



The Still, Voice Small

Judith Pennington

THE ENCHANTED COTTAGE

When I was a teenager, I saw a movie that beautifully illustrates the alchemical power of love. In "The Enchanted Cottage," Dorothy McGuire plays Laura, a homely, self-effacing maid to a woman whose son, Robert Young, returns from the war blind, scarred and limping with a cane. Laura goes to work for Oliver, the wounded soldier, and in the light of her compassion and growing love for him, blossoms into an attractive, self-confident young woman. Oliver, healed by his love and compassion for Laura, becomes a charming, handsome country gentleman, richer and happier than ever before.

Oliver and Laura ascribe their transformation to the legendary magic of the enchanted cottage.

But in overhearing the pitying comments of people blind to the change in them, they lose sight of their perfection. A composer friend, playing an exquisite tone poem on piano, opens their eyes to the real alchemist, the transforming power of love, and its ability to uplift, heal and harmonize physical reality.

Sounds like a fairy tale, doesn't it? Yet this is exactly what happens in romantic love. Our loved one is suddenly beautiful, the sky grows intensely blue, and we laugh openheartedly in joy, walking on air. Buddhist psychology calls this "attraction," and its opposite, "aversion." Aversion, evoked by unkind words, deeds or memories, erodes love until it disappears.

Each of our relationships, from brother and sister to work and world, is a mirror reflecting what needs work, isn't it? Struggle in relationships is a growth opportunity, as one person's pain separates us all from peace and joy. This is literally true, because thought and emotion produce vibrational energy to which others entrain through resonance. Similarly, the Heart Math Institute has proved that the higher frequency and shorter wavelength of love infuses our bodies, spirals through our DNA strands and, by interlacing more amino acid "coding" sites, awakens us to who we are meant to be and really are. Simply, love increases our energy of vibration and attracts to us more light. We are musically healed and made whole by being transported into the higher frequencies of the divine.

But what do we do when a loved one behaves unkindly and we feel angry or hurt? Finding myself in this position recently, I asked my still, small voice for insight and was told that no matter what the cause, discord's only healer is

sympathy and love; these would disentangle both of us from the chaotic feelings which so inevitably confuse the mind and blur the truth. Within two weeks, this is exactly what happened. Once again, as my writing predicted, this relationship was healed by love, faith and a willingness to be present to anyone who is lost (including myself!).

Life is exactly what we make it, isn't it? Love resides within each heart, waiting to be recognized as the transformer that it is: an infinitely powerful vibrational expression of the One

Word, literally the "uni-verse." Love's transcendent viewpoint, with its singular quality of attraction, makes it easy to forgive what is done and said by others and to love unselfishly

without conditions or expectations. Love, a tone poem, makes life beautiful and harmonious.

To me, the secret of the "en-chanted" cottage is that each of us lives in one, having built with our life-song a castle, dungeon or something in-between. What is the house of your soul like? What motto is written on your front door and does it need revising? Have you swept the cobwebs from each nook and cranny? Perhaps it's time to clear away what does not belong and to place fresh flowers on each table, bringing joy to all who enter.

Just as my still, small voice whispered, keeping the doors to our hearts open allows the love in the Light to heal and transform us with its magic. Let us be receptive to everything, excluding nothing and pulling all into the "core star," or soul, as energy healer and atmospheric scientist Barbara Brennan advises. (Read this fascinating interview in OneWorld, a new e-zine published by www.eaglelife.com.) This is how to "walk between the worlds," teaches Gregg Braden: by integrating All That Is, we transcend duality and become whole through the union of opposites.

Let us begin this new year by en-chanting our cottages with love to create a bright new world on Earth. What better plan for peace, already settling so deeply across our love-resonant planet!

(Judith Pennington is a scientific mystic, writer and lifestyle coach living in the hills of Bethlehem, Pa. The author of "The Voice of the Soul," a revolutionary book about the soul and consciousness, she publishes a free e-newsletter, "The Still, Small Voice," and an e-zine, "OneWorld" through her website, www.eaglelife.com.)

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