month should suffice. You are essentially a time traveler and helping your current self to understand the new Romantic Self.

Step Five

Apply your wax seal at the letter's end along with your hand signature.

Step Six

Place your letter in an envelope. Seal it and write your address in both the mailing and sender spaces. Place your stamp on it. You will send this out in the mail as you would your regular correspondence. It will return to you within a few days.

Step Seven

When you receive your letter in the mail, choose a future date to open it. This will be the date you read this message long forgotten about. Store it in a place where you will be able to forget about it until that time. This part of the work is subconscious. Your mind is doing the work focused on in the letter. Forgetting allows your mind to begin attracting new resources, people and opportunities that supporting the creation of your Romantic Self. Conscious forgetting lets your mind operate on autopilot. Continue living as normal.

Step Eight

Live your life. When the time comes to open the letter, you can then read it and think about the days, weeks or months that passed.

Was your message relevant to your experiences up to this point?

Did anything in your letter come to pass?

How accurate was the Romantic Self compared to who you are now?

Assess your life experience.

Step Nine

Repeat.

You can use this method for any experience involving your self-image.

2. Exercise: Journaling Methods for Self-Reflection

Journaling is a powerful method for stimulating the creative spark. The process gives us insight into our psyches as we take the time to reflect on our experiences. Different from merely typing on a keyboard through a digital interface, the pen-to-paper experience creates a mental interface; our minds link with the words that link to the hand on paper. We are challenged to slow down since writing does not move as fast as typing. Visually, we see the words formed as we form them from our mind space. We develop a deeper relationship to the words and thoughts.

There are numerous styles and scientifically documented benefits for journaling including:

Stress Reduction

Increases Focus

Improved Memory

Keeps thoughts present so they can be reflected on and integrated

Bridges ideas

Healing

Brings important thoughts to the surface

Challenges the writer to explore inner world

Navigates troubled memories

Identifies values

Connects causes to effects

Amplifies creativity and intuition

Improves sensitivity

With these and many more benefits, this practice influences the romantic experience by:

Becoming more sensitive to one's partner

Understanding a lover's interests, desires and needs

Better able to anticipate when the lover needs space and attention

Improving capacity to articulate thoughts and feelings to a lover

Connect to your lover's values and reflect on your own

Becoming more mature with engaging your lover emotionally

Helping us to be inventive with how we share affection

Improving writing skill to share romantic letters

In this section, we will cover self-reflection. Romance is both energetic experience and art form, and to become more skilled with this space it is important for us to invest time in understanding ourselves. Reflection can give us insight into the nature of our romantic success and challenges. Through contemplation with writing, our subconscious can come to the surface, or we can venture into the subconscious to understand patterns at work in our daily living. Opportunities for this kind of understanding can be missed as we focus strongly on completing appointments, tending to the career or simply refuse to sit with ourselves in silence.

With more experience, we become seasoned at intuitively recognizing what exists for us romantically in that subconscious space and how that shows up in the present.

Strive for a blend of adaptability and self-discipline. Give attention to when you can best invest the time to do this work, but ensure that you do the work.

Morning Letters

Keep a journal near your bedside for morning journaling. This will help to remove your disinterest for writing if the book is too far and keep you close enough to your dream space that you can write about a reflection coming up quickly. Morning letters can focus on what transpired the day before or entertain experiences you have planned for the day. If you find a romantic situation to be of particular interest, contemplate on it the night before then return to it in your morning self-reflection.

Evening Letters

Similar to morning letters, the time leans on a space frame for the day. The full day's experiences can be reflected upon at this time, priming your mind to go through it during sleep. With a complete day's perspective, you may be more equipped to reflect on a given situation. The world in general may be more quiet and at rest, supporting your headspace to explore romantic ideas. You can

augment the experience by playing environmental sounds such as thunderstorms, rain music or partake of a few hot teacups.

Commitment Time

Routine is important for journaling despite its spontaneous elements. You will be served the best experience by ensuring you take the time to reflect. The amount of time in the beginning is not as important as you creating the intentional space. Each time you commit the habit is reinforced. This is practice for self and also romantic affection, which asks of us to invest time uninterrupted, focused on the other with our mind and heart presence.

