

## Sorrow and Joy

"When you are joyous, look deep into your heart and you shall find it is only that which has given you sorrow that is giving you joy. When you are sorrowful look again in your heart, and you shall see that in truth you are weeping for that which has been your delight." Kahlil Gibran

We live in a world of Duality. We must have contrast in order to perceive. If a painting is all light, we cannot make out anything. If a painting is all dark, we cannot perceive anything. We must have one in order to perceive the other. If we try to have one we will get the other around it so that we can experience it. No such thing as a one sided coin

It has become a cliché to say "search your heart, or follow your heart." But to focus on one's heart beat in times of joy and sorrow (and everything in between) is literally what needs to be done.

What is the sound of consciousness? "The Heartbeat" It speaks a language that cannot be understood by the thinking mind, but it does communicate more than science really knows.

So what Gibran says is very true. In times of Sorrow focus on your heartbeat and the coin will flip to reveal a joy