



### *Secrets in the Heart*

O, many words are found in *heart*.  
Each heart contains its rhythmic *rate*.  
And held within is mankind's *art*  
to stir his urging to create.  
Both *he* and *her* are found in *heart*,  
and in its folds there lies the *earth*.

Containing, too, an *ear* to *hear*,  
the heart reveals its hidden worth.  
All hearts contain a little *hate*---  
perhaps a past-life harboring--  
which love has power to dissipate,  
for love is all encompassing.

Though lexigramming teaches much,  
consider numerology.  
The value of the letters touch  
a chord of serendipity.

As numerologists confide,  
*heart's* letters add to seventeen,  
in which both peace and love abide  
and spirituality is seen.  
The number is most fortunate  
and hints of immortality,  
though by reducing to an eight,  
demands responsibility.

What's held within the heart decides  
what each man's destiny will be,  
determining what fate abides  
within this life of mystery.  
If filled with love, the heart can win  
o'er all adversity or fear.  
And yet, though joy may dwell within,  
in every heart there is a *tear*.

Poem from *Secrets Explored*, 2006, by Jean Warner



February, like Christmas, brings to mind thoughts of love. The focus on Valentine's Day, of course, is on expressing love for a mate or a special loved one. Nevertheless, the loving thoughts bring forth an energy of warmth and appreciation which radiates out. Any expression of love expands the consciousness and raises the vibrational frequency of both the giver and receiver.

Of course, the day also brings forth sadness and loneliness for those who have lost a partner. It can be a trigger for depression for a widow or widower. Or those who long for, but have never known, the love of a special person may feel even more isolated and alone as they observe the pampering bestowed upon others on this special day. The impact can be devastating for some.

These heart-sick feelings also radiate into the ethers and have an unconscious effect on the masses.

How can we emphasize the positive on this traditional day? Here is an opportunity to make the day significant for someone who is feeling unloved. Be creative. Plan a little party for singles in which each one gets a Valentine gift. Take someone to lunch or dinner. Go shopping with a lonely friend or acquaintance. Be sensitive to the recently widowed or divorced and find a way to make them feel special. Just dropping in for a visit can make a difference.

This consideration can change the energy in a home, a neighborhood, or a city. However, the energy of love should never be confined to any day or season. The love vibration can change the world if practiced on a daily basis. Love gives birth to love. It promulgates in a way that no other energy can match. It changes the very air you breathe. Have you walked the streets on Christmas Eve and felt the excitement, the joyous anticipation all around you? It is electric, is it not? What would happen in your world if that feeling prevailed every day of the year? This is the goal to strive for. It will happen only we set it in motion.

### *The Magic of Love*

Love can awaken the souls of mankind,  
if only we learn to be loving and kind  
So walk down the street with joy in your feet  
and love in your heart for those whom you meet.  
Smile to the crowds, and throw seeds to the doves.  
Toss out your love to the heavens above.  
Let it rain down on the hills and the town.  
See it change faces that once had a frown.  
Watch how it shimmers and glimmers with light  
as it flows through the ethers to brighten the night.

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