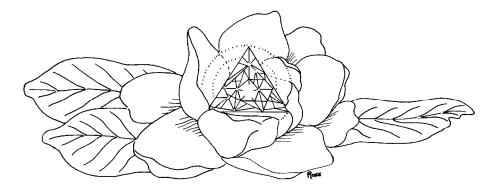
February 2007



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## ✓ Workshops/Classes Held At Arcana Workshops

Fourteen Rules For Group Initiation - Sundays @ 9:00 AM. (Please Call)

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## ✓ Up Coming Events

## **Community Meditation Gatherings**

#### February 1, 2007, Thursday 7:45 PM

February (Aquarius) Community Solar Fire Meditation Gathering Arcana Workshops, 3916 Sepulveda Blvd. Suite 107, Culver City, CA

## March 3, 2007, Saturday 2:30 PM (Note: early start - Exact time meeting)

March (Pisces) Community Solar Fire Meditation Gathering Arcana Workshops, 3916 Sepulveda Blvd. Suite 107, Culver City, CA

> Group Meditation New Moon Cycle Seed Thought

January 19, 2007 through February 17, 2007

It is intensity of purpose which will change you from the plodding, fairly satisfactory aspirant into the disciple whose heart and mind are aflame. *DINA* 1 P. 538

February 18, 2007 through March 18, 2007

[Christ's] heart, embodying as it does the love of God, is drawn forth from the heart of the planet (the Hierarchy) to the hearts of men, and the path of His return to Earth service stands unchallenged and unobstructed. Again, under law, a profound optimism is engendered and may be rightly developed. 7R5 p. 619

Note: Write to the Editors at webdisciple@meditationtraining.org

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## The Promise of Capricorn: New Light, New Hope, New Year, New Day

n my personal meditation for the new year and this full moon in Capricorn, I saw snow—bright, white sparkling snow. I saw fields and fields of it across a vast expanse. I saw microscopic images of perfect little hexagonal prisms of sparkling diamond-bright points of light. Between the macrocosm and microcosm of these images, I knew it was a powerful, and potent, and hopeful image.

From my meditation, I knew even before I saw the astrological chart for the year, that it is a year full of hope and new beginnings. And like a snow globe that has been shaken, the snowy flakes are finally resolving and are laying a fine and beautiful canopy of pure white snow on the ground. What was once obscured by this wintry white veil would now be revealed. And what is revealed? Our sacred life, our soul self, this new beginning, this new year.

It is truly a year full of aspiration and new beginnings. Jupiter and Mars are in the 12th house of the mystical path. With Mars there, it means action. Many of us will experience an initiation or deepen our spiritual commitment this year. With Jupiter there too, and in the sign of Sagittarius, it creates a new cycle of sincere truthseeking, making us ardent, full of valor and reaching for the highest ideals. It is a year of feeling connected and on purpose again. The snow globe shake-up we have experienced over these last couple of years, which has been intense to say the least, will begin to resolve and make sense as this year unfolds.

As an astrologer I take particular interest in the soul of things. I call the type of astrology I practice, soul-centered astrology. I look for patterns and repeated themes, and the chart starts to show me itself at the deepest level. As I looked at the chart of the coming year, I looked at it through those same esoteric eyes. What is the highest potential for this year?

What shines through the chart for 2007 is inspiration, and the vision and the hard work that is behind it. This is a year where our hard work will pay off. It is a time for building from the ground up with faith, and courage, and leadership. Saturn is in Leo, which means that our good work and the Good Works that come from it are cosmically supported, making our dreams and hopes and plans come to fruition.

Adding to that, the Moon in Cancer trines Uranus in Pisces. Creators, philosophers, inventors and visionaries, this is our year. The beautiful harmonics of the sextiles from the Sun helps visions and dreams manifest. This year dreams really can come true. We are on the brink of yet another push, another cosmic nudge, and this year we will see for ourselves our part in all of this more clearly.

The little snow globes of our lives have been shaken for some time now, and at last they are set down, and the snow is settling. Now we can start to see the image in there, and it's beautiful, and it's holy, and it's us. We can see our part; we can see what we've been making, collectively and personally. We can see clearly again.

