

The Power of

Silent

Wisdom



info@animalstalk.fi



thepowerofsilentwisdom.wordpress.com/
hiljaisenviisaudenvoima.wordpress.com/

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Ego circus!

*How to tame
the “monsters”
of your mind?*

(2/2011)



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Making this e-magazine has been a slower process for us this year, for many different reasons. However, we do not let it bother us... Our hearts tell us when it is time to start to put together the next issue. (Or in Maiccu's case, it might also be Leyla...) This was the original idea with The Power of Silent Wisdom: we publish *when it feels good*. Heart knows the right moment - even when ego is trying to haste things.

Leyla delivered her message to Maiccu first. Leyla is talking about ego and two of our guests, alligator & pelican, are adding something to the theme. Maiccu photographed these two wild animals when she was visiting Florida earlier this year.

It is great to hear teachings from different animals and species! They have given us great thoughts to ponder in our hearts (and with our egos...), the main message, though, seems to be the same in every issue: *unconditional love, beauty and joy*. It is very enlightening for us humans to see the world without the ego circus we humans so often like to “entertain” ourselves with.

So far have had fantastic animal communicators as well, and this issue is not an exception. You will meet Maria Karmi from Porvoo, Finland.

Lift your feet up and enjoy this e-magazine!

Lea Pihlman

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Maiccu Kostiainen

Finnish animal communicator
<http://www.animalstalk.fi/>

Greetings, dear readers!

So many times I have told to you, how busy my life is. I have begun to think about it more like one of my friends said it: "I am not in a hurry, I just have a lot of things to do". Hurry has a negative feeling attached to it, and it makes you think of someone who never stops, never hears or sees what is lying in front of her, not to mentions other people or animals.

Doing things is a different concept. I have done many different things since we published the previous issue, and one of the biggest achievements is bringing *Lisa Williams* for a visit to Finland. I have watched with joy how all the 1700 tickets were sold out to Lisa's show, and how anxiously the people are waiting to see her. This is showing how strong urge people have to get closer to higher consciousness. This is so

positive phenomenon, it is challenging, and also very rewarding.

In the middle of all this, *Randy Abernathy* visited here to train the horses – or more like to train *us* to get better connected with horses. Inspired by this workshop I have had absolutely great summer with our own horses.

Life is moving us forward and it takes us where we need to go, as long as we are not limiting it in our own minds, deciding how things are supposed to go. Let life take you where you belong, let the stream flow and you'll notice soon how magical things begin to happen, when your heart is open to all the possibilities.

I have also hosted some animal communication workshops and met new people in the process. Some of those people are going to stay as my friends all my life. How great gift the friendship is! I have tried to slow my pace and take a break before the busy fall, but how amazing has it been to see what I have received from all the courses that I have kept! I get to speak about the subject what is most important to me, *to spread the message about the world of animals*. This magazine is doing it also, that was the reason why we started it in the first place, to spread the consciousness about the messages of animals, to an even larger audience.

Time has no meaning in these things, things happen when the time is right; this is how we publish this magazine also. In a few months we have a published book about *Leyla's* teachings. And wherever that takes us, let that be a surprise – also for me.

Enjoy the fall and its beautiful colors and scents and enjoy the sounds and messages of nature. That is what I am going to do, let that be just one thing among all the other things on my list!

Hurry has a negative feeling attached to it.

Maiccu

See you in *Lisa Williams Show* in September or let's get to know each other with the help of *Hiljaisen Viisauden Voima* book. Whatever the case, let's enjoy this moment and let's dream about the future!

August 12th, 2011
Maiccu Kostiainen

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Leyla's legacy: The Ego

Finally!

Today we will talk about ego. It's been a while since I got my voice to be heard, but like always, the time is exactly right now, this is a perfect moment. I gave you the theme months ago, but I knew that it will take a while until we get this next message for everybody to hear. This is an important message and it makes no difference what time it is when it is being delivered.

So much has happened in Maiccu's life, and this is a good thing; we are going to write these messages more in the future. It does not matter how often I get to share these messages with you, the only thing that matters is that they get delivered eventually.

I want to give you my own explanation of *ego*, so that you get some new perspectives on this "monster" of the mind.

Maiccu: I wonder why Leyla chose to use the word "monster", but I guess she will explain that to us.

Yes, I can explain immediately what I mean with *monster*. First of all, it is the only word that sounds like something scary, fierce and wild. So far so good, but remember, that it is only a *word*, it has only as much power as much *you* give it power. Ego really is a "monster" that lives in your mind, in your imagination. This is telling you that it is exactly as big and as scary as you let it be. Ego either is, or not, it depends on the way you are thinking.

