

# my heart is with you

## My Heart Is With You: The Power and Meaning Behind a Timeless Expression

**My heart is with you** – a phrase so simple yet profoundly moving. It conveys connection, empathy, and love in just four words. Whether whispered in moments of joy or spoken during times of hardship, these words carry an emotional weight that transcends distance and circumstance. But what makes "my heart is with you" such a powerful declaration? How can it deepen relationships and offer comfort when words alone sometimes fall short? Let's explore the layers of meaning behind this heartfelt expression and how it plays a vital role in human connection.

## The Emotional Depth of "My Heart Is With You"

When someone says, "my heart is with you," they're not merely offering sympathy or casual support. This phrase speaks to a deeper emotional alignment – a willingness to share in another's feelings, whether they are sorrow, happiness, or struggle. It's an acknowledgment that your emotional presence extends beyond physical proximity.

## Understanding Emotional Presence

Emotional presence means being mentally and emotionally available for someone, even when you can't be there in person. Saying "my heart is with you" reflects this commitment. It's a way of saying, "I am connected to your experience and you are not alone."

In today's fast-paced world, where physical distance often separates loved ones, emotional presence becomes even more crucial. Text messages, video calls, and heartfelt words like "my heart is with you" serve as bridges to maintain and strengthen bonds.

## Why These Words Matter in Difficult Times

Times of grief, illness, or personal challenges are moments when people crave connection the most. The phrase "my heart is with you" offers comfort without demanding action. It's a gentle reminder that someone cares deeply, providing solace without the pressure of solving problems.

This expression transcends typical condolences by emphasizing emotional solidarity rather than just acknowledging the situation. It resonates because it's an authentic, vulnerable admission of shared feeling.

# Expressing “My Heart Is With You” in Different Relationships

The beauty of the phrase lies in its versatility. It can be shared between partners, family members, friends, or even colleagues to convey empathy and closeness.

## Romantic Relationships

In romantic contexts, "my heart is with you" communicates unconditional love and unwavering support. It reassures your partner that their joys and struggles are yours as well, fostering intimacy and trust.

For example, during long-distance relationships, saying "my heart is with you" can soothe feelings of loneliness and remind your partner of your emotional availability despite miles apart.

## Family and Close Friends

Families often face collective challenges, whether it's illness, loss, or major life changes. Sharing "my heart is with you" with a family member or close friend signals shared strength and unity.

This phrase can also be a beautiful way to express gratitude and affection, deepening bonds by acknowledging the emotional ties that hold families together.

## Workplace and Acquaintances

While less common in professional settings, "my heart is with you" can be thoughtfully used to express empathy during tough times, such as after a colleague experiences a personal loss.

Choosing when and how to use this phrase in more formal contexts requires sensitivity but can be a meaningful gesture of human kindness in the workplace.

## The Psychology Behind Saying “My Heart Is With You”

Understanding why these words resonate involves delving into the psychology

of empathy and emotional connection.

## **The Role of Empathy**

Empathy is the ability to understand and share the feelings of another. Saying "my heart is with you" is a verbal expression of empathy. It shows that you're not only aware of someone's situation but that you emotionally resonate with it.

Research shows that empathetic communication strengthens relationships, supports emotional healing, and promotes psychological well-being for both the giver and receiver of empathy.

## **Creating Emotional Safety**

When someone tells you "my heart is with you," it creates a safe emotional space. It tells the listener that their feelings are valid and accepted, which can reduce feelings of isolation and anxiety.

This emotional safety is essential for fostering open communication and deeper understanding, especially during vulnerable moments.

## **How to Use "My Heart Is With You" Thoughtfully**

While this phrase is powerful, using it sincerely and appropriately enhances its impact.

## **Be Genuine and Mindful**

Authenticity is key. The phrase should come from a place of true feeling, not as a mere formality or filler. When you say "my heart is with you," ensure you are ready to listen and support if needed.

## **Timing and Context Matter**

Consider the situation before using the phrase. It's most effective in moments that call for emotional connection, such as bereavement, illness, or emotional hardship. In lighter or casual scenarios, it might feel out of place or exaggerated.

## Pair Words with Actions

Words are powerful, but actions solidify meaning. Following up “my heart is with you” with supportive gestures—like a call, a visit, or simply being present—helps reinforce your emotional commitment.

