

Title: Conversations

Subtitle: Gazing Within the Heart Chakra

Second Subtitle: Gazing Within the Heart Chakra

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Begin with self, seek out inner wisdom...Learn to love self first. I am not
It requires action, the chewing of a raisin 100 times!

Are we up to the challenge? Actually we are.

Believe that if one of us can accomplish an open heart, true love, compa
union with a Greater Source, which is still self and some already have up
of us can and will, if we take the action required to accomplish it and pr
day we maintain this human flesh form.

This is our gift, our time, use it wisely.

At first it will feel like a quick glimpse of something unfamiliar, yet vagu
strange and unsafe. This is facing the vulnerability within self.

Removing the obstacles that have held closed the heart chakra and your
may miss it at first, for it may even seem painful if this is your choice of
choose differently. The ego wishes you not to have such an experience.

Keep at it with practice you will have your moments and then your hours
another self. Coming together as two spiritually mature wholes rather tha
halves whether in communication or the passionate union often sought.

What you do not need when doubting if your heart chakra is open or clos
down self to confuse you or mislead you.

Grasping outward defeats the purpose of developing self first, which is a
your priority list. I am worth the effort too meet my needs, beginning rig
take a chance on me much the same as I have afforded such a luxury to c
develop wisdom first, seek love of self, so I am whole and then seek true

Chew on this...

My love goes out to you this day!

Chewing, Chewing, Chewing,
suzyq