And Capricorn does see clearly. Capricorns take the long-view, they've got lots of patience, and they know it's going to take a while. They are used to it. Capricorn is a double Saturn sign, both its exoteric and esoteric ruler ship are with Saturn. That makes it double-grounded, doublepractical, and double-serious. With Venus as its hierarchical ruler, Capricorn amplifies

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and blends the highest vibration of love with it. This makes Capricorn, in potential, the sign of embodied love, a kind of lovewisdom, that is grounded in earth. Therefore, one of the highest states for Capricorn is compassion.

Capricorn is associated with the goat because of the goat's surefootedness as they climb always upward, often alone, never losing sight of their path. Because it's an earth sign Capricorn individuals are practical, sure in their direction, (which is always up), making their cautious but determined path up the mountain, spiraling upward and upward to the very top. Capricorns climb, Capricorns attain, and finally Capricorns ascend.

Capricorns are also like elephants. They have deep feelings, they are stoic and strong, and they don't forget. They take their formidable awareness and look back at the year with a craggy Saturnine gaze that doesn't glamorize things, calls things what they are, and knows the real worth of Capricorn establishes 'what things. matters'. That's why we will often find Capricorns in positions of authority, CEO's, CFO's, presidents. They are the people who run things, people you can count on, people that won't let you down.

A Capricorn knows if someone is telling the truth. They are trustworthy; you can shakeon-it with a Capricorn. They never brag or show off; they can be the model of humility. They know if something is a good deal, and they know what will last. They like the staples of life, things that have value, things that last, things that are classic. They know how to save money and make investments for the future. They appreciate the solidness of things, like "real" estate.

I love this example of a beautiful Capricorn prayer.

#### God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.

This is a Capricorn prayer, for sure. It shoots straight from the hip, says it like it is, accepts the conditions and moves on, and at the same time, is extremely practical.

There are a lot of Capricorns in my life, including my mother, whose birthday was Sunday night on New Year's Eve. I grew up in the atmosphere of a Capricorn mother who always knew if the ground was level, if walls were straight, if the earth was solid under her feet, or if there was an earthquake coming.

I got that sense of solidness from her, a sense of what is true, what is real, what will last, and what matters. Because of that, as much as I really do love the etheric worlds, I am very grounded. She taught me the value of things, and the importance of being real, no fakeness, and no frills; things are what they are, and no matter how much gold and fluff you put around something, it still '*is what it is*'. This understanding is part of my makeup now, part of the way I sense things; I feel something's realness, like a 6th sense. I can feel congruency in my bones.

That's a Capricorn thing too . . . bones. Capricorn rules the skeleton, and also particularly, the knees. Capricorns are climbers. They are enduring and longlived. They seem to age backwards. They are old when they are young and young when they are old.

Capricorn is the sign of wisdom. Capricorns are the shyest of the signs and the most naturally humble, for they never lose sight of the big picture, and realize that the small step they are taking now is just one along the way of many. They are not so interested in the details; they never lose sight of the top of the mountain where they are aiming; they won't get bogged down in details. They are great delegators, and they certainly won't let you down, and they are never, never rash. They won't make a big deal about their accomplishments either, and they don't care about who gets the credit, they just want to get the job done—right—and without ever losing sight of their higher goal: the top of the mountain.

So it is, of course, during the cycle of Capricorn, that around the world, we celebrate New Year's Day and make resolutions and changes in our life of the highest order. These are not just little changes, but life-changing ones, changes that have weight, changes that last and hold—Capricorn changes. If there was a time of year to make a goal . . . this is it. If there were a time where your intention has the most possibility of holding, of sticking, of lasting . . . this is it.

And with the full moon in Cancer, we are supported in our choices. This motherly moon nurtures us and supports us in our choices. It creates the atmosphere for the ideal conditions for our little seedlings to grow in. The Cancer moon is like the great incubator. She shines warm, golden light on our little seed thoughts that will manifest throughout the year. It makes for a good Between the seriousness and start. deliberateness of the solid, foundational Capricorn authority that brings—and Capricorn always chooses wisely-the Cancer Moon then nurtures the heck out of it, creating the perfect etheric incubator for our little intentional seedlings to flourish in.

With the moon full in its own sign in Cancer, where it is considered exalted, making it the kindest, most generous moon, we are gently carried into the new year with all our hopes and dreams carefully held, safe and sound, in the conservative Capricorn's well-grounded, solid resolution, and the bosom of the Cancer moon's nurturing and loving support.