## Creative Ways to Say “My Heart Is With You”

Sometimes, changing up how we express our feelings can make the message even more impactful. Here are some alternatives and additions that carry similar warmth:

- "I'm holding you close in my thoughts."
- "You're in my heart always."
- "Sending you all my love and strength."
- "I'm here for you, no matter what."
- "My thoughts and heart are with you during this time."

These variations can be tailored to fit the tone and relationship, making your message feel personal and genuine.

## Incorporating “My Heart Is With You” Into Everyday Life

While often reserved for significant moments, the sentiment behind "my heart is with you" can enrich everyday communication.

## Expressing Daily Compassion

By regularly reminding those around you that your heart is with them, you nurture emotional bonds and create a culture of care.

For example, a simple note or message saying “my heart is with you” during stressful work weeks or family challenges can uplift spirits and reinforce connection.

## Using Technology to Bridge Distance

With loved ones often separated by geography, technology allows us to share heartfelt messages instantly. Sending a text, email, or voice message with "my heart is with you" can brighten someone's day and remind them of your support.

## Encouraging Emotional Openness

When you openly express sentiments like "my heart is with you," you encourage others to do the same. This vulnerability fosters deeper, more honest relationships where emotional needs are recognized and met.

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Language has the incredible power to heal, connect, and comfort. "My heart is with you" is more than just words; it's a bridge of empathy that brings people closer. Whether whispered across a room or sent across continents, it reminds us that love and support transcend all boundaries. In a world that can often feel disconnected, holding someone in your heart may be the most profound gift you can offer.

## Frequently Asked Questions

### What does the phrase 'my heart is with you' mean?

The phrase 'my heart is with you' means that someone is expressing emotional support, love, or sympathy towards another person, indicating that they are thinking of them deeply.

### When is it appropriate to say 'my heart is with you'?

It is appropriate to say 'my heart is with you' during times of hardship, loss, or emotional distress to show empathy and solidarity with someone going through a difficult time.

### Can 'my heart is with you' be used in romantic contexts?

Yes, 'my heart is with you' can be used in romantic contexts to convey deep affection and emotional connection to a loved one, especially when physically apart.

## **Is 'my heart is with you' a common phrase in condolence messages?**

Yes, 'my heart is with you' is commonly used in condolence messages to offer comfort and express heartfelt sympathy to someone grieving.

## **How can I express 'my heart is with you' in a more poetic way?**

You can express 'my heart is with you' more poetically by saying things like 'my soul stands beside you,' 'my spirit embraces yours,' or 'my love journeys with you through every moment.'

## **Additional Resources**

**My Heart Is With You: Exploring the Depths of Emotional Connection**

**my heart is with you** – a phrase that resonates deeply across cultures and contexts, conveying a powerful message of empathy, solidarity, and emotional presence. Whether uttered in moments of solace, love, or support, this simple yet profound expression encapsulates a universal human experience: the desire to be emotionally connected despite physical distance or circumstance. This article undertakes a comprehensive examination of the phrase "my heart is with you," analyzing its significance, usage, and the psychological underpinnings that make it a timeless declaration of emotional attachment.

## **The Emotional Gravity of “My Heart Is With You”**

The phrase "my heart is with you" serves as a linguistic vessel for expressing compassion and emotional solidarity. Unlike statements that focus on physical presence, this expression emphasizes the intangible bond between individuals. It is often used during times of hardship, loss, or separation, where physical proximity may be impossible, yet emotional closeness remains paramount.

Psychological studies on emotional support highlight the critical role that verbal affirmations play in fostering resilience and well-being. According to research published by the American Psychological Association, statements affirming emotional presence can reduce feelings of loneliness and increase perceived social support. In this context, "my heart is with you" functions as a verbal anchor, reassuring the recipient that they are not alone in their struggles.

## Contexts and Cultural Relevance

The use of "my heart is with you" transcends geographical and cultural boundaries. In Western cultures, it often appears in condolence messages, romantic communications, and supportive dialogues among friends and family. In Eastern traditions, while the exact phrase may differ, the concept of emotional presence despite physical absence holds similar weight in expressions of care and connection.

For example, in Japanese culture, the idea of "kokoro" (heart or spirit) embodies emotional sincerity and thoughtfulness. Phrases that communicate one's "kokoro" being with another person align closely with the sentiment expressed by "my heart is with you." This cross-cultural resonance underscores the phrase's universal appeal as a symbol of empathy.