Ego is like another person who you give all your power and let him make all the decisions for you.

Leyla

Someone else has called it *shadow personality*, and in some ways it is like that. Ego is not real, but on the other hand, it can almost be tangible.

Your thoughts have amazing power, but thoughts alone cannot make your dreams come true - only your actions can make things happen. You can sit and think about big things for days, but that leads you nowhere. A lot of energy is being conveyed when you think, and if you think about positive and beautiful thoughts, it will have an effect on your surroundings. The thoughts alone cannot have an effect on concrete things in life.

You have been taught that the mind is like a big shopping paradise. That everything you ever think about will be available for you in that shop. *Ah...* but down there, on earth, you have to *go inside* that shop. Things are not being materialized from the thin air, not yet. This is a little introduction to the subject of ego and how it effects on your thoughts and your world and that way also to the different material things that you can have for you.

Ego is the voice in your mind that tells you just to stay home, to lie on the sofa or in the bed. Ego is the voice in your head saying: if you really wish something to happen, the things that I want will come to my door, my bank account will grow bigger and I will find new wonderful friends, and even they will be delivered right to the door. Yes, the ego is whispering in your ears that the friends will come and stand straight next to your bed and they will be there when you open your eyes.

I can tell you that there are people like this, things in life happen to them exactly this way, but they are spiritually and physically evolved to the level that is light years away from the majority of the people in the world. They are those who understand *quantum physics*, but only a small fraction of you understand these things completely and make the things really happen as they them understand in a scientific sense. They have their own fights with their egos, but that is another story.

The most of you do know that you can get anything you want and that you can do whatever you want and that you can own whatever you want. It is a shame that you let ego make decisions for you. Ego is

like another person who you give all your power to and let him make all the decisions for you. You can say that if you wish to choose the opposite of ego, the opposite of living under the control of ego is to listen and to follow your own heart. Only a few of you really choose to lie lazily in bed, from the bottom of your heart, and wait for some miracle that will never happen.

At this point, it is important to understand that living against your ego does not mean that you start to work and sweat like crazy to make something happen. Let's just say that you need to move on. Take small steps and move, do one little thing every day, something that you can think of, on your way towards your own dreams. I have talked to you about *imagination*, and about how real it is, so use this gift that has been given to you. Use the information and power you get out of your fears when you move towards the things that are most important to you. With this I mean the things that I have taught to you about *fear*. What you fear the most is probably the thing that you most need and want.

I will clarify a little, because this is what Maiccu is asking me to do, so that I am not misunderstood when I talk about fears, because there might be people who have not read my teachings about fear. I will talk straight and once again, do not be intimidated about the choices of words I make; they are just things that need to be said straight.

So, *about fears*; some of you have the fear of being raped or robbed, *this does not mean that it is something that you want or need*. But the essence here is that there is something very crucial in the situation that this fear is telling you about. If you are afraid of, for example the things I just mentioned, could it be so that you should *help* and *support* and build something that helps all those people who have been faced with these things in their lives? Is that something what you should be doing? What is your heart saying here? Could it be that you should be carrying the light to darker places and to those people who have been hurt?

This applies to many things in life, so you can find your *purpose* and *direction* in life with the

help of your fears and do a lot of good. Use your imagination, do not become prisoners of words and do not limit your own thoughts and sensations and so on.

Ego is the one that makes people lazy and tired, bored and anxious.
Leyla

Do you see that ego is the one who says: do not think, do nothing; yes, the other people and the animals will be just fine without your effort. It is telling you so many different things and it is making up reasons and excuses. Ego is the one who makes up all the excuses; why you should not do something, why you do not

need to go to places and so on. Ego is the one telling you that you are tired, I can go jogging tomorrow or the next year. Ego is the one who is making you sick, making you eat unhealthy food.

Ego is saying that you can ignore yourself and ignore others.

Ego is the one that makes people lazy and tired, bored and anxious. Ego is the warrior of darkness and fights against the warriors of good and the warriors of light. *And all this only exists in your own minds*. The mind is what is moving us, also physically. The thought becomes before actions, always, this is very simple fact.

Which one of these voices are you listening to? And which one do you respond to?

