



The human heart

***"The human heart is a healer,
which heals both ourselves and others.
The human heart is the dimension of
joy, acceptance, trust, intuition,
understanding, playfulness, friendship,
compassion, creativity, silence
and a sense of unity in love.***

***The open heart is like an overflowing fountain of
love, which no longer make any distinction
between "I like you - I do not like you". The open
heart is open both for ourselves and others. The
open heart is unconditional love."***

GITEN

*From the book **Song of Meditation - About Meditation,
Relationships and Spiritual Creativity** (Solrosens Forlag, Swedish
edition, 2001)*

**Visit Giten´s World - A School for the Heart on Internet:
www.giten.net**