



Message to the Youth **Sara Troy**

I ask you to open your heart to let your soul in. Why you ask? because only when the heart is open can you hear and feel your soul wisdom.

We have been conditioned to only come from our head intellect, and we have switched of to that soul Intuition which guides us, nurtures us and shows us what we need to know when we need to know it.

An open-heart feels, yes it can feel pain, but it is through that pain we learn, we discover, we grow. Do not be afraid to have an open heart, for without that you are not living, you are just mindlessly doing. Being open to love on all fronts, life, purpose, joy, hurt and pure love, is the experience we are meant to have. Shutting of that experience will only hurt you and stop you from being guided and from really knowing how to love life in every way.

Allow life's experiences and let the source wisdom guide you to your divine purpose.

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