To the one that says, oh, what a beautiful day, today we are going to meet some happy people and we do things that make us feel important and happy and things that make us feel good about ourselves when we get into bed later in the evening, our hearts filled with love. Or to the one that says; no, not today, today we are doing nothing, we sleep all day. We eat in bed and we sulk and worry in bed, we close the curtains and explain to ourselves how much better it is, that we do not move today at all, and we get to bed in the evening with a dark mind and a body that is even more tired.

Ego makes us feel ourselves lesser than the others. It is quite obvious that many of your neighbors are doing exactly the same thing. Then you

ponder how some people are successful and others are not. The other one does things and she has

All the negative thoughts come from the ego and all the positive thoughts come from the heart.
Leyla

energy to do anything. The other one is sulking and talking about others in a negative way and the other one never does that – and she has friends and she gets new friends every day. These are extreme examples; all kinds of people exist in between them.

A simple way to check every day, how much power you give to your ego, is to see how *good you feel about yourself*. The fact how content you are with your own life determines how much power you have given to your ego. The less you give power to the ego and the more you follow your own heart, leads straight to the result of you feeling better, both mentally and physically.

This is my way to explain the ego, and I think that it is much simpler way than many others out there. All kinds of different definitions of ego support each other. All the negative thoughts come from the ego and all the positive thoughts come from the heart. In other words, all the good is coming from love and love is everything that feels good to you.

This is simple and earlier I gave you some examples that you can apply, so that you could see the ego and the opposite of it, love, in everything in your lives. This might make your lives significantly easier and it will help you to quiet the voice of your ego. All this can happen, if it is what you wish to do. The next time you want to postpone doing something or you talk about somebody in a negative way, maybe you can then remember: *aha*, this is my ego talking now.

I give this message to you with great love, in my own straightforward way, only to help you understand a bit deeper that fancy, weird, word *ego*. I love you and I am happy that I have once again been able to open my heart for you.

This is going to be a great magazine, I know that already. The alligator will also talk to you about ego, from her point of view and from the viewpoint of animals. *The animals do not have ego at all*, but you guessed that already. We live only through our hearts and out of love and we do things that we need to do, without feeling that they are heavy or dull.

For example the beautiful pack of horses, they do not pity themselves in the morning and ponder

whether to stay and lie down. They begin to move every morning with the same positive attitude. Well, I do not go further on this road, otherwise Maiccu is going to have to sit in front of this computer all day, Leyla laughs.

The opposite of ego is love.
Leyla

I just want to say that enjoy this summer, rest and relax, do what your heart tells you to do, when not against your conscience. When relaxing starts to feel boring and makes you anxious, then you know what it is all about.

Maiccu: Leyla looks like she is winking her eye, meaning, that try to understand, people, everything is simple and easy, if you just want to understand it.

July 25th, 2011
Leyla

Just like Leyla said to me, the alligator is also telling us something important about ego. Leyla already delivered her own message, so now I am writing down the message from the alligator...

Maiccu

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Alligator

”Dear people, I thank you for this opportunity to talk to you about ego and maybe something about my own life, too, because it might be of interest to you.

First of all, my life is not so boring than you might imagine. You can see me lying on the swamp and bathing in the sun. I have many, pretty important, tasks to do during the day, but I am also capable to relax quite well. Just like the messages from the animals to you humans usually say:

please, *relax* people. You keep running around, almost to the point that it kills, doing all sorts of things, when you could manage with a lot less running. You get the food to the table and the rest of the time you can enjoy your life, lie in the sun and just be. This is so very difficult to you people, and the more you evolve during the years, the more difficult it will be for you *to stay still*. You are always capable to think of an excuse to run and you make up something to do out of nothing.

My life is very simple, eat or become eaten and relax the rest of the time. Be always alert and have eyes in your back also, like you often say. Protect your own and live to be old. These are my life lessons. By doing things like this we have lived thousands of years, without changing a lot in the process. Human beings change continuously, unlike us animals.

There is no tomorrow or yesterday, those things do not exist, they exist only in your minds, people.

Alligator

We do not live to do, we live to live – does this say anything to you? Does it make sense to you: *to live to live*. To live fully every day, like there was no tomorrow or yesterday. Because those do not exist, they exist only in your minds, people.

In the minds of people, hiding behind the ego, lives another mind that wishes to live here and now. The mind behind the ego does not feel hate or bitterness; it does not feel the need to kill all that is different compared to itself. We alligators are pretty good examples of the way the ego living in humans works.

Many of you – even quite enlightened people – fear us and you want to get rid of us. You think that there are way too many of us and that we are really scary. You think that we are some sort of a threat, and that it would be better to get us all swept away.

