



The waves before me softly glisten with pink and gold in the sweet embrace of the setting sun. Soothing, inspiring and ennobling me, as I reflect upon my life, and all of life, in this beautifully, and startlingly, transformative time in which we live.

Whether looking more deeply into my own life, or the lives and growth of the beloved people whom I serve with healing, teaching or ministry, I find the central theme to be a deepening of our hearts and our capacities for love. The lessons we are each experiencing to bring us more deeply into love and heart vary, but the purpose is fundamentally the same.

Whatever is up for us at this time – whether it has to do with health issues, pushing ourselves to stretch and grow, healing emotionally, losses, relationship concerns, financial worries, etc. - we can be assured that it is up for us to give us a chance to clear away what has been in our way and deepen in heart and love. It is our responsibility to rise to the occasion, and we can resist the change. Though, it is important to note that the challenge won't “go away” until we let ourselves grow. It may just come back in a stronger way to better get our attention.

Life is rapidly moving into an unequaled and glorious time! It may be hard to see this yet, but as we navigate through the pervasive expansion, not to mention, periodic chaos and purification, we are learning to actually **become** love through cleansing and strengthening our hearts. In essence, life is love, and we are learning to align with that wondrous truth. This is the dream held on High for us, and it is steadily becoming a reality!

How does this work? I see the heart as the “voice of the soul.” It is the bridge between physical and spiritual life. It is through the heart that our souls create our lives with greater or lesser ease based upon our level of receptivity. If we have a healthy, strong connection with our hearts, our souls have a clearer pathway to create our lives in joyful, meaningful and successful ways. If we are more closed in our hearts, or our wounds run the show, our souls need to create lessons for us to grow in our relationship with our hearts first.

Though we have learned to negate and devalue our precious hearts, in truth, they are the source of our happiness! It is through the heart that the soul, and Divinity through the soul, can positively impact our lives! With a healthy, open, vital heart, our soul can become what it is capable of becoming and fulfill its (and thus our) deepest dreams!