

*Tune in to the echoes of your heart
Vibrating with the expansion of love.
Rest close to its yearning call,
Summoning your unlimited consciousness.
Trembling in the sea of tenderness,
It is beckoning you with overflowing love.
Return this warmth and purity to your heart
And it will respond with joy.*

harmony

DURING THIS time on Earth, the energies are moving at a much faster frequency than ever before. Now more than in any other period in life it is important to bring harmony and balance to your daily routine, enabling you to ground these energies.

Continuous energy is output into many dimensions at the same time, with the result that you are becoming too scattered. You may feel you can cope with this multi-activity in your life, but your energy is being dispersed and only about two percent is going to any one area.