

SIX: GUIDED BY HEART



The next day after her walk Amara felt a bit overwhelmed by the call to more fully embrace her “wild and precious life.” She wrestled with how to address the daily challenge of being true to herself and continue to follow what has heart and meaning.

Sensing “The call is deep and requires great courage,” a favorite e.e. cummings quote surfaced in Amara’s thoughts: *It takes great courage to grow up and turn out to be who you really are.* She felt more than ever that staying focused on her goals and dreams needed to remain a priority.

Amara knew the origin of the word “courage” came from Old French *cuer*, meaning “heart” and she became intrigued by the connection between finding her courage and pursuing what really mattered in her life. This took her back to the words of one of her favorite teachers, Angeles Arrien and learning about the Four-Chambered Heart.

Remembering the compelling question that always helped her focus and feel grounded, Amara spoke it aloud: “Where is my heart full, open, clear, and strong?” Amara knew that when she becomes confused, half-, closed-, or weak-hearted it is difficult to see who or what is most important to her happiness and well-being. And likewise, when her heart is full, open, clear and strong, she is able to see and follow what has heart and meaning.

Amara decided to walk the Butterfly Peace Path again this day with THE FOUR CHAMBERED HEART as her guide.

Along with Amara, take time now to walk with guidance from THE FOUR CHAMBERED HEART, then journal about your insights.

THE FOUR CHAMBERED HEART

The following walk was designed for the Butterfly Peace Path finger labyrinth but can be adapted for walks in any environment by pausing at a place of your choice to read and reflect on the question and intention for each wing.

FIRST WING

- Where in my life am I cloudy or confused, where doubt and indifference makes it difficult to choose?
- Let my heart be **CLEAR** and know what matters to me; so I may be focused, committed with a purpose I can see.

SECOND WING

- Where in my life am I weak hearted, fearing where I stand, lacking courage and resolve, not sure I really can?
- Let my heart be **STRONG** and experience what is true; as I find my courage, speak my truth and do what I must do!

THIRD WING

- Where in my life am I half-hearted, uncommitted or bored, making "guest appearances" afraid to cut the cord?
- Let my heart be **FULL** and my spirit never tire as I follow what has heart and meaning and my passion fuels the fire.

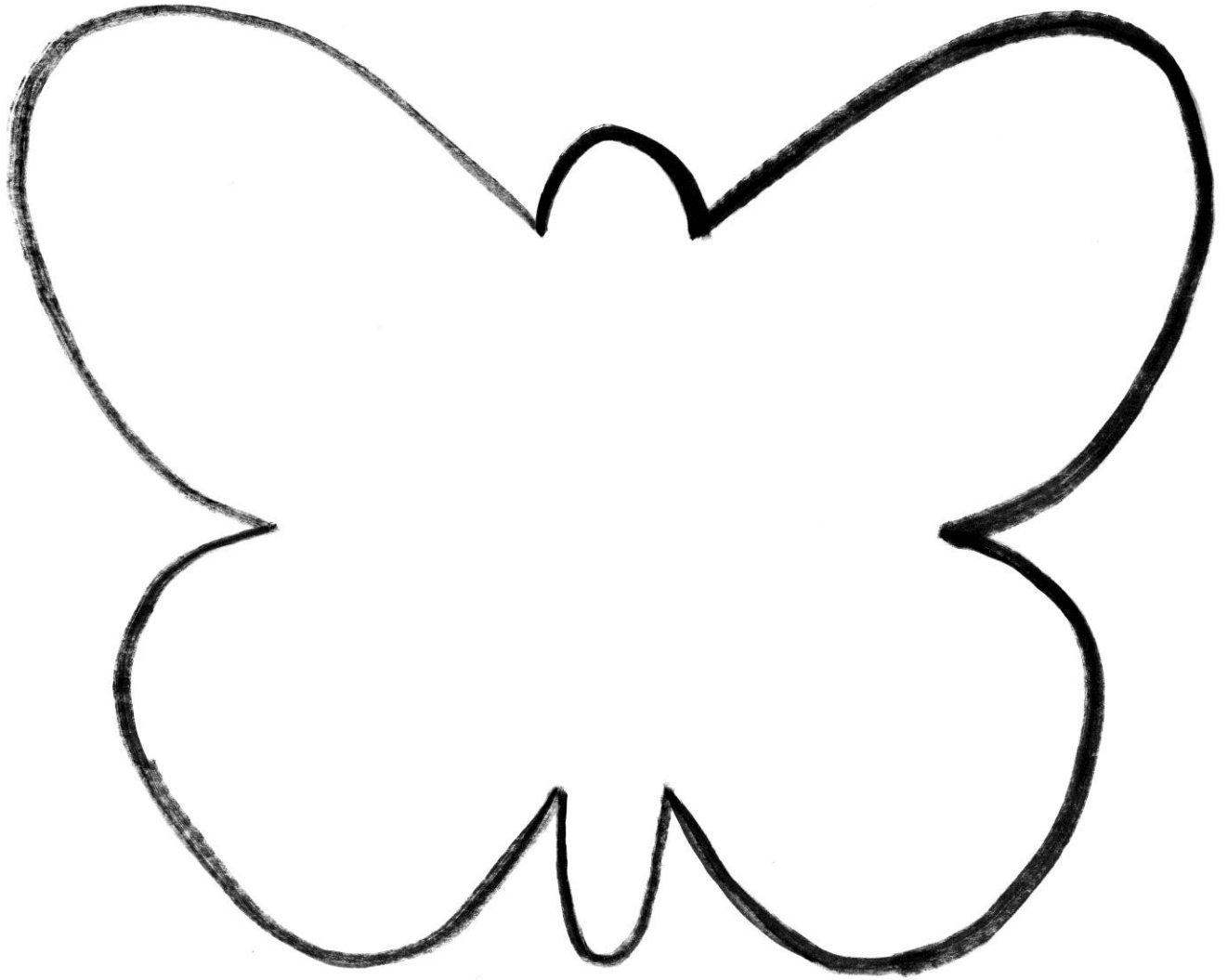
FOURTH WING

- Where in my life am I closed hearted, feeling I want to hide? Where am I negative, judgmental and not seeing the other side?
- Let my heart be **OPEN** to take in life's full view; so I may be curious enough to bend and flex and experience something new.



The *Butterfly Peace Path* is an original labyrinth design, born out of the collaboration between William Grace Frost and Jackie Levin. To purchase the Butterfly Peace Path finger labyrinth contact William Grace Frost at: awakeheart@yahoo.com or 707-318-9565.

After your walk, record your insights on this butterfly journal page:





NEXT SMALL STEPS

What will you do? By when? How will people know?