I have a wish for you. What would it feel like to you, if our biggest wish was to sweep humans off the face of the earth completely, because you are the only threat we have? What would that make you feel?

From time to time we meet humans, this is very rare though, and we might eat this person. This person is nothing different to us than a rabbit or a bird or a snake that we eat up in the swamp. You know what happens here: the path of human and the path of alligator just happened to cross.

This was just an incident among other incidents, the human met the nature, and the nature met the human.

What did the alligator think about this? Not much, he was just happy to get food into his stomach. What does human think about this? You guessed that right: *kill, kill, kill*. The first thing that pops into the minds of humans is: kill all the alligators, near and far, without any conscience, without any empathy or sympathy for alligators. That is the way humans are and that is the *ego* inside the mind of a man. It makes you do things blindly, things that are not very rational, or have any feeling in them.

But you know what? We, alligators, and other animals as well, understand you people. This is the reason why we are here on earth. This is why we have to teach you about our point of view to different things in life. Alligators do not differ so much from snakes, and you people seem to hate and fear them just as much. We, who disgust you most and make you fear most, are the ones who have the biggest lessons to teach you. Look into the mirror, human, there you can see your alligator and your snake, there you can see your ego. When you learn to live in harmony with us, snakes, alligators, spiders and rats, then you have found a piece of the puzzle that will free your mind from your ego.

We animals get our food where we can and it is you people, who came to our lands, built houses there, not the other way round.

Alligator

Maiccu communicated with the alligator on August 2nd, 2011

Ahh... take a look at the place in India, they worship rats... Is the light bulb over your head burning already? Over there live people, who are free of ego, they found a way to live in peace with something that the rest of the world hates. There are many ways to get enlightened like this, to the way to get rid of your ego. How would you make it happen where you are located? There is something that you fear and hate everywhere. You do not need to let the rats walk all over you home, it is your home and your sacred place of peace. But how could you let them live in peace? For example, if rat eats your crop in your crop barn, it is hardly the rat to blame, or is it? Maybe you, human, could find a different way to store your crop. We animals get our food where we can and it is you people, who came to our lands, built houses there, not the other way round.

When you have looked into the mirror and faced your own ego, you might feel relieved, because you were not the king of the creation, because there is no such a thing. *We all are equal, we all are One.*

I hope you have learned, at least a little piece of wisdom, from the message I delivered to you today. I love my life, I love my children and I love this endless swamp where I live, wild and free to live according to my own instincts and senses as the sun is warming my great armor. I love you too, human, I could bite a little bit of you, just for the taste, but I won't do it, *unless you walk right into my mouth.* I am one of many, I AM!"

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Pelican

"Ha ha, nice to meet you, dear people. I am pelican and I live under the same burning sun as does our friend alligator. We live in the same neighborhood but we mind our own business and we get along with others, too. We are not food to each other and we do not really eat the same food, so we get along even better. Ha ha, we have never met with the alligator, ha hah.

Maiccu: The pelican obviously has a pretty good day today and exceptionally good sense of humor...

I live beside the ocean and the alligator lives in the swamp, both are beautiful places, when you know how to look at them. I never pursue for anything else than beauty, I can see beauty as far as can see with my eyes. Day after day I watch the fishermen and they give me some of their quarry, those parts that they do not wish to have. We are friends, fishermen and me. They forget their ego home when they leave to go fishing, they enjoy and they live one day at the time, in the same landscape that I can see, open horizon as far as eyes can see. Fishermen eat the quarry they catch, so that is why we accept fishing, and on the other hand, when they are fishing they can relate to us pelican for a brief moment and also to other water birds.

I love this view, I love the sun and I love my friends, the fishermen. I am just a very happy bird, without any bad places to be. *I live my whole life from love, simple as that.* Go to the beach and sit there, in the same spot, from the moment the sun rises, to the moment the sun sets. Look at all the animals and people who go by, but most of all, notice the landscape. In one day you can paint millions of paintings and not a one of them is exactly the same. You can sit and let your ego flow from your brush straight to the painting, in that way you can free yourself, at least for a while, from the chains of your mind.

This is what many artists, musicians and actors do. That kind of people are able to empty their minds, and during those moments they fall into the state of euphoria; they are able feel how it feels like to live without the ego. Here lies an answer to one big question among you people. You know that so many of the creative people start to use, for example, drugs at some point of their lives. There is a very simple explanation to this: they seek for that very state, the state of living without the ego. That is the only reason, you people always try to make up other reasons and even blame others. You always have the responsibility of your own life. You are responsible of your own doings, alone, ha ha, let's

I am wise,
even though
you might think
otherwise,
ha hah...

