

Love is more than an emotion, it is the beam of energy that guides us Home into the arms of Infinity. And compassion is the nest that protects us from the unknown and our fears. The Sacred Space in each of our Hearts is the key, my friends. There, beyond the mind and its insistent thoughts that never tire, is a pool of calm clear water that is older than the most distant star. - extract of Drunvalo's letter posted on his website:

http://www.drunvalo.net/letter_heart.html