

Trust Your Heart

Be still
Like a crystal mountain lake at dawn,
Sun slowly rising over snow-capped peaks,
Light on still waters,
Deep
Silence
Stillness
Peace.

Wait.
Listen
For the stillness of your heart.
Listen
Beneath the buzzing thoughts,
Beyond the stories and the shoulds.
Listen to your heart alone.

You can trust your heart.
Let it lead you towards the light.
Let it guide you towards your life,
Choosing only that which delights you,
That which inspires you,
That which opens your heart.
Leave the rest behind.
It is not yours.
It is not you.

Weave your life from these threads,
Chosen in freedom,
In truth.
Wear this multi-colored cloth
Woven from your passion,
Your tears,
Your amazement.
Choose your life and wear it
Proudly and with love.

Copyright 2018 Wendy von Oech
Wendy.von.oech@gmail.com

My life has been a seeking for my Source and my Soul. Sometimes my guidance comes in poetry like these words on living from the heart. I enjoy offering spiritual guidance, hiking, meditating, playing with my 3 grandchildren, gardening and savoring infinite forms of Beauty, Goodness, Love and Truth.