

Messages from the Heart

... all we have to do is listen!



Our hearts speak to us every moment of every day... when we listen to our hearts - and not only to our chatty mind - we make choices that are true to who we are. Quieting the mind, finding that still place where the "voice" of the heart is heard, allows us to make choices from love. Our heart's voice is "heard" when we are totally present and engaged in the moment. Listen to your heart. Be the love that you are!

My love to you,
Faun

Want to learn more about communicating through the heart? Visit my website: <http://www.heartscommunicate.com/>