

Every person you meet and every encounter you have is either an expression of love or a request for love. A person whose heart is open and clear will greet you with love. Everything he says and does will be an expression of love. A person whose heart is wounded and closed has forgotten what it means to be open and able to easily express love. Everything he says and does will be an expression of this great tragedy, and a silent request for your help. He will demonstrate to you again and again, with his words and his deeds, the state of his wounded heart. He will ask for love, in the only way he knows how, as love is the only thing that can help him heal his broken heart.

Whenever you meet someone, remember that what you're seeing is the current state of their heart, with all of its wounds. If the encounter is negative, ask yourself, "Is my heart open enough to meet this person with love? What is preventing me from offering this person the healing they're asking for?"

Today, place your hand upon your heart and breathe deeply, allowing your heart to open a little more with each breath. Remind yourself,

"Every experience is either an expression of love or a request for love."