

Listen to the voice of your heart

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Cultivate the art of listening to your intuition, your inner voice. This is the guidance of your heart. It's a voice that speaks differently from the one in your head. The heart whispers softly; the head prattles loudly.

The head has an agenda for our lives. It chatters away boldly but its vision is limited. It leaves no room for the mysterious workings of universe, nor does it take into account the side trips we need to get where we're going, where our souls need to go. It's the voice that says, **this is the way it's going to be.**

The heart, the inner voice, speaks differently. Sometimes it whispers. Sometimes it pulls. Sometimes it pushes. It's spontaneous, in the present moment and often a surprise. The heart takes into account what has to be done and the best way to do that. The heart takes emotions into account, the way things feel, the way you feel, the wisdom of your soul. The heart leads us into and through the lessons we're here to learn.

Cultivate your inner voice. Practice listening to the whispers of your heart. Practice trusting your intuition- what you really feel, what you really know. Practice until that voice is the one that you hear.

*Be patient. Be gentle. Let yourself learn to hear the gentle and trustworthy words of your heart.*