



Drawing Janek Janowicz

## Be Still

Nicola Beechsquirrel

Rest quiet, let it come, be still, let Life flow. Listen to your heart not to your fears and all will happen to you as it should for your evolution. Do not be afraid to be real; let your life force glow. Bide your time, grow in peace. The course of your soul's growth cannot be forced, but comes spontaneously. Given a calm mind and a receptive spirit that allows all to happen in its own time.