Pelican

not get too serious, but you see now what I am after with this message.

Just you go to the beach and let the landscape wash your brain and let the sea wash your body, but ha ha, watch out for that alligator so that he does not get your toe. Ha ha, I want to lift the mood. I am so very happy, I am not serious at all, and I do not wish to rant about serious stuff to you. I just want to, ha hah, make it able for you to feel my sense of humor and what it

feels like inside your heart to love something so pure and vast as the ocean is.

Ah, I am not going to preach what you have done to the ocean: that is not my place. But think about me when you think about the ocean, it is my home and my love. How would you feel, if somebody came to *your own home* and spilled a carload of waste into your home... yes, thinking thoughts like that make me a little sad, but still, here and now love conquers all, and humor, ha ha.

Enjoy your lives, people, find your nearest sea or lake or a great waterfall and let the water cleanse all the negative thoughts from you and become one with it. Life is a painting, you can paint it exactly what you want it to be, you have millions of options, just like I said and all those you can find during a one day beside the ocean. I am wise, even though you might think otherwise, ha hah...

Love, people, and throw me some fish when we meet!

Love
conquers all,
and humor,
ha ha!

Pelican

Maiccu communicated with the pelican on August 2nd, 2011

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Maria Karmi



Finnish animal communicator
<http://animalharmony.fi/>

Maria Karmi is Finnish animal communicator. She accepts Swedish speaking customers as well as Finnish speaking customers – and there is no doubt she can communicate in *English* as well. (Maria has delivered messages from animals even in Icelandic, which is a language she does not speak at all.)

It does not matter what country the animal lives in when it comes to animal communication. The borders between different countries – and languages - vanish into thin air when you switch to the language of the heart: the web of love has no limits.

Maria has communicated with animals for a long time and now we can hear her thoughts about this subject. All the animal communicators we have had in PSW so far have enlightened us in their own particular way, and so is the case in this issue as well.

The dog put his paws on my lap, looked me deep into my eyes and said:

“Try to love me. That is all I need.”

He said it clearly – in Swedish!

Maria Karmi

These words from Maria come to you straight from Porvoo, Finland!

How did you begin to communicate with animals?

I had just finished Amelia Kinkade’s book *Straight From The Horse’s Mouth*. I closed the book and got up in my own bed. My 2-year-old Border Collie got up at the same time and he was staring at me. I asked him: *“Is there anything I can do for you?”* The dog put his paws on my lap, looked me deep into the eyes and said: *“Try to love me. That is all I need.”* He said it clearly – in Swedish! The total love that was emanating from this dog went through me, breaking all the barriers I had in me and I was crying probably for an hour.

After that moment nothing was the same anymore, not with Ruffe, and not in general. I had woken up from the sleep of Sleeping Beauty and I was able to hear animals again. Ruffe gave me back my ability to love animals in the same way I had loved them when I was still a child, spending hour after hour at my grandmother’s farm, among sheeps, cows and cats. We understood each other without words, we were like One.

It has been 8 years since this moment, and I can still remember it like it was only yesterday.

Your Finnish is not as strong as your Swedish language. Nevertheless, when you communicate with an animal, you can write Finnish fluently.

It sounds like you are channeling in a foreign language. How clever! How does that feel like to you?

This is true. My native language is Swedish. When I communicate with an animal whose person’s native language is, for example, Finnish, I listen to the answers and also ask the questions in Finnish. That saves me from the process of translating the text, but the most important thing is that I am able to deliver the message exactly as it is said by the animals in question. For example phrases like (these are difficult to translate to English, so I translate them literally): “I may be

kind, but also sad”, “the most beautiful of all the beauties” “the best of the best” “like a flower on the palm of your hand” and so on. I often awake to the fact that Finnish language is so very beautiful; and at the same time I know that I could never express myself in that way.

Anyone can learn to communicate with animals. Now, as you are able to do it fluently, do you think that animal communication is “difficult” or “easy”?

When I want to communicate with animal, for myself or for another person, it is not about me being a fortuneteller or that I should guess what the animal is thinking. No, animal communication is much easier than that! I am in “listening mode”, receptive mode, without any expectations, so I am able to hear precisely what the animal wants to tell me or through me. It is exactly the same with animal communication than it is with any other language you want to learn: practice makes perfect!

