

Heart by Gary Bate

H is for Heart and for 2 of my friends..

As you grow you will become less emotional but not devoid of emotion. And of course there's the highest emotion of all, which is not really an emotion but what we are absent of of them all – Joy.

As emotions are the milk from the body; joy is the milk from the heart - joy is the milk from Love.

God is reaching for you but God is not going to grab you; it is you who have to welcome God in. Instead of being the last resort, God should be the first resort!

Genuinely opening a conversation with the source of all life is as simple as that – just do it! The responses will come but not in the linear time you expect them to nor always in the way you expect.

Your Heart is always looking for balance. You are to balance your Love – you must love yourself as much as you love ALL other people and you must love ALL other people as much as you love yourself – no exceptions. Identify where you withhold Love and correct it. If you can't correct it straight away, then ask for the understanding ( the wisdom) to come.

Many people die because of an attitude. Is an attitude worth dying for? ~ Gary.

<https://whatstress.com/>