

Message from Rosa for Survive and Thrive conference.

They are around, they are here, can you feel them? For they wish you to know that they are not just a passing phase, a terrible experience, a moment of dire need and helplessness, they are more, so much more and they are with you now, willing you, loving you, to see them and above all else, see yourself.

See your grief, see your pain, see your hurts and all the terrible things you are asking yourself and telling yourself. For they are more, you are more than you are currently experiencing and your babies wish you to know this.

That you are more, you are magnificent in fact and that is all they see; your magnificence as you come to terms with yourself and realise and recognise yourself amid all of that. That you are more, that you are destined for more and you will rise.

And you will rise because of them and with them all they are. For there are many reasons they chose this body and this experience and they wish you to know this. And there is a reason they chose you with all your love.

And that reason was set very many moons ago when you experienced your deepest pain, that of disempowerment and the taking away of your choice. Now you know you have choice and all that brings. Not a choice you may have wished to make but one that will change everything.

For out of this choice and out of this pain, you will rise. And you will rise stronger and in far more knowing of yourself than ever before.

And your babies are cheering you, celebrating you, loving you for All you are and not the broken shell you have become.

For you are not this. You are indeed love and it is all the pieces of love, the pieces of yourself that you are putting back together again to know thyself and not the self that you may have been told you are.

So stay true my dears, stay strong in your knowing you are love and acted in love and you are to be rewarded for it. That is the truth. For the rewards may be hard to understand right now but I promise you, they are there when you are ready.

And you will be like an army of love, crossing nations to rise and to rise into the choice of women, the choice of self and the choice of empowerment despite external appearances. You are strong, you are more, you are woman. And it is woman who will make or break this world – and I know that with your baby, you will make it.”

And so it is.

In love, Rosa.