One of Capricorn's guiding principles is achievement. The Capricorn doesn't rise to the top of the ladder as does a Leo native; he climbs every darn step of it, rung by rung, higher and higher, gradually acclimating to the elevated altitudes, slow enough that his steady climb makes the changes practically imperceptible to others at times; yet he never stops climbing, up and up, until eventually he reaches the highest point, where we all can see it.

In the dark nights of the Winter Solstice cycle the Capricorn finally reaches the goal. Each goal higher than the last, each arrival begetting the next aspiration which spirals upward and upward until Capricorn reaches it zenith, and at this zenith the Capricorn then realizes his soul-level seed thought:

### "Lost am I in Light supernal, yet on that Light I turn my back."

This is the story of the Christ who dies for the sins of the world, or the Bodhisattva who cannot ascend until every being does before him. In service to humanity, the Capricorn turns away from the light and returns to us sharing his insights. That is the sacrifice and the offering of the enlightened Capricorn. When Capricorns reach their highest expression, they live their life in service to the greatest good, even at their own sake, for ours.

Now as we all move through the Capricorn period known as the *spiritual interlude* we naturally move inwardly. It is as natural as nature. The trees are doing it and we are doing it. Our normally buoyant outward flow softly reflects inward, casting its gaze back on itself.

The wintry Capricorn cycle asks us to look inward, reevaluate, and remember where we have come from and where we are

going. It is one of the most powerful times of the year, especially for meditation. This is a time where it is natural and easy to deepen our practice and we have easier access to spiritual insight than at almost any other time, *and* for a sustained period.

During the month of Capricorn we may find ourselves going over and reevaluating our year, and our life, to see what has really mattered with a kind of stone-cold honesty that eventually leads us to actually change, incorporate some of the and to understandings we learned from our perhaps harsh but clear seeing perceptions. New year's resolutions are born from this.

And because this year the full moon lands a day away from the official New Year's celebration, it adds spark and punch to our resolutions. In theory, we have this time of the full moon, and a few days before and after, where there is extra light and extra help during these long, dark nights of Winter.

Over the last two years we have had our collective noses to the grindstone. We are a little battered but we're okay. It's been hard. We worked hard and it may have seemed like it didn't make any difference, but of course those works that can't be seen, that are done behind the scenes, that often go unrewarded or un-praised, can be the most solid of all. And it did make a difference, and in 2007 we will start to see how.

So what will you grow this coming year? If you are the gardener of your life how is your garden growing? What are you growing? It is a time to plant new seeds, prune back, or maybe remove some things entirely? Does your garden need more water, more fertilizer, more shade, a fence, the soil tilled, or is it time to let the field lay fallow? In Capricorn we learn what we really need. Capricorn is the sign of materialism. This can be the gross materialism of life, new cars and stuff, but it also symbolizes the securing of real gain, real value, real worth, and most importantly, real and authentic spiritual understanding. In our meditation we can sense what we need—what we really need on a spiritual level—different than what we want materialistically, but what we need in our soul. We will sense it.

This year will be full of hard work and driving change and intensity. I think we'll be seeing changes everywhere this year, on every level, from the economy, to this war we're in, to our own work, in our relationships, and our relationship with ourselves too. This is also a year that you may find a teacher that inspires you, a body of work that kindles a fire in you, an idea that pulls you along with it, a cause that galvanizes you, or a mediation experience that opens your world—and ever after, you see things differently.

My meditation of snow is about purification and renewal. We are in a time where it is easy to begin again, to create a sparkling new start from no matter where we have just come from. We can begin again. We can start fresh. We can infuse our life, and our work, and our world, with new visions, new ways of looking at things, new arrangements of the same old stuff, and "real"ize our dreams. In your meditation, let it be steeped with the solid ground of Capricorn, recognizing the power that honest perception and clear vision brings. Ground the essence of Capricorn into your life and gain some of the gifts of Capricorn: vision, responsibility to the task at hand, humility, realization, and most importantly, compassion.

> Diana Lang Capricorn, 2007

## The Year Of The Heart I

The New Group Of World Servers "...is, figuratively speaking, the "bull, rushing forward upon a straight line with its one eye fixed upon the goal and beaming light." But what is that goal? It is not the goal of Self-illumination, for that lies far behind; it is the goal of providing a centre of light within the world of men and of holding up the vision to the sons of men. Let this never be forgotten, and let the New Group of World Servers realize its mission and recognize the demands of humanity upon it. What are these demands? Let me enumerate them, and then let me ask you to take them in all simplicity and act upon them.