## Analyzing the Phrase in Modern Communication

In an era dominated by digital communication, "my heart is with you" has found renewed relevance. Social media platforms, messaging apps, and virtual communication tools have transformed how people express emotional support. The phrase is frequently seen in posts, tweets, and messages during times of crisis or collective grief, such as natural disasters, pandemics, or personal tragedies.

The digital proliferation of this phrase raises interesting considerations about authenticity and emotional depth. While some may argue that such expressions can become diluted or performative in online contexts, others suggest that even digital affirmations of presence can have meaningful psychological benefits.

## Pros and Cons of Using "My Heart Is With You" in Digital Communication

- **Pros:** Offers quick, empathetic support; bridges physical distances; fosters community and shared emotional experience.
- **Cons:** Potential for superficial usage; may lack personalized depth; risk of misinterpretation without non-verbal cues.

Despite these limitations, the phrase remains a powerful tool for emotional connection in virtual spaces, often serving as a catalyst for deeper conversations or acts of support.

# The Linguistic and Emotional Nuances of “My Heart Is With You”

From a linguistic standpoint, “my heart is with you” is a metaphorical expression where the “heart” symbolizes emotional core or essence. It implies that the speaker’s feelings, thoughts, and care are aligned with the recipient, regardless of physical separation. This metaphorical use enhances the phrase’s emotional impact, making it more evocative than a simple “I care about you.”

Moreover, the phrase’s syntax—using the possessive “my” and the verb “is” rather than “will be” or “was”—suggests an ongoing, present-state connection. This immediacy reinforces the idea that emotional support is active and continuous, not conditional or temporary.

## Comparisons with Similar Expressions

To better understand the phrase’s unique resonance, it is useful to compare it with related expressions:

- **I’m thinking of you:** Focuses on cognitive awareness rather than emotional presence.
- **I’m here for you:** Emphasizes availability and support, often implying physical or direct help.
- **You’re in my thoughts and prayers:** Common in religious contexts, combining emotional and spiritual solidarity.

Compared to these, “my heart is with you” emphasizes a heartfelt emotional connection that transcends mere thoughts or practical assistance, underscoring the depth of feeling involved.

## Applications in Literature, Music, and Popular Culture

The phrase “my heart is with you” frequently appears in artistic expressions, notably in poetry, song lyrics, and film dialogues. Its poetic quality lends itself well to conveying love, loss, and longing. For instance, numerous ballads and love songs incorporate variations of this phrase to evoke emotional intimacy and devotion.



In literature, authors employ the phrase to highlight characters' internal emotional landscapes, often during moments of separation or sacrifice. This literary use reinforces the phrase's association with deep, enduring emotional bonds.

## Impact on Audience and Emotional Reception

When encountered in art or media, "my heart is with you" often elicits empathetic responses from audiences. Neuroscientific research into empathy suggests that emotionally charged language activates mirror neurons, facilitating emotional resonance between speaker and listener. Consequently, the phrase can foster a sense of shared humanity and compassion, enhancing audience engagement.

## Practical Considerations for Using "My Heart Is With You" Effectively

While the phrase is inherently powerful, its impact depends on context, delivery, and sincerity. Here are some practical guidelines for using "my heart is with you" in communication:

1. **Assess the Relationship:** Ensure the phrase is appropriate for the emotional closeness between speaker and recipient.
2. **Context Matters:** Use the phrase in situations where emotional support or empathy is genuinely needed.
3. **Complement with Actions:** Verbal affirmations gain strength when paired with supportive behaviors or gestures.
4. **Personalize the Message:** Tailor the expression to reflect specific circumstances to avoid sounding generic.

By adhering to these principles, communicators can maintain the phrase's authenticity and maximize its emotional effectiveness.

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In sum, "my heart is with you" remains a timeless declaration that bridges emotional distances and affirms human connection. Its enduring appeal lies in its ability to convey deep empathy succinctly and poetically. As communication continues to evolve, the phrase's relevance adapts, underscoring the unchanging human need for emotional closeness even amid physical separation. Whether in intimate conversations, public expressions of

solidarity, or artistic creations, "my heart is with you" speaks to the heart of what it means to care.

