

# Wendy's Reflections

## HEART COHERENCE

There is a call within. A call to heart coherence.  
The inviting voice chants, "breathe and go to your heart."

All the other chatter is silenced as this mantra grows louder. With each responsive breath through my heart, love awakens, consciousness expands, and heart coherence increases.

From two small sweet steps...breathe and go to your heart...the One Presence arises.