



Sophie and Ben Falinski + Steve Nobel - Heart Mantra 'I Ignite the Light'

“How wonderful... how wonderful to ignite the light... how wonderful to ignite the light of your soul... to ignite the light of your soul within the body... within the cells... within the heart... within the mind.

How wonderful to ignite the light, to feel the light, to know the light, to trust the light, to follow the light.

How wonderful to trust the light within the heart, how wonderful to follow the guiding light of the heart.

Who knows where this guiding light will lead, who knows where the guiding light of your soul will take you.

You must know, there are many landscapes, new unexplored landscapes within you calling to you now. Your soul wants to be known, want to be touched, want to be embraced, wants to be expressed, expressed in this world.

Who knows what glorious adventures the light will open for you.”

