When we find ourselves in the space of the heavy heart, may we be blessed with awareness of these feelings, Trusting that we are not alone in carrying this burden.

When we take time to honor our hearts, may we remember the Mystery of Life, Where we have deep within our beings all the courage and resiliency to grow strong in the broken places of our lives.

"What gets us past coping and survival is the presence of those who care—a healing community." — J. Schneider

Each time we experience healing in our hearts, may we be grateful for all of what life has gifted us; And walk on with a heart that is free and open to the surprises and wonders of each moment.