

MY HEART'S GARDEN

by
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In quiet moments create a garden in your heart. I use the garden in my heart to think of friends I am missing; a place to be with those whom I love who have died; a haven as I go to sleep; a tranquil place to go to draw inspiration and healing energies.

I love trees. In my heart's garden are many trees; some I played on in my childhood, some magnificent trees I have seen, groves of rustling birch trees with the sun glinting on their dancing leaves, beech trees, oaks, chestnuts ...

There are no boundaries in a heart's garden. Tranquil pools to sit beside, large and small waterfalls and rushing streams tumbling, tripping around boulders making a play of light, bubbles and sound. Have a waterfall in your heart's garden to walk into allowing cares and hurts to be washed away leaving you refreshed and more able to meet life situations with love in your heart. Ask that the energies of hurts and worries are transformed by the power of universal love into healing energies for you and to be sent silently to bless those in pain in our world.



Plant flowers in your heart's garden: water lilies, fragrant roses, meadows of wild flowers to walk through, sweeps of blue forget-me-nots to feast the eyes, smiling faces of pansies ...

Set your imagination free. The more beauty you create in and around you the more beauty and goodness will be attracted into your life.