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## The Power Of Your Heart

Think about the power of your heart.

What can it do?

How can it love one moment and be hurt the next?

I'm in awe of the depth of the human heart. It holds so much power within us, but it can be so fragile at times. The love it gathers and gives is beyond what the words in our language can describe.

When you think about how your heart falls in love with another, it is nothing short of a spectacular amazement into the possibilities of life. When you connect with someone, you feel it to the core of your being. Words fail to fully verbalize what this means, but you know it deep within your heart.

Sometimes our hearts get hurt by others intentionally or when we're not expecting it to happen. It takes time for the heart to mend, but the heart longs for a yearning to love and care about others.

All too often, we let our egos rule our lives, rather than our hearts. We try to feel and explain emotions from our brains, rather than our hearts. What if we became more aware and conscious of how we engage or disengage from our hearts? Would our world not be better off?

I'll never forget the experience where a mentor and gifted healer had me check in with my heart, as I was in my head. Read the blog post I wrote on "[Get Out Of Your Head](#)" to understand this more.

*Don*

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