

**Lessons from the Half Moon Bay, CA Teaching Mission Group
transmitted by Susan Kimsey**

A lesson on Heartfelt Intentions from Olfana Apr. 25, 1994

I will now present a lesson on heartfelt intentions. How do we decide that we are drawn to a particular path--compelled to seek out information, knowledge, sometimes at great effort on our parts? We search through life for those things which we truly desire from our hearts. If you establish, as a foundation for your searching, that you will be guided by God, you have created a foundation for your growth, your experience, which will always support you well. Lightly, we reach toward some experiences saying, "If this does not turn out well, it is no great cost." Much of this type of decision-making affects our youth. There does not seem to be a great cost, a great price, to be paid for many of our choices. However, as we pass through life we discover, "Oh yes, there is a price to be paid."--sometimes a great price. Then we learn to value more carefully the choices that we make. We recognize our own limitations. We stabilize ourselves within an area of life which begins to feel comfortable, familiar, understood. The problem that can develop from this is that we begin to cling securely to these things and do not recognize the potential creativity that has been lost in this path. Always, if you remain open in your lives to new experiences, you will find great potential and growth coming to you time and again. From these many choices, you must decide which ones call to you with the voice of God. This is not always an easily-arrived-at decision. Contemplation of these choices involves a calculation of what price is to be paid. "What will the cost be in terms of my effort, my commitment to others, my energies, my hopes?" All these attributes of your decision can, indeed, come with the counsel of God. Listen in your heart. Find those thoughts which ennoble you--tell you that you will be a better person for making this choice. That is the mark of God on your decision! You can proceed through life knowing that your heart leads you, when you feel a sense of open expectation! Trust in the benign, loving plan of God for you, and a sense that [in] any risks taken, [you] will be protected by those beings who love you and support you on your path. Think of yourself stepping out, moving forward, with your heart as a glowing, pulsating, point of light within the many colors and patterns which charge your system. Visualize this heart center with a soft, glowing light, and realize that the energy which fuels this light is from God! This is the light which will, indeed, brighten your path, help you through the darkness of confusion, distrust, worry, or even fear. The ability of your heart to lead you into right choices is strong, powerful, capable of being a great guide for you. Hold to this image, then, as you seek to choose from the many opportunities which will, indeed, present themselves to you in your life. This is my lesson for this evening.