



The Still, Voice Small

Judith Pennington

THE ESSENCE OF HEART AND SOUL

In this month of love, I find myself listening to the voice of my heart more faithfully than ever before and grateful to know, as perhaps you already do, how to harmonize heart and mind to inspire soul growth and wholeness in the physical body. My quest began with confusion about a love relationship and resolving it led me, as it so often does, beyond my indecisive intellect to the quiet centering of my mind and the still, small voice that illumined my dilemma, soothed the sorrow, and gave the guidance I needed to decide what to do and not do. Synchronicity brought powerful relationship-healing tools just in the nick of time.

It was almost funny how it all started, with the sudden appearance of the legal document whose absence was the cause of the trouble. I felt upset, but didn't consciously know why, so I spent the next morning tuning in to soul and discovered that I'd ignored the spoken needs of my heart for 12 years and, perceiving no resolution, had allowed my mind to dictate the relationship. It didn't do a very good job: it nay-sayed my heart's needs, dealt with this disharmony through covert and overt anger and resentment, and when I wondered what was going on, created distractions in a busy effort to hide the truth from me.

Sound familiar? Maybe you've experienced this, too.

In an effort to hear my heart, I listened to my soul and some beautiful concepts flowed into my meditative writings. Perhaps they'll make just as much sense to you.

In the hierarchy of creation, my inner voice explained, soul manifests its love as the heart and its individuality as the thinking mind. These are given a body so that individuality, or personality, may know itself more fully. Each is an outgrowth of soul, seen as Light shining through a multi-colored lens and diffracting soul into heart and mind.

Soul's nature is Love and so is the heart's. The heart, powered by the Light of love, beats with the energetic life force of the divine and, in terms of electrical impulse, gives life to the body. It is a "transformer" between the two, transmitting a vibrational frequency of either a higher or lower nature depending on the thoughts and feelings held in mind. Negative emotions can affect the human heart's higher frequencies, but emotions do not reside in the heart; emotion's memories, beliefs and attitudes are held in the mind and energetically imprinted upon the body.

The spiritual heart, the essence of love, infuses negative

emotions with love's higher vibrations of harmony and balance. By quieting the busy mind and emotions and turning to the highest reaches of the heart, the doorway to soul, we are able to commune with our voice of insight and intuition. The proper balance is mind and heart in co-creative partnership: mind serving heart, heart serving soul, and soul serving Love. When our lives are led by our loving hearts and aligned with the intentions and desires of soul, we possess a high degree of insight and intuition which clearly depicts right roads and destined depots.

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How, then, may we bring about unity in heart and mind? I began the process by opening up a series of tender, respectful dialogues between my mind and heart. When my mind's

fears create pain in my heart, I listen and allow the two to work it out. Soul enlightens and unites them.

Supporting this harmony requires attunement, especially to my loving spiritual heart, since my headstrong mind tends to stifle its soft, gentle voice, and with it, my cherished intuition. Heart and soul remind us also to eat living foods, as the electrical currents of our bodies must be fed with energetic foods in harmony with the high-frequency currents of Universal Love, or our bodies feel and get ill. From daily meditation comes the peace needed to sustain harmony in heart and mind, body and soul.

What gives you joy? Living in the light of joy allows the open heart and mind to resonate with the highest reaches of Soul; in this, we are wisely guided and our bodies are healed and made whole.

In one meditative writing was a wondrous parable about the need to satisfy the hungry heart. "The heart seeks happiness and finds it because it must; here is the purpose of life and this is unchangeable," the writing said. "All moves toward this purpose, separately and together, until the heart's happiness is complete."

If your heart aches with hunger for something, ask what it is and listen patiently for the answer. It might simply want to be heard.

(Judith Pennington is a writer, meditation teacher and author of *The Voice of the Soul*, a book about the wise, guiding voice within each of us. You are invited to visit her website at eaglelife.com to read the meditative writing referred to in this article, titled "The Woman with the Jug of Water: A Parable about the Heart.")