



# The Still, Voice Small

Judith Pennington

## A BRIGHT, SHINING STAR

The other day I was reading “The Breakthrough Experience: A Revolutionary New Approach to Personal Transformation,” a wonderful book by Dr. John F. Demartini. It reminded me of a Sunday school lesson taught to my adolescent daughter by the Unitarian Church in Baton Rouge a decade or so ago.

In this lesson, the kids learned how to play “The Good News and The Bad News” game. It’s just what it sounds like, but all too often we forget that within each experience,

no matter how awful and irredeemable it seems at the time, is something positive. If we fall down and skin a knee, for example, it

hurts. But if we sit for a few minutes to nurse the injury, perhaps we see a trend of haste and carelessness in our lives. We could also be thankful for that brief rest and, if we’re really smart, turn the rest into a peaceful meditation and draw insight from the still, small voice of our souls, which is always ready and willing to share its wise and loving guidance with us.

My daughter easily understood that events are not positive or negative in themselves and are only given meaning by our perception of them. I like to think of us as “transformers” of divine light. In a meditation a few years ago, I saw it like this: two people leave the office for lunch and are caught in a sudden and unexpected cloudburst. Both return to the office soaking wet, but only one is angry about it. The other is laughing, asks to go home and change clothes, and the amused boss says yes. The angry one is too trapped in fury to see the positive possibilities in this event. Same thunderstorm, different reactions. Each, like a transformer, configures the energy of the event and interprets it according to his/her thoughts, emotions, attitudes and beliefs.

The good news is that both reactions are gifts to us and we can learn from them. The bad news is that not everyone does so, despite the joyful and loving parade of lessons passing by us in every moment of every day—if only we have eyes to see and ears to hear.

You can keep going with this game until you transcend all negatives and positives and see that emotional mastery of any event is only a thought away. Celebratory dinners

with friends...global events. It’s all the same game. Just as we are so often on the verge of conflict with ourselves and our loved ones, so too is our nation poised for war against Iraq.

That’s the bad news. The good news is that a full one-fourth of the U.S. population—65 million people!—are awakening to the ideals of the New Age movement and are buying books and products related to personal development, alternative medicine, green economy,

sustainable living and spiritual growth, according to a study by Lifestyles on Health and Sustainability (see [lohasjournal.com](http://lohasjournal.com)). The

better news is that it takes only five percent of a population to shift it entirely.

Edgar Cayce predicted that when Polaris lines up with the entrance to the Great Pyramid, an event that will occur in 2004, we would begin to see evidence of the Fifth Root Race, a new race of human beings able to commune with God through the psychic senses. Indeed, we’re already seeing this in our growing attunement to the still, small voice of God within, and we’re seeing it in James Twyman’s Psychic Children, Lee Carroll’s Indigo Children and, most recently, global clusters of people who are resistant to all disease.

During this holiday season, let us remember that the world is full of peace, beauty and infinite possibilities, as this is the nature of God and the spark of divinity within us. We can contribute to our planet’s evolution by staying off the good news/bad news emotional roller coaster during these next few months of typically high energy.

Let us be transmitters of peace, living consciously in the Light so as to help bring about the humanitarian and spiritual consciousness of the New Age of Aquarius. It comes upon us like a bright, shining star.

(Writer Judith Pennington is a journalist, meditation teacher and author of “The Voice of the Soul: A Journey into Wisdom and the Physics of God.” Her new meditation CD, “The Illuminated Door: Journeys into Your Soul,” is available through her website, [eaglelife.com](http://eaglelife.com).)