

What these letters are and what they are not

Gentle Light Letters is writing. Letters, poems and reflections from someone who has lived through loss and hard seasons, still learning how to carry it.

What I am not

I am not a therapist, a counsellor, a doctor, a financial adviser or any other kind of qualified professional. I have no training in any of those and I do not offer any of them here.

Nothing I write is treatment, diagnosis or professional advice. It is not a substitute for care from someone qualified to give it and should never be used in place of that.

What I do offer is

To keep you company. A letter that arrives on a Thursday and says, in one way or another, that what you are carrying is real and that you are not the only one carrying something.

Some of what I write will fit you. Some will not. Take whatever is useful and leave the rest. There is no method here, no stages to move through and no timeline you are behind on.

If today is heavy

The letters are companionship. They will sit beside you, but they cannot hold you. When today is more than you can carry, tell someone who can.

Gentle Light Letters is a registered business. Letters written and signed by Ruthie.