Begin with fifteen minutes. Then move to a half-hour. Then move to an hour. Give yourself a week to work between these intervals and more if needed. You will know this habit is establishing when you sense a need to self-reflect in writing rather than just an interest.

Your discipline's strength will be tested by interruptions.

External interruptions will come in the form of people who ask you to do something during your writing time.

There may be a text message requesting your attention.

The message's content might be loaded with emotional residue that you feel compelled to respond to.

You might receive an assignment that tries to extend into the morning or evening writing session.

Your chosen pen goes missing or you accidentally spill water on the journal.

Internal interruptions can look like emotional distractions. A disagreement with your lover, friend or colleague throws off your focus. Something you ate during the day did not agree with you and now you have a stomachache, mind taken away from writing interest. There may be a general sloth feeling where you say to

yourself, "I'll just pick back up with it tomorrow. One night off can't hurt me."

These distractions will enter your space as soon as you declare time commitment. You would be correct to replace the word "distraction" with the word "test," as that is what they are. Expect to be tested and be prepared to exert your personal "No," so you remain committed. Over time these distraction-tests will lessen and change form, never disappear, but as you become more self-aware they pose no genuine threat to your will to the cause.

Best Practices

Write without determining a specific goal. Self-reflection writing is less rigid and more stream of consciousness. The parameters of morning, afternoon or evening can span any time in the past or thoughts in the moment. If your sentences do not make sense in sequence, continue writing anyway. Allow the words to flow onto the page as if you were writing to someone whose sole job is to listen to you and not provide any feedback or judgment. This invisible listener is actually you, being a space holder for what is inside of you to emerge in words.

When you feel complete, stop writing. Do not write self-reflection when forced, as you then create an environment where you have to produce upon an imperative. Simply create the time, be committed to your time and remain open to what speaks.

After you are finished with the session, then you can reread it and engage in more discerning activity like reasoning and analysis for understanding.

3. Exercise: Gratitude & Guilt Release Writing

Guilt and gratitude act as opposite ends of the emotional romance spectrum regarding self-image. They have an impact on not just how we interact with our partner, but how we see ourselves in the process. Like our previous exercise with the Romantic Self, adoption of these two states will block or amplify our capacity to express love.

Guilt is the state of recognizing some act was not done according to expectations. We feel regret when the intention was not met. This guilt acts as a weight on our soul, holding us down, making us too heavy to appreciate any experience that normally would be seen as positive. If we walk around with massive guilt, it can be difficult for us to summon the positive, warm energy necessary to share with a partner; **we don't feel particularly romantic when laced with guilt.**

Contrarily, gratitude is a state that embraces what currently exists for how it exists, without a desire to change it. We don't have a desire to change our lover, only enjoy that they are in the moment. This is a wonderful space to live in especially when in relationship. Each moment, each conversation, each letter we give is done with full recognition for the precious experience it is. In the word "gratitude" we have "grateful," and being grateful internally can motivate us to want to create more authentic experiences and live in the present with the lover.

Extinguishing guilt is a necessary gateway to cultivating more gratitude. In this exercise, you will use a guilt and gratitude release method to change states and let what no longer serves you go.

Choose Your Paper

It will be best if you use singular paper instead of a journal for this. No need to tear pages out. If you have special paper, do use. If not, any sheet will work. Choose two papers.

Choose Your Pen

If you have a special pen for your writing exercises, utilize it. This will keep all of your self-development work focused with specific tools.

Choose Your Space

As a clearing exercise, you will want to be in a space that suits your uplifting. Ensure the images you have, colors and furniture around you all speak to your best self. For some people, the bedroom is most comfortable and used for clearing with writing.

Focus on the Evening

While you can perform this exercise any time, I recommend you save the evenings for it. Nighttime is a day's completion and your mental frame works similarly in alignment with the circadian rhythm internally. Here we are completing an emotional state along with the day. Evening also tends to be quieter, calmer.

