

Hear  
Your  
Heart  
Whisper  
from  
the  
Stillness

Nancy A Smyth

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## A STORY

Once, a young man in India was suffering from health problems due to his love for sweets and sugar. His mother tried everything she knew to change his eating habits, but he could not, or would not, change. It seemed that the more she got after him, the worse his problem became.

Finally, at a loss for how to help him, she took him to see Gandhi, whom she knew her son admired. “Mahatma,” she said upon reaching him, “my son is in ill health because of his love for sugar. Could you please tell him to stop eating sugar? Perhaps he would listen to you.”

Gandhi paused for a moment, thinking. Then he looked at the woman and said, “Madame, bring your son back in three weeks. Then I will speak with him.”

Three weeks later, the mother again traveled with her son to see Gandhi, whereupon he told the boy to stop eating sugar.

“Why did we have to wait three weeks for that?” the mother asked.

“Madame,” Gandhi responded, “three weeks ago, I was still eating sugar.”

—Source Unknown

## THE GIFT

Why say I didn't expect this?  
Why would I return it unused?  
Why would I pretend it was not mine?

The gift—this life—my life  
I am in it and need to pause, to ponder  
Why?

Am I saying yes to step into the blazing fire of love—  
to dismantle all between me and the flames,  
to race with abandon, falling headlong into bright light,  
fiery oceans of love.

Life shouts out eagerly, insistently—  
accept and live  
the life that only you can etch in time.

L O V E in capital letters  
demands surrender.  
Plunge your heart in devotion—  
dissolve into the subtlest fragrance.

## FROM MY HEART TO YOURS

Imagine a sublime potter expertly and affectionately shaping  
a new creation, YOU  
taking on form to set out on an extraordinary journey.  
A unique earthenware shape that friends and family  
delight in accompanying,  
yet your journey to uncover precious treasure is taken alone.

It is a sacred trek, going deeper—and deeper—  
leaving behind all shades of fear, doubt, illusion—  
trembling, questioning yourself—  
to find your glorious destiny of love and light.  
Allow me to walk alongside,  
to wipe away tearfulness, offer gifts of courage and love.

I will speak with you  
of sacredness, of embracing your golden heart,  
of honoring and washing away sorrows, resolving strife,  
of enjoying sweet serenity and benevolence,  
of infinite stillness, seemingly breathless,  
silent, yet filled with vibrancy

Of an unerring path stretching out before you,  
weaving through each cycle of life, seen or unseen,  
ready to receive your blessed feet;  
of trust for your path's enduring presence  
leading you homeward;  
of wakefulness and respect—

Of persistence to step back on course—  
again—and again—and again,  
growing just a little more resolute each time,  
confident, wise—  
traveling with hope

into astonishing worlds.



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