

Letters Never Sent

Some letters are for writing, not for sending.

There are things that need to be said that can't be said to the person — because they're gone, because it wouldn't be safe, because it wouldn't be kind, or because the person who needs to hear it is you. Write it here instead. No one will ever read it. Nothing is sent anywhere.

You might write to: someone who hurt you. Someone you hurt. Someone you miss. Your younger self. Your future self. The version of you who survived it. Something you need to release. If grief is what's here, write to what you're grieving — a person, a friendship, the childhood you didn't have, the person you used to be, a home, an animal, a dream.

THE LETTER

Say the whole thing

Start with who it's to, and don't edit yourself. It will never be graded, judged, or seen. Mid-sentence endings are allowed. So is anger. So is love that has nowhere to go.

AFTERWARD · OPTIONAL

One line before you fold it

If you want: what did writing it change, even slightly?

Now choose what happens to it

Keep it — it's already saved on this device, and only this device. It will be here when you return.

Download it — use the button above to take a copy that's yours for good.

Delete it — use *Clear everything* above. Some letters exist to be written and released. There is something honest about deciding: *this doesn't need to live anywhere anymore.*

You can write as many letters as you need. Download or delete one, and the page is blank for the next.

IF IT STIRRED SOMETHING UP

Coming back down

Breathe in through your nose for four, out through your mouth for eight — longer out than in — for a few minutes. Then name five things you can see, four you can hear, three you can touch. Stirred-up feelings after writing like this are common and tend to pass; if they don't, that's information that this deserves more support than a page can give.

If you're in crisis or thinking about harming yourself, please don't work through it alone here. In the US, call or text 988 (the 988 Suicide & Crisis Lifeline), or chat at 988lifeline.org — available 24/7. Outside the US, findahelpline.com lists helplines around the world.

A BLESSING ON THIS WORK

This work is a gift. Share it freely with anyone who needs it — print it, copy it, pass it on whole. It is not for sale, by us or by anyone, and it shouldn't be changed. Above all, keep the crisis lines and the words about seeking professional help exactly as they are — for someone, those may be the lines that matter most. It exists to help people heal, and to raise the vibration of the world. That will never cost anything here.

— *Aether & Root* · aetherandroot.com/inner-work