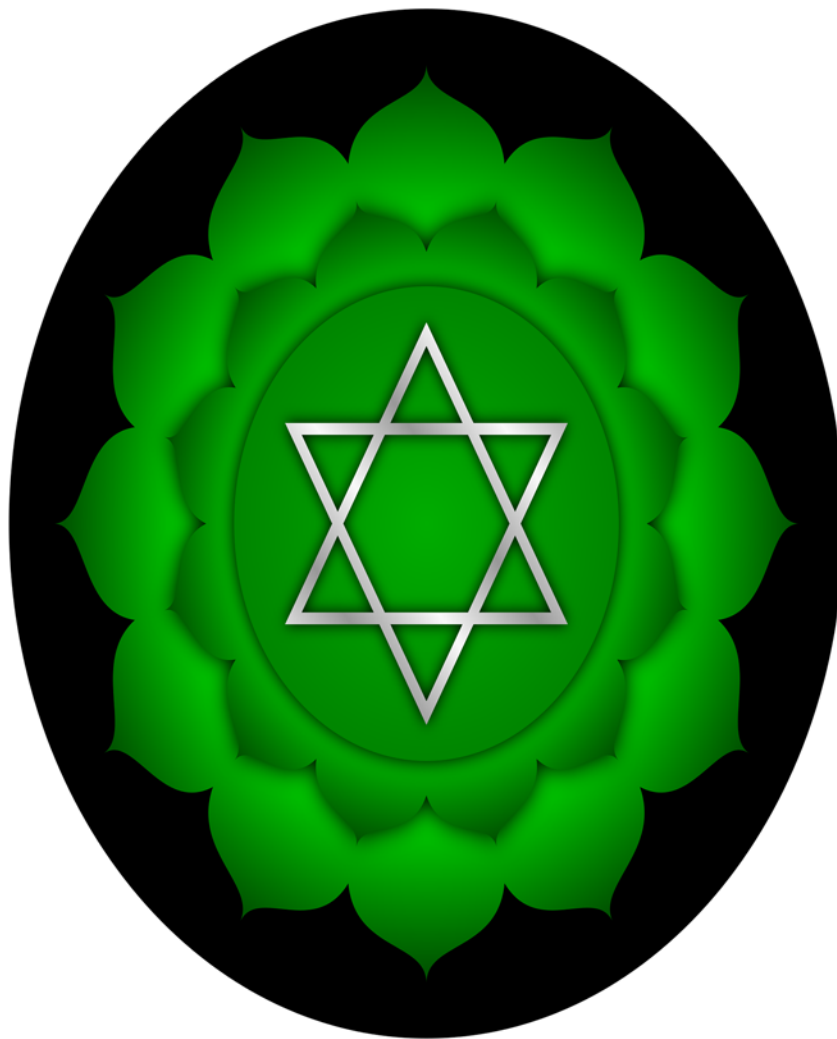


The Heart Chakra



Love swirls all around us. Sadness and grief attempt to overcome us when loss and pain abound. Lay your grief in front of you. Allow the pain. In doing so, though contrary to instinct, the pain eventually flows away, and love fills your soul.