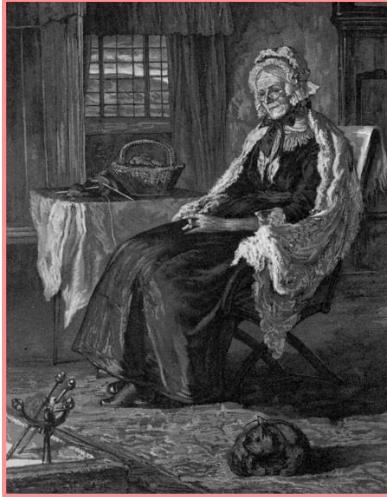


# WALKING TO THE HEART

A young girl heard her grandmother whispering one evening before bedtime.

“Grandma, who are you talking to?” she asked.



“I’m talking to my heart,” the grandmother told the child.

“Why are you doing that?” the girl asked.

“To help me deal with problems and other things that I am unsure about,” the grandmother replied. “Every night, before I go to sleep, I ask my heart to guide me toward the right answers and the right way of thinking or behaving whenever I find myself in a difficult situation. And by the next morning, after a good night’s rest, I always know just what to do.”

“But just how does the heart know what is right?” the girl asked.

“My dear, the heart knows everything,” the grandmother answered. “But you must have faith and be open to the answers that she will give you. Whenever you are troubled or worried or unsure, simply ask your heart to guide you, and find peace in knowing that she will.”

That is an important story, and a life lesson.

And before you question the wisdom of its assertion, consider this:

The associates of Life Care and Century Park have discovered it to be true in the mission to which we are called.

*The aim of our charge is love that issues from a pure heart and a good conscience and a sincere faith (1 Timothy 1:5 ESV).*

– Beecher Hunter