1. To receive and transmit illumination from the kingdom of souls.

2. To receive inspiration from the Hierarchy and go forth, consequently, to inspire.

3. To hold the vision of the Plan before the eyes of men, for "where there is no vision, the people perish."

4. To act as an intermediate group between the Hierarchy and humanity, receiving light and power and then using both of these, under the inspiration of love, to build the new world of tomorrow. 5. To toil in Pisces, illumined by Taurus and responsive in degree to the Aquarian impulse coming

5. To toll in Pisces, illumined by Taurus and responsive in degree to the Aquarian impulse coming from the Hierarchy. The Rays and Initiations P. 232-233.

ur efforts this year will be primarily focused on the implementation of the above demands. A keystone to all of the above is the primary assignment to "reveal with greater emphasis the fact of the Hierarchy" and thus aid in the externalization of the 5<sup>th</sup> Kingdom and the of Christ. reappearance the Our understanding of this assignment flows from our group study and meditation on the regarding statements these manv objectives and the requests for aid from the world discipleship group that are scattered throughout the available Teaching from Masters M, D.K. and R.

realized that Long ago, we the externalization and reappearance are not static events that will suddenly occur at some specific point in time. Intrinsic, essential and unavoidable aspects of the New Evolution Impulse which is being brought in on the wave of the Aquarian gift cycle, they are occurring processes, next steps in the ageless and, to us, unfathomable Great Unfolding. The Plan,

which the Hierarchy generates in its effort to implement the Principled guidance which it receives via the Council at Shamballa, carries the timely and essential frequency, the New Evolution Impulse, of this vast Cosmic Intent, the direction of which we can hardly imagine.

However, what we can understand is that the Hierarchy's ability to externalize and the Christ's ability to reappear are, for us, primary aspects and indicators of the *immediate direction* of the New Evolution Impulse. The externalization and reappearance are in a very real sense dependent upon humanity's ability to register them. At present many persons within the body of Humanity-and this number grows daily-through the evolution of consciousness from the illusory state of separative self consciousness (lower mind vision) into the true condition of group consciousness (heart vision), are becoming progressively more able to see what has always been.

As D.K. has said many times, Christ cannot return because he never left. "He has always been here upon our Earth, watching over the spiritual destiny of humanity; He has never left us, but in physical body and securely concealed (though not hidden), He has guided the affairs of the spiritual Hierarchy, of His disciples and workers who are unitedly pledged with Him to Earth Service. He can only reappear." *Externalization of the Hierarchy* **P.597** 

While this statement was made in direct reference to the Christ as an individual

Being, it is, on a more synthetic or inclusive level, applicable to the entire 5<sup>th</sup> Kingdom which the Christ, in His wholeness,

The process of externalization and reappearance is literally the unfolding of the Planetary Heart Center, the Spiritual Hierarchy, within the fabric of the 4<sup>th</sup> Kingdom.

embodies. Our ability to realize the ongoing fact of the externalizing Hierarchy, the 5<sup>th</sup> Kingdom, and its embodiment, the reappearing Christ, is the evidence of the success of the continuing evolution of consciousness.

It is important that we understand just what is going on in the process we refer to as the externalization and reappearance. At the very least, this is a major event in Planetary if not Systemic evolution involving much more than an individual or a group of individuals. This process of externalization and reappearance is literally the unfolding of the Planetary Heart Center, the Spiritual Hierarchy, within the fabric of the 4<sup>th</sup> Kingdom, Humanity.

It is the stimulating, inspiring radiation of this major unfolding event that has generated many of the "political" and environmental events of the recent past. It is the energy of this great opening that has fueled the worldwide exploding interest in human rights, equality and the demand, the will to have a planet free from war. It is also the energy, the radiation of the inflowing principles of Aquarius that is stimulating and inspiring the many thousands who are turning to their inner lives, to God Immanent, through meditation disciplines in the search for spiritual insight that we have seen within the world communities and within our own beings.

