



# The Still, Voice Small

Judith Pennington

## WHAT KEEPS US FROM GOD?

In this Age of Soul we are coming to understand that soul speaks to us in the languages we are best able to perceive: from within, through insights, intuition, visions, inner hearing and dreams, and beyond us, in synchronicity and the people in our lives. While many seekers embrace this concept, I've been surprised in recent workshops to meet people claiming to be "blocked" from the divine wisdom within and all around us.

I consulted my still, small voice to gain insight into this and heard that "blocks" are only a perception: nothing stands in the way of our soul's communion with God unless we believe that it does. If this is our belief, then the anger, fear, guilt, unforgiveness or lack of self-love creates resistance to the divine love flowing through us and forms an energetic obstruction in the body-mind. We need only perceive its existence, consciously deny it and release it by affirming our health and wholeness.

Blocks are removed just as easily in the light of meditation. By picturing a block or illness that we know or sense exists, we can dialogue with it. First, we ask it to reveal how long it's been there and why it is present; then we ask it to transform itself into a constructive use that will benefit our entire being. If it is stubborn or resistant to change, we can draw upon the brilliant light of love to cast it out. In fact, we can bypass all else and draw upon the light alone to heal anything.

But what if we don't know what the block is about? What if we are confused or ill and don't know why? Soul will give us these answers, too, if we listen carefully. And so it was for me as I sought to help others with their "blocks" and discovered a big one of my own!

My story begins way back, but it climaxed during a healing session with a spiritual seeker determined to heal herself of breast cancer. The insights coming to us both were about her need to open her heart and experience the pain and rage denied by her busy mind, and to allow her soul to guide her on a healing journey. As it turned out, my soul was guiding me to this experience, too. We did a guided meditation to the Sea of Spirit, where a black cloud showed up to frighten my friend, but she recognized it as fear, and I intuitively stepped onto the seashore and asked for the assistance of divine helpers. To my surprise and delight, I experienced an awesome "powering up" of electrical energy in my body and was healed of chronic back pain.

I accepted the healing, and in the coming week, my friend opened up to soul guidance as to the causes of her illness. She released these old hurts and the open wound on her breast cleansed itself and began to heal.

Since our session, I've used affirmations and denials to stay relaxed in order to keep my healing. This receptive flow and a

gentle, insightful series of soul writings revealed the source of the emotional-physical "blocks" that I'd created; and synchronicity brought me to a Peacemakers workshop which taught me how to mend my heart and relationship.

If you have tried to use joy, laughter and love to open your heart, yet still feel blocked, consider using three precious gifts--more precious than gold, frankincense and myrrh--to brighten and intensify the divine spark in you during this sacred month and the coming year.

With pen and paper in hand, sit in a quiet place of contemplation and relax your body. Set a loving intention for this meditation,

pray if you wish, and picture your healing prayers filling you, your loved ones and the world. Rest in that peace for a few minutes, then pick up pen

and paper and describe the situations (it's always people!) challenging your happiness. When finished, change the names to he or she and create a poem out of this litany. Read it silently or aloud to see what comes up. Are these people mirrors for what needs to be looked at in you? If so, be at peace with the divine order in your life and use this knowledge to create peace by releasing any challenges and affirming wholeness.

Secondly, list the names of 10 people who you greatly admire--real people or fantasy figures. Next to each of these names, list three reasons why you admire the person or character. After that, circle the traits that repeat themselves. When you've narrowed them down to seven, list these on a separate sheet of paper. Here are your soul gifts and the person you are meant to be. We are in conflict and turmoil when we are not being this soul-self and developing these gifts.

Now that you have a list of "what is" and "what can be," pull out your Tarot cards, I Ching or Viking Runes to do what I so enjoy each New Year's Eve: in a calm, contemplative state of mind and with a hopeful heart, I allow these symbol systems to organize around my energy and mirror the circumstances in my life. I love how these readings agree with each other and so neatly illustrate what I know in my heart to be true. This is how and why these symbol systems speak to us so clearly: to teach us that we know.

Remember to be kind to yourself: to open your heart and hear the gentle, loving whispers of your soul. Peace be unto us all, that there may be peace in the world.

(Judith Pennington is a spiritual teacher and author of "The Voice of the Soul: A Journey into Wisdom and the Physics of God." She has recently released a meditation CD, "The Illuminated Door: Journeys into Your Soul," and may be reached at (610) 837-4166 or at eaglelife.com.)

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