



# The Still, Voice Small

Judith Pennington

## THE EARTH'S BLOSSOMING

In meditation recently, I asked my still, small voice how to deal with feelings of anguish and outrage over the U.S.-led war on Iraq. What came was one of the most beautiful and kindly messages that I've heard in 15 years of soul communion: "Allow each shard of glass to fall out of thy heart and bring the Father's love to each hole." But before I could return to peace, as advised, this lesson sprang to life: I spent an afternoon angry at someone who hurt and disappointed me, and the next morning was bewildered to find tiny shards of glass in my fingers. I have no idea how they got there. One cut bled, and these little wounds still hurt as I write these words.

So here are those same old questions: are metaphor and material reality one and the same? For the past 15 years, with my inner teacher using earth imagery to illustrate universal principles, I've studied this a great deal and believe that these are indeed much the same: ideas are precursors of physical events, and physical events are best understood by their symbology. The discerning mind can read the meanings in both and predict from surrounding patterns of energy what comes next.

For example, the prophets of the Bible and other mystics perceived the divine life force as light, and today, quantum science tells us that everything, including the cells of our bodies, is composed of different frequencies of light. Nearly a century ago, Edgar Cayce, America's best-known psychic and father of holistic healing, saw that our cells, tissues and organs vibrate at different frequencies and that what we think and eat creates in us either the harmony of health or the discord of disease: "Spirit is the life, mind is the builder, the physical is the result," he said.

Science has since proved the power of the mind to shape reality on the atomic level and it's easy to see that, in the years ahead, physicians will use finely calibrated light devices to restore the frequencies of health to our bodies and minds, just as spiritual healers now restore health with the laying-on of hands. Thanks to Cayce and the visionary scientists who wrote *The Body Electric* and *The Secret Life of Plants*, many people already understand that everything is the energy of consciousness in motion. We meditate to feel the currents of divine light flowing through our bodies and rising in frequency to awaken and evolve our minds into a higher realm of love, creativity, spiritual connection, empathy, intuition, healing and blissful oneness with All That Is.

To me, the light of meditation is the pathway to the evolved

Christ mind of perfect love and oneness; to others, it's the enlightened Buddha mind; to still others, here is the mystical "ascension" into higher consciousness and, ultimately, the resurrection of the body-mind.

Yesterday this was an esoteric mystery; today it's an electromagnetic fact recognized as truth by brain wave researchers and many others studying the signs, symbols and science of spirituality. If we want to raise the body-mind into higher consciousness, we consume live, high-vibration foods; meditate and pray to create love, harmony and inner

peace; and we extend these vibrations outward in grateful and loving service just as monks and mystics have done throughout time. We live in the energetic flow of this Light,

raising ourselves and the world into the divine in us and all things.

I was delighted with what came after the shards of glass passage in my meditative writing: "No one can tell the moment when promise flares into potential and potential into actuality," the writing said, "but when the blossoming comes, the fragrance fills the air and beauty abounds." In this metaphor is the truth of what we can bring about in ourselves and upon the earth, if this is our desire and intention. No matter what happens in the outside world, we can prepare for our blossoming and Earth's by being as beautiful as we can be and by radiating the love of the Greater Love.

Our ascension into higher consciousness synchronizes with the Earth's quickening as she turns faster and emits higher frequencies, as measured by the Schumann wave. No matter what appearances say, we and our planet are being filled with stronger and higher frequencies of light and just below the surface come the roots of spring and the blossoming of peace all around us.

Let us rejoice in the beauty and wonder of this, for these feelings attune us to the Light in ways beyond conscious knowing. We are uplifted and, in this, shine the light of love upon the roots and seeds of peace and cultivate it with the beauty in our hearts and minds.

So it is promised, so must it be done.

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