When you are done with the animal reading and you share the information you have received from the animal with its people, how do they usually react?

I still feel that I am privileged to be able to work as a channel between animals and their people. I often get woken to the fact that animals have an amazing ability to touch people deep inside. The feelings rise to the surface and often tears are being shed. There is also a lot of laughter, joy and great insights! Afterwards I am often told how the communication session has deepened the relationship between animals and their people, and that is very rewarding. There is nothing better than the moment when two beings have understood each other perfectly and they have a common ground.

I often experience that what the animal has said in the animal reading is something that the animal’s person already has known deep inside her, but she has just not trusted her own intuition. With the communication session she gets confirmation for

her own abilities and she is able to trust more in her own instincts in the future.

I remember well the first cat I communicated with. The moment when I asked the cat’s persons to come to listen what the cat had to say came. The couple sat on the sofa, but the cat did not join them, he came to sit right behind me in a chair, very close and said to them: “*Listen carefully what I have to say to you!*” He came there to encourage me and he sat there as long as I was finished. To this day, most of the animals come to sit very close to me when I am delivering their message to their people. I have a great responsibility and honor to deliver their messages, and encouraging feels always good!

What kind of animals you have around you on a daily basis and are they talkative with you?

I got a hold of *National Geographic* where they listed the species among the most intelligent animals in the world. Border Collie and Jako Parrot were mentioned there. To my own delight I have these two animals in my own home.

My parrot, Chino (12-years-old), speaks the language of humans and he reads my mind like an open book. For example yesterday I was about to leave the house to have a coffee with my sister. I was adding lipstick in the bathroom and I thought to myself: I need to get the dog inside before we

leave. Immediately my parrot cries out: “*Ruffee, kom, kom!*” (Ruffee, come, come!) – the whistle call followed.

Unfortunately we just gave up our rental horse, but the doors to the stable are always open and that is a great consolation!

We also have a little, black rabbit called XL, who is very eager to communicate – in that sense he also deserves a place among the most intelligent animals in the world! We communicate both spontaneously and intentionally, and we do it on a daily basis, so we do have a lot to talk about. One thing they all have in common is that they all appreciate a lot the moments when I grab my pen and paper and we get to share news from the both sides, properly and with time.

No matter if you are an animal, or a human, it always feels good to be heard and understood.
Maria Karmi

In the end I would like to stress that the truth comes from the children and from the animals!

What have you learned from animals?

Animals have taught me that their inner world does not differ from the inner world of mine. Deep inside we are amazingly similar!! The feelings are universal language, exactly the same in human beings and animals. So when the dog is sad, even when he is not crying in tears, his experience of sorrow is not different from mine. On the contrary, he can even feel it more intensely, more purely, both in his body and in his mind.

They say that we people only project our feelings to our animals, and we should not humanize them. I personally think that this is one of the reasons why we are not able to communicate or feel compassion for our animals. But whatever you feel, it is not imagination, it IS real!

I wish that we humans would allow ourselves to feel and to love animals, because the animals can also love! With their help I have understood what real love is, and it is universal and it lives inside all of us.

No matter if you are an animal, or a human, it always feels good to be heard and understood. Together with animals we make the world a lot better place to live in!

Maria Karmi

Ego-heart connection is like a game of seesaw your 'inner child' is playing from day to day... It is not always easy for the heart to get its voice through as the noise the ego makes is quite loud.

I am sure that also the messages in *this issue* made your ego say *hello* - because it is always ready to please you... It is ready to put up a whole *circus* for you, if you give it enough power.

The balance between these two voices is not always easy to find: we all know that. Learn to recognize your own heart, in order to hear its voice in every situation in life. If you let your heart guide you in the stream of life, everything gets easier and there is no need to fight against the currents of life: work, bills, people or animals...

Your inner voice, the one that comes out of *pure love*, is your best card in life. Put the love card on the table, and when you do, there are no losers or winners in the play, only one group of equal players who have deep respect for each other.

And I do agree with the pelican. Go to the beach and stay there for a one day, letting go of everything else. Give your soul a chance to paint whatever it craves to paint!

This message from the pelican reminds me of the message *Taapi the cat* gave to us in *The Power of Silent Wisdom 1: sit in a cardboard box for a one whole day and meditate about love*.

Yes... You can say that animals meditate.

Have you ever tried that?

Lea Pihlman,
editor, translator,
artist, energy healer

Put
the love card
on the table.

Lea

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Your heart knows stuff, you know. Often your ego just *thinks that it knows things*.