

## **You and Your Heart**

### **By Toni Petrinovich**

As you watch the nations at war; as Israel and Palestine continue to kill over the Holy Mount in Jerusalem; the economy becomes a mudslide down the slope of prosperity; the sun explodes in sunspot activity and X-class flares; lava boils up from the mantle of the earth's core; droughts, famines and extreme weather assail people all over the globe, you are given an invitation. Either you can join the masses that stare at the news, shake their heads and throw up their hands or you can realize that these are the times everyone has been talking about for years. It is no trite saying that "we are the ones we have been waiting for".

Your time is now and the evidence is everywhere around you. So many are speaking of feeling out of control, lightheaded, unable to communicate clearly, ungrounded, uneasy and insecure. This is a natural occurrence during the enormous shifts that you are experiencing along with the planet in which you live. I use "in" intentionally here because you ARE "in" the atmosphere of the planet earth - not "on" it. Each is a cell within that atmospheric body. And whether your belief system is Christian, Moslem, Jew or anything else that is available to man during these times - or none - the invitation is still the same. Will you be filled with love or will you be filled with fear, worry and dread?

Love is a natural vibration that is present when you are not in fear. Fear fuels all of the anger, the hesitation, the doubt, the worry and the pain. Love fuels peace of mind, trust, compassion, conscious awareness and communication. It actually creates a storm of energy within your heart. Sometimes it may feel like a big leap to agree to be filled with love for all that is happening and yet if not you, who? It is Source experience that you are having - **no more - no less**. The experience will be exactly as each of you decides it will be, in each moment, in each day. What is your decision today?

Your daily lives, your business, your family are comprised of the reality you create by your perception. Your perception is created by belief in what your past experiences have told you happens when you act. If you are to be the cause of change in the earth, you must go into uncharted territory. You must be willing to go into the *heart of the storm*. That precludes using your perception (based on the past experiences) to tell you what to do next.

If you can't use your experience, what can you use? You come equipped with the technology needed to create a new software program for yourself. **It is your heart.** The heart is your connection with the Universe, its pulse and its rhythm. You have only to trust its "knowing" to introduce yourself to the next step in life and therefore, to the next piece you contribute to the transformation of everything in and around you.

What keeps you from listening to your heart? Lack of practice coupled with a support system in your culture that tells you that you should listen to your head. It is so much easier to go with the crowd, be one of the herd, so to speak. And yet no leader has ever had that luxury. The surprising fact is that in your present millennium everyone has the capacity to be that leader. All it takes is the willingness to surrender to the voice of the heart and to follow what you know really needs to be done rather than what the mass consciousness has pre-decided for you. What better place to embrace that leadership than in the business world?

So, what is your decision today? Take a moment to feel how you are really experiencing life, this moment, this breath. As you make the changes in yourself, the mirror you become will be the change you see in the world. Then you can base your perception on that experience and begin building a new environment in which to live and a new direction for your business expertise. **Dive into your heart's wave!**