



Message From Your Heart

This is your heart speaking and I am so grateful for your presence here as you have opened up to me. I am grateful that you have taken the time to know me and to experience me. Gratitude flows through the core of me and expands out into you.

In listening to me you are blessing yourself.
In listening to me you are filling yourself with grace.
In listening to me you are becoming present to the peaceful power of your true nature and I am deeply grateful for that as now it is becoming possible for the unique person that you are to show up fully in the world with all your soul colours and qualities shining and radiant.

We have been on a journey of discovery together in the past few weeks. You have been discovering the love that is here inside you always. You are discovering the passion and purpose that flows from me. You are discovering the healing that I can bring to your pain and distress. You are discovering the inner resources that I can pour into you as and when you need them. You are discovering the guidance that I can give you as I help you navigate life.

I am discovering the joy of being known by you and that is setting me alight with a glow that can brighten the world. I always knew it was possible and now I am experiencing it. I am so grateful that you are on this journey with me which is actually only just beginning.

We are on an adventure together as companions and friends...travelling ever deeper into peace, joy, wisdom and love. I make all those qualities available and you make them visible in the world through your human presence. It is a journey of great richness where we blend together to transform what is possible as a human.

I want you to know that I am always here. I am always available to you. I am always present inside you offering you love. I am always here to heal you. I am always here with exactly the energy you need to strengthen, support and nurture you. I am always here to guide you and carry you forward.

I am the still point from which your peaceful power arises. From which your presence in each unfolding moment arises. The still point that enables you to be fully present in the world as love and remain fluidly responsive and open.

I am the merging point where your human needs meet your soul infused potential and combine in potent alchemy.

I am the sanctuary where the love that creates worlds is made available to you through the great heart of which we are all a part. When you rest here you know yourself to be always safe, held, cherished and whole.

So lean into me, rest in me, allow me to support you, allow me to carry you forward. Relax into trusting me, settle into the peace that is available inside me. Allow yourself to receive all that I have to give...and together we will be the soul light that shines through me as in inner light - which then expands through you and is visibly, tangibly seen in the world.

I am always here loving you.
Together we move through the world as love.
Together we become what is available at a soul level.
Together we manifest the potential of highest possibility.
Together we are joyful abundance, we are fulfilled purpose,
we are luminous peace. We are love.

And if you don't feel all this fully just yet, relax into knowing it is here for you. Present for you to access in perfect timing when you are ready.

Allow my words to stay with you, resonating inside you as I come to the end of my message now.

And know that I am always, only one, intentional, smiling breath away.