



SIEBENQUELL

Reflection for the Summer:
»Look at your Heart«



QUELLENANGABE: ROSEMARIE MONNERJAHN 2010

Summer is often the time in which yearning and fulfilment lay close together for us or where we clearly feel the tension between them.

We yearn for rejuvenation or a change, for new impressions and experiences, for time to ourselves and for those close to our hearts. When we manage to note our desire and perhaps to realize long held plans, then we are rewarded with more life; we can immerse ourselves in free weeks in which we can perceive with all our senses internal and external worlds and draw from them.

If this is not possible, for whatever reason, then we feel the yearning, which seems so distant, in a particularly painful manner. We should not give in to the danger of covering it up, choking it off of simply ignoring it.

Let us take it seriously.

The following text may encourage and accompany us thereby:

Look at your Heart

To look at your heart

To take your yearning seriously

To feel your intuitions

To attribute importance to your dreams

To value your passions

To accept your wounds

To treasure your gifts

To allow your springs to flow

To see your eyes shine

And through them to feel the movements of your heart

Open it wide, your heart

Yes, you will be vulnerable

But also transparent for the greater reality out of which you live:

Able to be touched, able to be moved, close to my heart.

And I will take note of you, as you were as you were intended:

Full of beauty

Full of resonance

And in your truth.

Andy Lang

Enjoy the summer days!

Rosemarie Monnerjahn

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