



HeartSpeak - April 13, 2020

Beginning at noon on the 13th of April, 2020, no matter where you are in the world or what time zone you're in, I am asking that you take a few moments to say the following three profound intentions. Before you start, please take a few moments to bring the loving energies of the universe into your consciousness. See yourself sending the energy of love in each direction as you say it. We have added the earth below and the sky above to encompass all that we are part of.

As you say the three intentions you can visualize rays or waves of love going out in all directions, or you can visualize balloons filled with love or doves carrying love in the direction you are focusing on, in the moment. If visualization is not for you, please do whatever feels right. Take your time; there is no hurry. The most important thing is that this comes from your heart. Allow your heart to speak in ways that are uplifting.

The Three Intentions

- For all who have or are currently experiencing the coronavirus, we send love. For all who have or are currently experiencing the coronavirus, we send love North, South, East, West, Above and Below. We send you love.
- For all who have treated or are currently treating and caring for those who have the coronavirus, we send love. For all who have treated or are currently treating and caring for those who have the coronavirus, we send love North, South, East, West, Above and Below. We send you love.
- For all who are currently experiencing the impact of the coronavirus in their lives, we send love. For all who are currently experiencing the impact of the coronavirus in their lives, we send love North, South, East, West, Above and Below. We send you love.

In each heart there is an abundance of love. Let us share it in a way that brings a new energy to our world. Our words, thoughts and emotions matter. If we place them in the right vessel it becomes an elixir that is both positive and uplifting.

Please continue to use this HeartSpeak set of intentions in your daily prayers or meditations to help bring love and healing to this world.

With love and gratitude, we give thanks for your participation.

Howard