



*Wishing you a Merry Christmas  
and a  
peace filled New Year*

### **All hearts are tethered**

The beat of a heart in the still of the night,  
the moment new life emerges as light.

A light that shines in the corners of the world,  
revealing, challenging, inviting change.

A light that shines in the corners of our minds,  
revealing, challenging, inviting change.

The light of love for all,  
the light of life;

the lightness of breath fully inspired,  
then exhaled in oneness.

All hearts are tethered, a part of creation,  
anchored in the source of all being,  
we are never alone.

Each heartbeat is a heartbeat of creation  
for all are one in God.

When our hearts beat in fear,  
all hearts beat in fear;

when our hearts race with joy,  
all hearts race with joy.

When we realise that every breath  
is love received and love given,  
powered by the heartbeat of creation,  
and every heartbeat is light in the darkness  
and an expression of God  
then we know God and understand love,  
and we feel peace.

May you sense oneness  
and find peace this Christmas.

Heather Whyte 2023