Write – Guilt

On one page, free-flow write what you feel guilty about. Give yourself the freedom to explain any romantic guilt that comes up. You are talking to yourself, being both the listener and speaker through the pen.

What do you regret?

Any mistakes you are still holding on to?

What haven't you expressed to your partner but would like to?

What do you need to set down that's romantically holding you back?

Let it all down on the page.

Begin your sentences with, "I feel guilty of..." and finish with each.

Once done, put the paper down. You will know you are finished when the internal weight starts to lighten. You feel both relieved and released. Mentally unbound.

Write – Gratitude

On the next page, contemplate and write about what you feel grateful for. This can also be a free flow writing style. Consider each element in your life: mental, physical, emotional, social, professional, health and aspirations. **The key that empowers this writing as gratitude-focused is the attention given to what you already have, not what you are striving for or wish to occur.** The wishes have not yet manifested and remain in the imagination, and what you are striving for is on the way but you haven't yet reached that destination. Consider all of your belongings, people and internal gifts possessed in this moment.

Begin your sentences with, "I am grateful for..." and finish with each.

Dissolve the Guilt

With the guilt list complete, it is now time to allow that feeling to disappear along with all of its causes. There are a number of ways to do this symbolically. We will explore four.

Fire

Ball up the guilt list in hand. Make the intention mentally to let it all go and then toss it in a fire or burn it up with a candle or lighter. Watch as the paper disintegrates; it symbolically lets you release the guilt not serving you.

Water

Tear up the guilt list into as many pieces as possible. Make them small. Fill a bowl with water or find a place you can dump the paper in the liquid. Put the paper into the water and watch it dissolve. If in a bowl, you can dump the water down the drain, into garbage or in

a stream if accessible. Watch as the pieces leave your presence and flow away.

Air

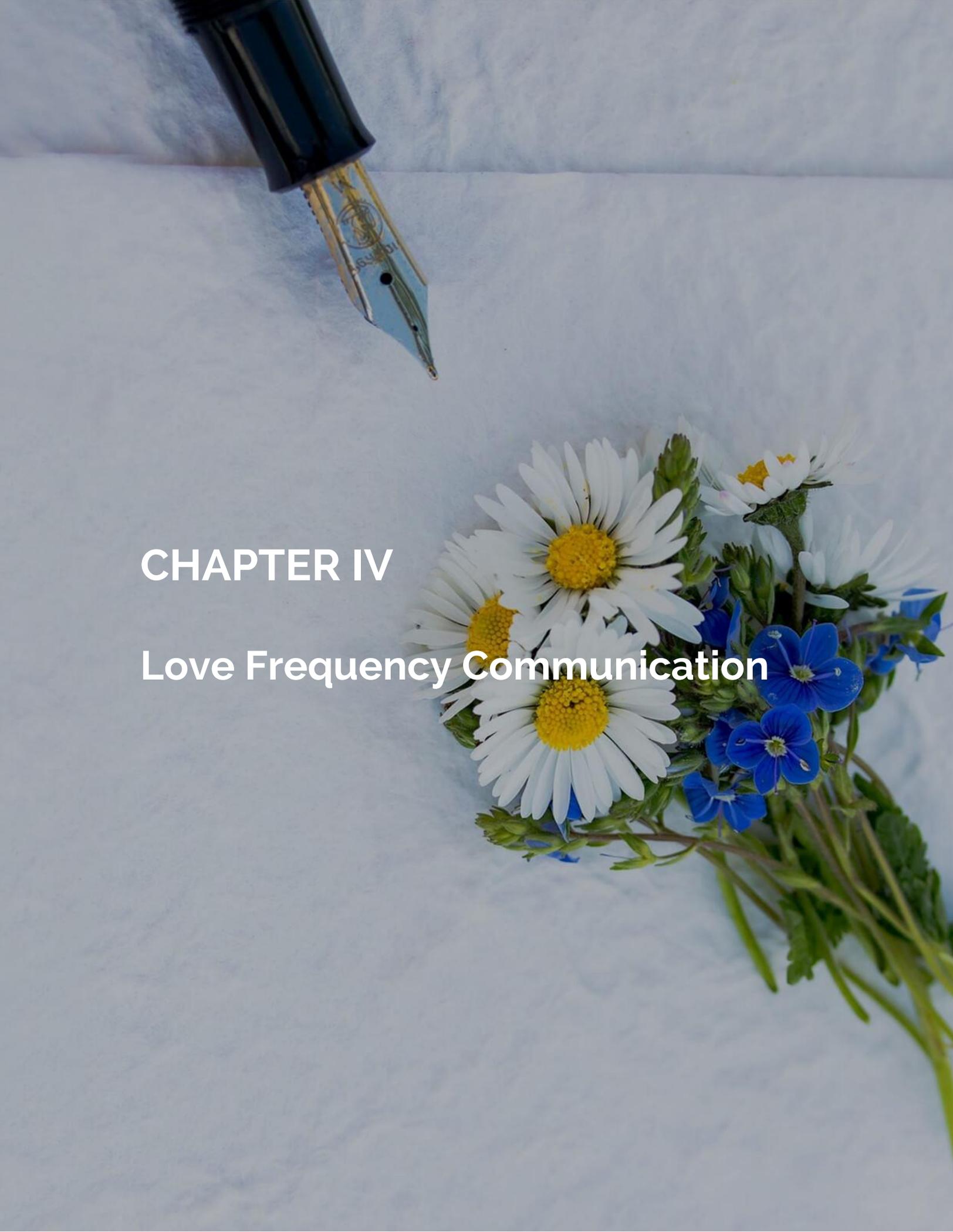
Tear up your guilt list into small pieces. Ensure the words are not decipherable. If you have a windy day, this can be an opportunity to allow the wind to carry your guilt away. Let the air take weight of your guilt from you.

