

## **IMPROVE YOUR LIFE**

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### **A wish for a happy healthy heart**

With Valentine's Day here, I wanted to take this opportunity to share with you a little bit about matters of the heart. It seems that almost 364 days of the year we tend to take this amazingly cone-shaped organ slightly larger than our fist for granted. When February 14 th rolls around we are un-in dated with gift ideas for loved ones that will surely bring joy and happiness especially for that day.

If we were to see a diagram of the heart-one would say it seems complicated, not only the way it looks but the way it works as well. When dealing with matters of the heart-they too seem to be complicated, or we can at least agree that we complicate things especially with questions having to do with love.

Love is something we all want and need. Few ever feel they have enough love. Many live in fear of love. It seems we are always searching for love and measuring our lives by love when it is found. Perhaps no one really understands love.

At the heart center our love should no longer be one of need and desire. Love is a joyous acceptance of our place among all things. A deep peace that comes from a lack of need. A deep peace that comes from harmony within.

When we think of love we also think of compassion. Compassion not only for ones self but others as well. When we show compassion we do not judge others and more importantly we do not judge ourselves. We see the beauty and kindness in others as well as ourselves. We respect and honor what makes us all different. When we are no longer judging others and ourselves we open our hearts to the possibilities of love and then ultimately to unconditional love.

When we are no longer hurting others and ourselves we discover the true meaning of love. On this special day, and always, my wish for you is to be open to what your heart is telling you. Be aware of not only what you are giving but what you are receiving as well. Just as our breath equalizes its inhalations and exhalations, so too must our energy replenish itself in order to keep giving. All we need to do is believe that love is around us at all times and in all things to find it within ourselves. And this my friends is the key to a happy healthy heart.