## **My Heart Is With You**

**my heart is with you:** With All My Heart, I Will Love You Sherilyn Cook, 2010-10-12 What does it mean to love God with all your heart? Is that even possible? Why do Christians struggle with relationships and experience divorce? Why are anger, fear, control, addictions, and other sins so much a part of our lives? What does it really look like to live in Christ and for Christ to live in us? Take a journey with author Sherilyn Cook, and discover the answers to these and other relationship questions. As Sherilyn tells her personal story, she also draws deeply from the Bible for truth and insight, and uses creative object lessons to reveal how God can heal hearts and restore damaged relationships. Discover the importance of engaging your mind, will, and emotions. See how the enemy deceives you and moves you toward isolation. Learn what it means to die to self and live for Christ victoriously in every area of your life.

**my heart is with you: My Heart Reaches out to You** Victor A. Ezeoke, 2012-10-31 Poetry is innate in all men, but good poetry with class is achieved through hard work and encouragement/inspiration. Writing poetry enriches my being and makes me express my world in the simplest waypoetry! I am a true nature person that listens to the teachings of our time and also encouraged by what I see, and the best way to express myself is simply through writing, mostly through poetry. Please read with full concentration and think out of the box to enable yourself to enjoy my work to the fullest. Happy reading! Kingboy.

**my heart is with you:** You Are My Heart, You Are My Soul Michael J McKnight, 2017-02-28 You are my Heart, You are my Soul is a a warm and funny love story between the philosophical Charlie and the distant Scarlet. Experience that delicious feeling of love, of being loved by another soul – and be entertained! If you have love burning inside you, or you want to awaken it; if you have mixed feelings and are trying to sort them out, you'll find a message within these pages: love is the key – it conquers every other feeling in a living soul and makes life worth living; it's the glue that holds everything together.

**my heart is with you:** Follow Your Heart Arzu Dogan, 2021-10-07 Stop for a moment! Are you finding it hard to understand your purpose in life? The good news is there's nothing wrong with you! Even better news is Arzu Dogan's book can give you a mindfulness makeover! Follow Your Heart: Live, Eat, Be, by Arzu Dogan helps find your true self and live a best and peaceful life. Whether you're simply browsing the internet, talking to your friends, or trying to stay focused in a meeting, you often feel distracted, like something is missing. However hard you try, you can't seem to find the motivation you need. In her book, Arzu Dogan, discusses the art of healing yourself and living with ultimate joy. She helps you embark on a journey to rediscover and fulfill your deepest life purpose. In this self-help book for personal development, Dogan provides advice and tips to help you live a happy and joyful life. So, if you're having trouble understanding your life purpose for inner peace, let this book be your guide. It has all the secrets to help you live in true harmony with your inner self, with health and abundance. Arzu Dogan uses her personal experience and expertise to help you become more in tune with yourself. She only teaches one thing, "Follow your heart for mental health, inner peace, and happiness." So, it's time to learn what your life's purpose is and how to start living yours in the best possible way. Only you can function at your peak for all that truly matters in your life. So, take Arzu's hand and experience the world in a different light.

**my heart is with you: From the Heart** Jeffrey L. Kosky, 2025-02-25 What does it mean to have a heart? How does it feel when a heart fails, and what does it take to recover? In a world beset by never-ending crises—personal and collective, local and global—is heartlessness the only option?

From the Heart weaves together a personal narrative of a life-threatening ailment with considerations of philosophy, art, and science to contemplate ultimate questions: matters of life and death. Jeffrey L. Kosky recounts his brush with death—the surgical repair of a congenital defect in his aortic valve—his gradual recovery of everyday life, and his struggle to find the heart to go on throughout it all. To make sense of the experience, he immerses himself in humanistic inquiry and medical science—the histories of medicine, cardiac surgery, and knowledge of the human heart as well as the works of artists, writers, philosophers, and theologians. Writing about the experience of being human from the precarious position of his own woundedness, Kosky shares hard-earned perspectives on what matters most. Combining moving memoir, encounters with major authors and artists, and heartfelt reflections on the “big questions” of existence, this elegantly written book is at once erudite and powerful. It shows us why the heart—in physical, emotional, and metaphorical senses—helps us come to terms with sickness and health, dying and living.

