

## Daniel's Reflection for week beginning 9th July

### The Heart of Life

**You are an intimate, essential part of the Heart of Life whether you know it or not**

All you seek is already within you. You carry your own river of Love spreading across the fields of Life. We all flow from the one Source of Being itself. That is where your power comes from. You are a small flame of the fire that is Life, that is Love, that is the very Being of everything. Nourish your heart against the temptation to despair. Look at a furrowed field after winter's emptiness, greening with a new sheen of barley; notice the brave smile on the face of someone touched by death. You will always be taught and enabled by the cycle of the seasons, by the Spirit of Life. Think about these things. Talk about them. Read about them. Tell these stories to children. After all it is the story of your life, of theirs, and of this enchanted world. May they look after her better than we have done.

*'Tell every child this: you come out of the energy that gave birth to the universe. Its story is your story; its beginning is your beginning.'* (Cosmologist Brian Swimme)

(Happiness Habit p87)