

# Unhurried speed.

Minimum rush maximum movement.

Little fuss large progress.

Undisturbed calm breath.

A knowledgeable flurry.

Done with clear purpose.

The fastest appearance from the slowest thought.

Still on the inside.

Gone are the worries.

None are the doubts.

Trust is all that remains.

The intelligence of each layer.

Merges to become one.

The body trusts mind.

The mind trusts the energy,

Spirit, the information carrier.

All open to the wisdom of soul.

Growth and expansion.

Not necessarily in size.

In fact it is unlikely.

Only in intensity.

Same space, more power.

And so it continues in waves.

Accelerated by your awareness.

Amplified by your intent.

The soul rewrites the fabric of your instrument.

So your essence may continue to occupy.

More and more, deeper, with greater intensity.

Rarified, distilled, optimum use of space.

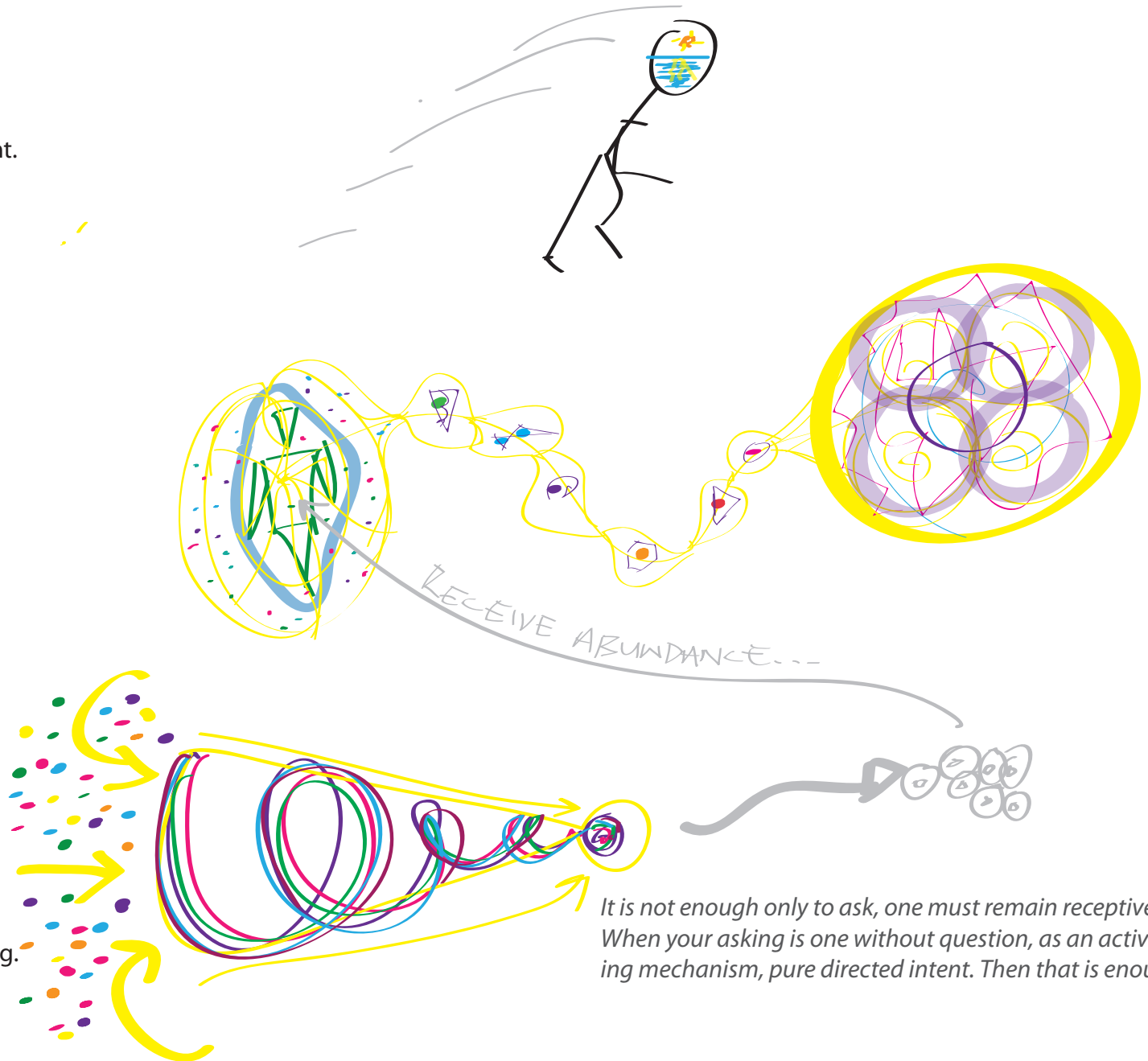
Every cell harmonises and a tone cascades.

A symphony is shared between all layers of being.

An endless centre, balance.

And all you need intend is that you can.

And it is so.



*It is not enough only to ask, one must remain receptive.  
When your asking is one without question, as an activating  
mechanism, pure directed intent. Then that is enough.*