

My lovely [Their Name],

You are the greatest example of human creation – your beauty is unsurpassed and there is no one else like you.

You were formed lovingly in the womb by Mother Nature herself You were molded in the image of those who came before you, your ancestors who look upon you lovingly. You are wholly and completely yourself, and completely perfect in every way.

Your body carries history and tells stories in the way it is shaped, in the way you move, the instincts that have been written into your sinew and bone. Your body is perfect as it is, without alteration. It will continue to be perfect as it grows, changes, and adapts to the circumstances that life and the Universe send your way.

Feeding your body and nourishing it are acts of love, not methods of control, and you know what your body needs better than anyone else.

You heal your hurts, tend to your wounds, and ease the small wear and tears of living upon your body, and it serves you well. You are beautiful, strong, and in possession of great health.

Celebrating your bounties,

[Your Name]