

## The solace that you seek

You cannot be tossed by the wind unless you let it. For the wind is the agent of change and you are the temple within that holds the still center. Only quietness remains untossed by the waves of life, and storms may come and go but you will persist in stillness.

Center your heart in the heart of God and relax your mind to bar your fears from taking over your senses. Like the wind, they will carry you along in rolling defeat if you let them.

But you can create the inner stillness necessary to defeat the waves and calm the winds of change. Separation is not what you are here for — but unity with all things. Refusal to restrain the tempest brings hardship to all.

Enter into the center of the wave and listen to the heart of the wind and you shall know peace.

The unity of all things exceeds your poor imagining. Therefore welcome the wind, the rain, the sea of change, and dance in the wind that tosses you about. For no matter how strongly you are tossed, you are still quiet within and hold the center of the wave to your breast.

Wonder not at the pearl-essence of all things but revel in their iridescent beauty. For in that beauty is the peace of understanding, the wisdom of the wave.

Wipe away the tears of life in the salt water of the earth and reckon how well we all are made — to be all that we are in a mere drop of water that rides upon the wave of life.

Seek to know the wind and accept its course to follow. For within the heart of its whisper sounds the heartbeat of the universe. It rides the waves to the rhythm of the seas and swells the ocean of simplicity.

So, within its confines, you will find the seed of life, the longed for solace that strikes every chord and frees the soul from sadness.

Seek the seed of life in the heart of the wind and the crest of the wave and ride, ride to inward perfection — the ancient pearl of life.