

Let Go – The Path Of The Heart Will Emerge

BY CAMILLA DOWNS

Allowing oneself
to be pulled in
many directions, you are.

From task to task you move,
as confusion, anxiety,
and worry enter the thoughts.

Let go, you must.
Be aware.
Listen to the
heart message.

Know this.
When riddled with questions,
plagued by confusion,
and held hostage by anxiety,
this is not of the heart.

Distractions, these are,
to cover the message
of the heart,
to prevent one
following the
path of the heart.

As distractions enter
consciousness,
always come back
to the knowing
of this message.

Let go, you must.
Listen to the now,
listen not to the past.

The path of
the heart will emerge.
While distractions
to Mother Earth purge.

For more self-study, [The Urban Howl](#) recommends [The Universe Has Your Back: Transform Fear to Faith](#) .

Sip a little more:

[Have Patience When Dancing With The Shadows Of Your Being](#)

[May We ALL Release & Expose The Beautiful Space Within](#)

[The Path To Love Is The Path To Oneself](#)

"Those who dance
will always be insane
to those who can't
hear the music."

N I C O L E
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Our Subconscious Is A Symphony TEDx

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