> We know that these events involve the taking of an initiation by the Christ. "This inflow of Aquarian energy is one of

the factors which will enable the Christ to complete His task as World Savior and World Teacher; it will also enable Him to take the initiation which lies immediately ahead of Him and for which He has been preparing for close upon three thousand years—so exalted and peculiar an initiation it is." *The Rays and Initiations* P. 233. These events may also include the taking of some exalted initiation by our Planetary Logos and the Planet becoming a Sacred Planet.

Whatever the case may be in the Greater Systemic Plan, these events are surely the local precursors of the next step this planet will take during the unfolding of the Aquarian Age. This next step has often been alluded to in the ancient scriptures as the creation of "Heaven on Earth". This ancient name for the reappearance of the Christ and the new Aquarian energies he brings carries the promise of involving humanity in many new relationships with ourselves, the three lower Kingdoms and the entire Devic evolution.

Enabled by our ever expanding group consciousness humanity, will create a new civilization and culture under the jurisdiction of the Christ and the Spiritual Hierarchy. The framework for this Aquarian civilization and culture will be a new and deeper relationship with the truth of the three unfolding Principles of the Aquarian Age: Essential Divinity, Unanimity and Goodwill implemented through the three unfolding Laws of the Aquarian Age, Right Human Relations, Group Endeavor and Spiritual Approach.

As far as we humans are concerned, all of the above has to do with the movement of

humanity from one level of consciousness, self consciousness, to another. Self consciousness, the present dominant level, we have come to recognize is lower-mind vision. The other, not higher, but more inclusive level of consciousness, which we call group consciousness, we are beginning to realize is heart vision.

Self consciousness, the kind of vision out of which we are moving is characterized by a lower-mind created vision of reality. In this vision, reality is seen as an exclusively material world which we encounter when we use our 5 senses. It is posited as the only "real world".

This world is made up of forms, of things, stuff. For every "thing" or piece of "stuff" there is a thoughtform. There are even thoughtforms for thoughtforms. All forms of

This more inclusive level of consciousness, which we call group consciousness, is heart vision.

whatever kind and/or size from sub atomic particles or strings to planets, suns and galaxies are seen as separated and, usually, engaged in a conflict for existence with one another. Any non-material or spiritual conceptions are relegated to myth, fantasy, and illusion. Thus we have the ancient statement, "The mind is the slayer of the Real."

The more inclusive level of consciousness into which Humanity is evolving embraces the actuality of the non-material and formless or subjective worlds of reality. Even now, in the midst of our denial of their existence, we are able to register the

> presence of the lower frequencies of this nonmaterial world. We do this every time we say we feel happy or sad or fearful. None of these

feelings has any dense physical attributes, yet we feel them and react to them.

These kinds of realizations reveal the fact that our 5 senses are able to register levels of reality that are non-material. Seeing, touching, hearing on these non-material planes is quite a different experience than seeing, touching, hearing on the dense material plane, but we can and do see, touch, hear, smell and taste on these higher planes of reality. What is the registering of a thought other than hearing on a higher plane? When we say, I hear you." We mean that we register the other persons meaning. This is not a physical thing.

It is out of this illusion of reality that humanity is evolving. As more and more humans work their way free of the old

concepts and open to the possibilities of higher dimensions of Life, our relationships with the Planet and the other lives with whom we share it will undergo enormous changes. Thus we come to heart vision.

Dear Friends, as you will have noted, language really fails in these areas. However, we must try to understand that although the dense physical organ we call the heart, the one that is beating in my chest and, hopefully, in yours, is a marvelous symbolic representation of the

concept Heart, we are not speaking of seeing through that dense

physical organ. We are speaking of encountering the reality which is revealed when we move through the heart. We are speaking of what Heart "sees, hears, touches, tastes and smells".

This is what I call "heart vision."

The greater, inclusive vision of the heart "sees" the interrelatedness of all life, and recognizes that the primary frequency of

Life is harmonic cooperation. The primary sound of

Life is silence. There is no noise or conflict. Thus we have the ancient saying, "What a man thinks in his heart, so is he." This is a statement of fact rather than conjecture.

The hard thing about this movement in consciousness is that it can only be understood through experience because it involves an expansion of focus or vision that reveals the formless unified world of energy which underlies and unifies the world of apparently separated forms which we know so well and literally see as the only reality, the Great Illusion of Separation.

