

*Picture of the Week: March 23, 2015 – The Sails Within*

This week's message is just a reminder to make choices from the heart. It's easy to let our brains go with analyzing and overthinking. Yet our hearts are about feelings and emotions which help us make wise decisions, particularly difficult ones. The heart may not necessarily have the voice that the brain does, but who needs a voice when we have true inner knowing? There are always infinite revelations and insights that come from silence.

By the way, it's the last full week of March and first full week of spring, but just last Friday I was greeted to this...



It never seems to end, huh? Have a warm(er) week. :p