



Listening to the Heart Rather Than to Hepatitis C

March 29, 2013 By [Lucinda K. Porter RN](#)

Prayer is not asking. It is a longing of the soul. It is a daily admission of one's weakness. ~ Gandhi

It has been many years since I felt this way, but I remember what it felt like when the only words I heard were fear, illness, and death. "What if hepatitis C takes over? What if my brain always stays foggy? What if I never have any energy?" These are words of the mind, not of the heart. These thoughts constricted and pressed on me, keeping me in the problem rather than showing me the way out.

Listening to hepatitis C and fear is not the path to truth. The way out is to listen to the heart. The heart does not lie. Spend a quiet moment listening to your heart. Listen to bird sounds, the rain on the window, or some favorite music. Let the sun warm your face. Read inspiring words, call a friend. Let your heart lead you to health.

© 2026 Smart + Strong All Rights Reserved.

<http://beta.docker.hepmag.com/blog/listening-to-the-hea>