

There is a place in your heart where a strength, a light, a power that can never be explained or understood, is stored. This place in your heart where this light, this power, this true strength lies, is where regular people dip into to become heroes, legends, and leaders.

We all have it and we all can tap into it. We each hold the key to it, to this source. I am writing about this because I was reminded today about it and how and why we tap into this strength. This strength has the power to lift a car off a child, pull your buddy to safety in battle or run into a burning building to save the lives of the people in it.

There is one more way of being a hero that I am talking about. This is the cheerleader: the mother, father, sister, brother, wife, husband or friend, that person who does not let you stop or let you quit. I am talking about that person who believes in you and tells you, "you can do it". The person who when it is all said and done makes you a better person, not just for yourself but also for the world and the universe.

I want to thank anyone who is reading this, you just taking the time to read this page, these words, makes you my cheerleaders. You looking and seeing if I am doing my job, coming to classes, making me walk the walk of a teacher of meditation, a healer, and a friend, makes you my cheerleaders. You have made me a better man and I thank you. I see the universe has brought you all together to complete me. I hope I can do that for you.

Thank You.