This new consciousness revealing the interrelatedness of all life as it does, gives the lie to the illusion of separation. This situation causes many, many changes in the way one lives. Not all of these changes will be wonderful and or joy filled. It is not with out pain that the petals of a rose unbend in the sun.

However, one's point of view gradually

expands from seeing Heart means "between." "forms" or objects or things which appear to be separated and probably in conflict with one another to the realization of their intrinsic relatedness. Then the underlying beauty and harmony of the real world gradually emerge. Eventually one becomes aware of the energy field of frequencies which flows in and out of all forms. Consequently, daily living changes from a struggle for survival to a participation in the Song. If a Disciple is anything at all, he or she is a participator in the Song of Life.

The heart is the divine connector.

Because the heart is the custodian of the cosmic energy we call love, the center through which this vision is achieved is the heart. Love is the field which connects the Divine Father and the equally Divine Mother. Love reveals the unanimity of all life which the great illusion of separation hides. The reason it is so hard to move the consciousness from the levels of separative living into the inclusive realm is that we are so identified with the world of material form that we quite unconsciously deny the reality of the wholeness of life. The heart is the divine connector. Heart means "between." The heart is the way into the timeless non-material or subjective realms of reality, and the way out to the objective material world of time and space. The heart is the only way. As Christ, the Great Heart, said, "No man goes to the Father except through me."

All other "ways" simply go around in endless circles. For God to get to us, He must come through the heart, His Son or Sun. If He did not, He would simply circle around in heaven or wherever it is that he hangs out.

For man to get to God, the only way is through the heart. If we do not go through the heart, we will simply circle around in stuff, in the countless illusions of material living. We have, most of us, already spent uncounted lives engaged in just that pursuit. Finally, one gets it, and is ready to move into the heart. This, in a nutshell, is what is meant by walking Path in spiritual literature.

However, the heart has a very strange lock on it, and it requires much effort, much trial

and error to open that lock. Once the key to the heart is understood, the lock simply dissolves, and

the Way to the inner wonders of Life lies open before the approaching one.

The lock is simply one's point of view. If one is self focused, one will automatically and quite unconsciously deny the Heart Way. The Heart cannot be self conscious. It cannot see itself because it actually has no self. There is no separate heart. There is only the Heart, and each one's heart is the whole heart. So, we cannot see the heart, we can only be the heart. However being the heart, we can see through the heart.

As I said, we habitually think of seeing as what happens through our eyes. What the physical eye sees are the myriad forms of the physical dense plane. The Heart sees a level or dimension of reality that is quite different.

The physical eye sees the dense physical plane, the buildings of the city or the mountains and lakes of the countryside. This is only one level seeing or looking, and that the least. All of these appearances are without any quality at all. A mountain is just a pile of rock, and a rock is just a bunch of compressed dirt. A rose is a rose.

Of course we can give inexhaustible lists of data concerning the physical properties of the mountains or the rose. However, in the end, the physical eye sees the physical mountain or the rose. The heart on the other hand, "sees" or understands the Life of the rose and the mountain.

The heart sees the "deep down meaning" in

things. Without the heart there is literally no meaning. When we say, "What does that mean?"

We are beginning to use the heart to see and touch and hear and smell and taste. It, no doubt sounds very strange to a form or self-focused consciousness, but when we comprehend the purpose of a rose, we are hearing with the heart. Thus the Master M encourages us to hear with all three ears.

We escape from the thralldom of lower mind myopia by realizing that we can use

Master M encourages us to hear with all three ears.

our senses on other planes or dimensions. For example, when we have an insight, or when we say, "Oh, I see!" indicating that we

understand something that we did not a moment before, we are seeing through the

The heart an inexhaustible Cosmic concept, defies any effort to enclose it in a form.

heart. Understanding is seeing on a higher dimension of reality.

The heart is an inexhaustible Cosmic concept. It defies any effort to enclose it in a form. Thus, there are many, many things that will be understood and shared as the group moves through this Year of the Heart. For just now, let me leave you with just these few things: When the heart "sees" we have "Spiritual Vision" which means we can "see", or register, or relate to the fact of the

interrelatedness of all life. When the heart touches, we can heal because we can register that which

is out of harmony with the flow of Life. When the heart hears, we comprehend the direction of the Logos. When the heart tastes, we know the truth and the path of Beauty opens before us. When the heart smells we know the higher way.

Aquarius, 2007 Tom Carney