Earth

You can also bury your guilt list. Tear it up as with the previous options. If you have a backyard or park area, venture there and dig up a space in the dirt. Distribute your pieces in that space then pour the dirt on top. Let the soil take care of your guilt; it will do what is necessary to remove it from its ecosystem, and you have removed it from your own.

Store The Gratitude List

With your guilt released, you can now focus more on your appreciation in the service of romance. Keep your gratitude list in a unique space. Frame it, place it in a plastic covering or hold it for future elaboration. Perhaps you will want to expand on it or make a new list over time.

A fountain pen nib is positioned in the upper left corner, pointing towards the center. Below it, a bouquet of flowers is arranged, featuring several white daisies with bright yellow centers and several small, vibrant blue flowers. The entire scene is set against a plain, white background.

CHAPTER IV

Love Frequency Communication

1. Love Notes

The note is an innovative option for sharing messages with your love. If you are a traditional love letter connoisseur, you likely have a significant set of writing instruments in your comfort space. From the wax seal to special envelopes and paper, it may not be efficient to carry all of these items around. The note offers the opportunity to extend a romantic hand to your love without the necessity of being fully equipped.

Notes on Paper

Do select a paper, a style that is unique to you **so your partner will continuously associate your energy with that material.** Think of the color, imagery if any. Perhaps you may want a plain color and style so the words become the main attraction. Or you may want to incorporate a symbol or pattern to go with those loving words. Either way, the important component is to strive for originality and remain consistent. In a way, you are **branding your romantic notes.**

Refrain from Digital

In the world of romanticism you are building here, digital love notes are a no-go. While digital communication confers us with immense range and capability to stay in touch, several romantic features are removed that we want to keep integrity for:

1. **Originality in Writing:** Digital words look the same for everyone no matter the font chosen. Handwriting is original for everyone who writes. Each note's penmanship will be unique for your lover.
2. **Time Preparation:** A note can be digitally created within a few seconds and Emailed. An original handwritten note requires

more time, dedication and focus to create. The mere act of investing this energy produces a work that will have a longer-lasting romantic impact. The receiver will appreciate the effort.

