

What does it mean to live deeply? There is music inside of you. A unique song, waiting to be heard. Only you can sing this particular song as it is tuned to the frequency of your essence and your essence alone. Just as there is no one exactly like you, there is no melody exactly like yours. You are important! You are important to yourself and you are important to your contribution to the world. You make a difference when you share yourself according to your individual uniqueness. To do that you must dig deeply to discover the true depth of your music and then play the instrument of your being for all to enjoy. A life lived out of the abundance of essence is a life lived without the fears that consume and destroy hope and happiness. A life lived well can face a death that brings only a deserved rest.