

Follow Your Heart's Desire

Follow your heart's desire
tune into what it feels
it leads to love alone
it knows the way to heal
Spread kindness everywhere
give more than what they ask
you've come to light the world
your power's unsurpassed

CHORUS: (2X)

"What you have seen me do,
you, too, can do and more,"
so said the holy one
who lives forevermore.

The power's in your hands
the light is in your eyes
the love that holds you up
causes the sun to rise
Heaven is where you live
holy is what you are
the fire inside of you
is inside every star

CHORUS: (2X)

"What you have seen me do,
you, too, can do and more,"
so said the holy one
who lives forevermore.

You and the Source are one
you needn't look above
it's all inside of you
you're breathing pure love
The new is being born
The light is breaking through
The very one you seek
is in the heart of you.

CHORUS: (2X)

"What you have seen me do,
you, too, can do and more,"
so said the holy one
who lives forevermore.

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"What you have seen me do,
you, too, can do and more."



Our prayer is characterized by silence ~

Be still and know that I am God!

In that silence we listen for a new word.

God is present in all our lives.

God cares for us, and
our life experiences are a source
of deepening knowledge of God and self.

Inspired by God's Word in the silence
we share from our hearts.

Renew · Refresh · Refocus

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To Ponder:

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you *not* to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.” Marianne Williamson from *A Return To Love: Reflections on the Principles of A Course in Miracles*

“In the case of the cosmos, we can say that God as Creator is incarnate as self-creating universe, including self-creating creatures within that universe. . . . Creativity itself is what is evolving in the cosmos, and we are the growing edge as the Trinitarian Life Cycle moves from Transcendent to Incarnate to Realized. We are in a position to realize ourselves as incarnate divine creativity.

...Be! Be creative, be interactive, be *agape*, give being, unite, be whole, be in every possible way, be new. The self-creating world is unpredictable. It's like a musician's improvisation. . . . But the artwork will always resemble the artist. So the cosmos will somehow be like the Trinity, the vast Person-Community that is Agape, inter-being. . . .

You yourself are both a member of the Finite and a member of the Infinite. You are a participant in the Trinitarian Life Cycle, for you are doing the incarnating and the creating and the realizing and the rejoicing. God's ecstasy creates the world, and the world's ecstasy realizes God.” Beatrice Bruteau, from *God's Ecstasy: The Creation of a Self-Creating World*

Reading: A Simple Prayer for Remembering the Motherlode by Clarissa Pinkola Estes from *The Contemplari* manuscript

We do not become healers.
We came as healers. We are.
Some of us are still catching up to what we are.
We do not become storytellers.
We came as carriers of the stories
we and our ancestors actually lived. We are.
Some of us are still catching up to what we are.
We do not become artists. We came as artists. We are.
Some of us are still catching up to what we are.
We do not become writers.. dancers.. musicians..
helpers.. peacemakers.
We came as such. We are.
Some of us are still catching up to what we are.
We do not learn to love in this sense.
We came as Love. We are Love.
Some of us are still catching up to who we truly are.



Sharing...

a word...

a phrase...

a reflection...