3. **Personalization:** This includes how the note is compiled, sealed or otherwise prepared for sending. Special seals, signatures and other features become difficult to replicate digitally, and the goal for your skill as a romantic love letter writer is to not be replicated but original.
4. **Physicality:** Digital notes cannot be touched, smelled or otherwise sensed except through the limited digital lens. Original paper notes, however, can be scented, styled, tangibly experienced and customized to suit the romantic occasion.

Infrequent: Rare & Valuable

With the ease a simple note can be delivered, there may exist the temptation to want to give more. Remember in the world of romance, **that which is rare and valuable is most appreciated.** Adopt the philosophy of quality over quantity. When you choose to write a love note, pour your fullest emotion into it; it will be felt, so much so that your partner may look forward to receiving another. Seeing your partner filled with such passion about it, the temptation to go and immediately write another to give may increase; you want to keep the momentum going, but this is precisely the trap that seduces us into wanting to do more too fast rather than consider quality.

Despite what the media portray about showering lovers all day and night with romance, overdone it can spoil the experience and deflate the value of the most recent act offered.

The distance between your notes enables your lover to contemplate on the current, to experience gratitude and grow with the message you enclosed. When you then share the next note, it will be received with anticipation rather than a feeling of being drowned or smothered.

When are ideal times to share love notes then? Some options can include:

Send Snail Mail

If you know your lover's home or work address, this can be a great opportunity to send snail mail. The "snail" receives a bad reputation because it is being compared to swifter digital Email, but in this romantic realm the paper rules. Allow the mail to deliver without warning. Don't mention it or hint during conversations; the desire to want to please your lover early may test your patience, but they will appreciate it much more if you simply wait for their response. When they receive it and bring it up to you, then indulge the message!

Place Them in His/Her Bag

If you can move like a ninja, slip your love note into your partner's bag. Let your partner "accidentally" find it and bring it up to you. Again, maintain the discipline to keep quiet and not ruin the surprise. When it's brought up to you, then indulge the message!

On the Counter

This can be done if you have access to a living room or counter you use together. If you know you will be out of the way, out of the house or elsewhere, leave the love note on the counter where you know your partner will see it. Allow them to experience it outside of your presence as a surprise.

During Dinner

For this one, you will be present as you give the love note directly, or slip it into your lover's menu before arrival. In either case, you will be there when it's read. Prepare for the conversation that ensues from delivering such a romantic gesture.

In His/Her Book

Similar to the bag, if you have access to your lover's favorite book, place your love note inside to function as a bookmark then get out of the way. Allow your partner to experience it as a surprise.

In His/Her Pocket

And if you are really stealthy, you can slip the note in the coat pocket and wait for it to be discovered!

2. Messages

With an understanding of love letters and notes and how to form them, let's examine some of the philosophy of what makes love communication so unique.

When we form these messages, they are different from how we would communicate with a friend or work colleague. There are words we most likely would not use with everyone else, pet names, code words, innuendos and passion doses that other people in our lives would not be responsive to. Yet, when we use them with our lovers, the connection is enhanced.

Romantically skilled messaging calls upon our ability to see outside of ourselves and into the space of another, to focus on that person with empathic understanding.

Keep the Focus on Your Lover

Media channels create a distortion with romantic love where the language for a lover concentrates mostly on how another person makes one feel. Done enough, we can develop the sense that the romantic connection really isn't about the connection or the other person, but a selfish desire to be fulfilled through the bond. It is from this mental state that we see the tragedies when something happens to a lover or the lover does not return the sentiment; there is a breakdown in the sharer, often expressed in statements such as, "I did all of this for you and you rejected me! How could you!"

We will avoid this type of **un**romantic behavior by keeping the focus on the lover rather than how that lover does something for us or produces a feeling in us.

Attention to Detail: Appreciating the Lover

When you construct your message, **think about what you want to acknowledge or appreciate**. Perhaps you noticed your partner do something exceptionally well, a small detail that they may have overlooked and saw as nothing special. Or maybe there is some quality your lover exhibits on a daily basis that you want to recognize. Or there was a way your lover overcome a situation and did not think it was done well. Or maybe there is a way your partner wears a certain garment that lights them up.