**my heart is with you: Fire Vision** Steven Harrison, 2018-07-17 Within the pages of the Holy Bible, the Lord God Almighty used fire in powerful ways to deliver His message. His authority became apparent when He brought or sent fire down. A few excellent illustrations include Elijah and the prophets of Baal, the three young men in the fiery furnace, Sodom and Gomorrah, and Moses at the burning bush and the tongues of fire on the day of Pentecost. Consider also our largest visual source of fire and heat. The solar sun eclipses and blood moons are often considered as key events or signs in God's Word. Flames entered my apartment in 1992 and left behind four distinct burned images with sealed messages from the eternal consuming fire. The amazing images in my bedroom later told the story of my heart attack. The Holy Spirit unlocked these images by His Word through time. The Cokeville miracle story also has a detailed fire image that was burned into the wall. Its message had been well hidden until now. Learn the interpretations for these miraculous images and understand that the same Creator who made these images will be returning someday with His fire vision to judge all things. The single most important and unanswered question for many people today remains a mystery. Ask yourself, How will the King of kings see me?

**my heart is with you: The Amethyst Light** Violet Starre, 2004-06-01 Due to a major earthquake the poor and well-to-do sections of a small community are united, bringing important lessons to two small representations of each part of the town: (1) the pain of separateness and judgment and (2) the joy of unity and sharing.

**my heart is with you: Ndoki** Charles H. Harvey, 2007-09 Set in Angola and the Congo, this biographical novel is based on a true story. The reader becomes immersed in the practical day-to-day implications of a world-view which includes a nearly inescapable web of witchcraft.

**my heart is with you: Moving Your Invisible Boundaries** Dr. Jim Richards, 2013-08-09 Have you ever set goals, trained for maximum results, and followed the same personal development plan that seems to work for everyone else, only to hit an ‘invisible boundary’ that causes you to fall short? Unless you know how to expand your heart you will sabotage any success that might take you beyond your current heart boundaries. Even if you manage to push past your current heart boundaries, chances are you will experience some catastrophic event that pulls you back within the limits of life as you have known it! Moving Your Invisible Boundaries is the result of forty years of research and clinical practice. These principles have been proven in counseling sessions, drug recovery programs, personal mentoring and by thousands who have put them into practice through Dr. Jim Richards’ Heart Physics Programs. This book is designed to take you past information, past self-growth and into a life that experiences God, His promises, and the resurrection life of Jesus. By discovering and implementing the distinctions between the mind and the heart you will experience the secret to limitless living! Rather than just hearing and reading the transformation stories of others, your life will be a transformation story. When you learn how to change your heart you will be able to move your invisible boundaries and begin to experience the joy of limitless living!

**my heart is with you: Journeys of the Soul** Daron Kenneth, 2005-08-24 Journeys of the Soul is a poignant documentary of the author's search to find a connection with an often confusing world of life, love and relationships. Powerful and moving, the poetry leads the reader to one inexplicable

conclusion: surviving in the real world can lead to a truth that is sometimes stranger than fiction. Heart rendering and satirical, Journeys of the Soul is fascinating from cover to cover.

**my heart is with you: How God Can Use You?** Barbara L. Lewis, 2017-08-16 Hi. I would like to talk to you about my loving book, How God Can Use You? He can use you in many different ways. Jesus can send you to a person to pray on them, for example. He tells you to pray for the sick people to heal their bodies or help people that need help in Jesus name. Amen. You can be good Samaritans. For example, a lady's car stopped by the light, and two gentlemen got out of their cars and helped her put her car to the side of the road. She said, Thank you. Jesus can bless you double or triple. It is a miracle to work and pray together as one. How you can reach out to others? Jesus warns you to pray for that person or talk to them, because they need a friend or a good listener. How can you focus on your loving family? You need to learn how to forgive them. Repent, pray, read your Bible, and communicate with one another. You will see how much peace you will have in your loving heart. Showing a lot of love is the key to keeping your family loving and together as one. I have explained in my loving book a variety of ways on how God can use you and me. Just buy it and read it in a quiet place or with your loving friends and family. You will see a change in your loving life. People or your family and friends will see that glow on you with Jesus in your loving heart. So please read my book, and after you finish reading it, you will feel good and will want to work on yourself to be a better person in Jesus name. Amen. Remember, Jesus loves you and will never leave you or forsake you. You have a good and blessed day with a smile on your loving face. Please give everybody a hug and kiss your loved ones. Please continue to pray and be nice to everybody. Also, think before you say anything. It is the key for everyone to having a happy and healthy family in Jesus name. Amen. When you read my book, you will be a different person and be glowing each and every day with Jesus Christ. It makes you feel like you are walking side by side with Jesus. That is a blessing, and it means he is working on your loving heart. You have a good and blessed day. And thank Jesus each and every day. He will never leave you or forsake you. Please keep a smile on your face with Jesus. Amen.

