

## LEARNING HEART: Weekly Reflections

April 2011

### Week 5 - Letting-go

Wisdom surrenders herself only to those who believe in her. To maintain clear insight we must always be on the journey inwards, with a trust in the child's spirit within us, and in the spirit of the wider cosmos all around us. Only then, and often in confusion and pain, do our hearts begin to wake up. The simplicity and closeness of Love, as sure and slow as daybreak, begins to reveal herself to the hesitant but trusting heart. In the 'letting go' of so many important certainties we find ourselves left with just one deep hope – that we are loved unconditionally, always and everywhere, by an enchanting Love of intense beauty and charm.

Some hearts do wake up during the long sleep of life. They become aware of mystery – of a love and meaning at the heart of life. This heightened sensitivity is both new and old. Maybe because words are often too clumsy to deal with mystery, it is the artist – the painter, the poet, the sculptor – who preserved the original vision intact. This vision is also, of course, complete, safe and sound, but mostly asleep, in very human heart. (*Year of the Heart: 1990*)