Keeping the focus on your lover for what they do or who they are **shows intention beyond your desire to gain something out of it**. It also illustrates your healthy self-esteem, a Romantic Self capable of giving without expectation to immediately receive in return.

This skill, enhanced by your self-reflection writing exercises, will align your empathy with your lover and make you more attentive to their nuances: when sad, angry, pensive, joyful, something is bothering, when there is desire to share but holding back, how to engage when or if there is a wall, how to continuously cultivate romantic relationship.

Inspirational & Aspiration Reminders

Reminders can serve to help your lover with their own inner work. Similar to your self-reflection writing, messages can be shared that empower your partner to take new stances on life or remember particular qualities that have always been essential to the relationship.

Aspiration involves something to look forward to. You can stimulate the romance by writing messages in relation to future events, where you see yourselves, where you would like to go while appreciating what currently exists between you.

3. Special Occasions

Special occasions are wonderful opportunities for stoking romance through love messages. They carry intention waves; people anticipate what is to come because of consistent valuing of these moments over time. Special occasions come with visuals, sometimes ornamentation and traditions and generally there are media channels further amplifying the experience. While we concentrate on the little things and bring light to our lover about what may be unnoticed, we also want to take advantage of the energy special occasions have to offer.

Holidays

If you are open to the traditional holidays like Christmas, Easter or Valentine's Day, you can establish your own traditions around these moments and share your love messages. Focusing on quality over quantity, messages, when done well can serve as authentic gifts in place of following purchasing trends.

Anniversaries

Anniversaries are periodical acknowledgements of a special occasion. The well-known anniversaries include weddings, when a relationship starts and yearly. But you can create more personalized anniversaries and connect your love messages to them:

- *From the time you first moved in together*
- *The time of your first date*
- *Anniversary for starting a business together*
- *Anniversary for taking a vacation together*
- *From the time you started a new education opportunity or any new venture*
- *That first time you kissed*
- *Anniversary for the first time you watched a movie at home*
- *First time you cooked together*

Births and Beginnings

You can also customize love messages for your firsts, the beginnings. Noting the very first time you do something together can show your partner how important the moment is and solidify it in words of appreciation. The note can also serve as a reminder of why it is important, to be reflected upon in the future.

I hope this course serves as a birth and beginning of your journey to become a master love letter writer. May this knowledge add to your life experiences and empower you to see the love writing space with empathic eyes and a power to swoon with a healthy self-image.

References

Aaron. (2011). Oldest Love Letter in History. MyHeritage Blog. Sourced from <https://blog.myheritage.com/2011/02/oldest-love-letter-in-history/>.

Barth, Diane F. (2013). Psychology Today. Empathy, Understanding and Mirror Neurons. Sourced from <https://www.psychologytoday.com/us/blog/the-couch/201303/empathy-understanding-and-mirror-neurons>.

Glamour. (2018). The 10 Best Love Letters Ever Written. Sourced from <https://www.glamour.com/story/the-10-best-love-letters-ever?verso=true>.

Keller, Jared. (2015). The Handwritten Love Letter Dying – Here Are All The Wonderful Things We’ll Lose. Mic. Sourced from <https://mic.com/articles/110096/the-handwritten-love-letter-is-a-dying-art-here-are-the-wonderful-things-we-re-losing#.fnzKqFNef>

Purcell, M. (2018). PsychCentral. The Health Benefits of Journaling. Sourced from <https://psychcentral.com/lib/the-health-benefits-of-journaling/>

Quitmeyer, M. (2015). 15 Famous Love Letters That Will Make You A Romantic. BuzzFeed. Sourced from https://www.buzzfeed.com/maitlandquitmeyer/15-famous-love-letters-that-will-make-you-a-romantic?utm_term=.hr7yw3wo49#.blz7EKEr4o.

Wikipedia. (2019). Love Letter. Sourced from https://en.wikipedia.org/wiki/Love_letter.