

## Insight from the Heart

I breath into my heart to allow the vision my soul dares to create to come forth.

I glance in the rearview mirror of my life with grace and forgiveness

- To clear the path of the wreckage of my past
- To allow my lessons learned to serve as the lampposts that light the way to the future.

I look for my blind spots

- By allowing and asking others to... show me
- By being honest with myself

I watch for the obstacles keeping me from creating my vision

- That I use as excuses
- That no longer serve me
- That I can resolve

I see

- The Hope
- The Love
- The Possibilities

I create and honor the path, more clearly, I am being called to follow.

—Ellen Bintz Meuch  
*Global Healing Response, 2020 Vision, Q1 Insight*



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