

## Feel & Know

As we navigate this matrix field wondering what is real,  
I find the most useful tool is to use my sense to feel.  
I feel with physical nerve endings and then reach within my heart,  
When I do both these things, manifestation soon can start.

I feel within, I feel without, I trust my noble spirit.  
I ask for guidance from Earth Mother, my beautiful home planet.  
Each day I learn, I enjoy myself, experience makes me grow.  
And in no time, when I've felt much, so many things I *know* !

Life is good when we make it so, of this I'm fully sure.  
I know when I let go of stuff, soon less feels like much more!  
I find I live a simple way, appreciation flows through,  
All the while I'm doing things, I so love to do!

Feel the love, feel in your heart, trust all that you know.  
Allow the wisdom to burst forth, then you'll start to glow!  
Love your life, love yourself, share the Love around.  
Know there will be no chance now you'll ever feel bound.