**my heart is with you: Sorrow, The Sacrifice, And The Triumph** Thomas Petrisko, 1995-12-08 With more than 300 sightings of apparitions around the world in this century, Christina Gallagher's experience has been singular. Since 1985, Christina has received messages from Mary, Jesus and various saints. This is the account of the revelation that God wishes to give the world through Christina, an eloquent plea for the renewal of faith and the attainment of peace.

**my heart is with you: Messaging** Debra Ann, 2011-02-07 The Messaging Process is a tool that allows you to dialogue and write through the negative thought patterns associated with grief and move you toward the truth of spirit that exists in your heart. The Messaging Process will: Guide you through a 15 day process of writing and internal exploration as you begin the healing journey through grief. Discover love and truth in the midst of grief. Allow you to gain an understanding of your emotions and learn to recognize and appreciate these internal signals as messengers toward self empowerment and healing. Encourage you to gain a greater connection to spirit through visualization, affirmations, prayer and meditation. Invite you to be willing to release your grief and allow the experience to be integrated into your life as you awaken and remember the sanctuary of your soul. Allow you to understand and implement the power of creativity into your healing. This Process will return you to love, spirit and wholeness as you journey through grief on your spiritual path toward healing. This book also includes Heavenly Messages~Forever In My Heart poems written by Debra Ann. They are her unique brand of messages that offer words to the silence of grief. These messages are published as spiritual eternity cards. They were inspired by the memory and written in honor of all who are no longer with us but who remain in our hearts forever.

**my heart is with you: The 7 Minute Solution** Allyson Lewis, 2013 Lewis shows how tiny daily choices--and fast and easy shifts--create lasting life improvement. With a scientific basis in how actions change the brain, she provides ideas, strategies, and tools that can easily be implemented. What emerges is an accessible, clever, and highly actionable guide to tackling sometimes overwhelming challenges in manageable chunks, 272 pp.

**my heart is with you: Healing ~ I AM** Brenda Zyburt, 2014-12-17 The Healing of I AM Presence teaches you to understand the daily connection with the Omni Presence, your Spiritual Team, and your Higher Self. It also teaches how to self-heal with spirit and to understand you are a spiritual being that has a physical experience and that you should never forget you are one with the Omni Presence. You are so powerful, and it is your birthright to know who you are, from where you have come, and to where you will return. This book is written with the Omni Presence, the Cosmos and my Spiritual Team in order to teach humanity what has taken place upon Earth at all spiritual levels—from the darkest to the lightest—to enlighten your soul. This book aims to show you the 12 physical realms of the Universe, the 12 spiritual realms of Heaven, and the energy at each level. There are over 233 pictures of my Spiritual Team to teach you to understand and believe in what you cannot see, to help you open to the Omni Presence and our higher realms, and to return to who you truly are as a spiritual being from the heavenly realms. "I AM grounded, I AM light, and I AM love with peace in my heart and gratitude in my heart for all. Let the love and light shine through to all on the planet Earth," said the Omni Presence. A journey with the Cosmos and our Celestial Angelic Guides is life changing and emotional. Once you read this book you will never be the same; you will awaken. Visit Brenda online at [www.BrendaZyburt.com](http://www.BrendaZyburt.com)

**my heart is with you: Words That Rock Your Soul . the Spiritual Journey Continues!** Susan Hill, 2013-07-12 A combination of book 1 with new poems. A stunning and soul searching book of poetry in the form of parables. You will find answers to what and who YOU are. You will find an awareness that you are loved. Many characters inhabit this book. Some loving some cruel. The word images will make you laugh or cry or ponder your destiny. Symbolism in words about greed, envy, lust passion and pain envelope you. The poems lead you on a spiritual journey from the beginnings of awareness to fulfillment in God Almighty and Jesus Christ. This book is not slushy or sentimental. But powerful and modern. Biblical yet very human. Wonderful for christian or non. Someone of any faith or none. Easy language but with powerful concepts. Superb for helping in counselling and healing emotions. Superb for self awareness and self development. NOT AN ORDINARY BOOK. Study guide incorporated also original illustrations. ENJOYCONTACT author [susanhillx@blueyonder.co.uk](mailto:susanhillx@blueyonder.co.uk) for special prices

**my heart is with you: Scribblez** Jol UME, 2014-04-09 PROVOKING THOUGHTS The Wilderness & The Rabbit Child Temptation Ammunition A Fish with 5-secs Memory Child Bad Habits Wrong Influence Little Duckie & the Puddles Child Puddles Danger Maturity Hand-woven Bags Journey to Assent Positively Evolving/ Adapting to Changes The Blackboard Emotional baggage Work Culture Foreigners in Employment The Elevator Dreams & Aspirations Cell Phone Life Values/ Lavishness/ Luxury My Goldfishes Over-indulgence Facelift Emperors New Clothes My Turtle New relationships Openness Changing Lanes Life Obstacles Following the crowd Root Beer Relationships Embracing Past & New Moving On My Flowers Tending to a child Caring for a child Nourishing a Relationship (Love) The Mirror Intimacy Working through scars The Weighing Scales Balancing Priorities in Life The Old-Fashioned Scales Achieving equilibrium in life F1 Racer Circuit race/ Challenges Making Prompt Decisions Mother Cat & Baby Kitten Relationships/ abandonment, mistakes Child & Hopes & Expectations Vintage Mobile Phones Appreciation of Differences, Thoughts Garnishes & its Chef Acceptance of Others Impressions Lightning & its Victims Cupids Arrow (> once) The Little Star Nurturing Child/ Abandonment Relationship moving on Kitten Playing with Yarn Supporting a Child, Grooming, Nurturing Vaccination Threshold Exposure Living in a bubble?

**my heart is with you: Wise Secrets of Aloha** Harry Uhane Jim, Garnette Arledge, 2007-03-01 A guide to the indigenous healing modality of Lomilomi from a native Hawaiian shaman, includes practical exercises for mental and physical wellness. Harry Uhane Jim is one of the last Kahuna of Lomilomi, Keeper of the Deep Mysteries of authentic Hawaiian esoterica. He shares the secrets of this ancient oral tradition with readers for the first time in Wise Secrets of Aloha. Recognizing that the world is in great peril, Kahuna Harry was blessed by the Halau Guardians who instructed him to share the true teachings and tools of Lomilomi for the practice of physical, emotional, and spiritual

healing. He writes: "Now is the time to share aloha with humanity. 'Aloha' means the Breath of God is in our Presence. It is time to reveal the profound Lomilomi secrets of the kahunas for personal and planetary peace." Wise Secrets of Aloha is as simple as it is profound, as contemporary as it is ancient. It is true to Hawaiian esoteric teachings and available to all who bring the right attitude. Aloha calls. Listen in—the splash of waves, in the breeze—the air is filled with aloha. All the abundance, joy, and freedom from old wounds readers have ever yearned for can be found by adopting the aloha spirit.

**my heart is with you: A Serious Call to a Devout and Holy Life: Adapted to the State and Condition of All Orders of Christians** William Law, 2025-08-04 Reprint of the original, first published in 1838. The Antigonos publishing house specialises in the publication of reprints of historical books. We make sure that these works are made available to the public in good condition in order to preserve their cultural heritage.

**my heart is with you: The Heart You Carry Home** Jennifer Miller, 2015-11-03 A novel about men returning from war, and the women who love them, by "a young writer full of energy and promise" (Jennifer Egan, author of *Manhattan Beach*). Becca Keller is no stranger to the way war can change a man. Her Vietnam veteran father, King, suffered after his service, and as a result played only a limited role in his daughter's life. Now Becca is marrying Ben, who is also just back from battle—and her mother, convinced that Becca is making the same mistakes she did, boycotts the wedding. Ben does indeed seem different after his second tour, and only days after she marries him, he turns dangerous. Desperate, Becca turns to her father for help. But he is heading west with his motorcycle buddies—out to a place they call Kleos, a mysterious desert compound ruled over by a guru-like commanding officer. It serves as a refuge for some soldiers, but it might be the death of others. There, Becca will be faced with the possibility that she may not know the real damage in her loved ones' hearts. In finally seeing her father's demons, she might just be able to start a journey back to peace with her husband.

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