



# The Still, Voice Small

Judith Pennington

## LOVE IS IN THE AIR

E-mail churning through the airwaves can bring delightful news, as with a recent message from a new friend of mine in Pittsburgh. He wrote to say that when we hugged, he felt the direct transfer of something from me into his chest. It didn't carry any emotional impact, but a physical shift in his energies transpired and the next day rid him of a misconception that had caused him a great deal of anxiety.

Could I explain what had happened, he asked? Were these two events connected? What isn't, I laughed in delight, replying with the lessons my still, small voice had just been teaching me!

I spoke to David of liking him from the moment we met, as I'd sensed something very special in him. He was coordinating the Sunday service at his Unity church, and as he stood at the podium, speaking so gently of love, my heart opened and I became aware of the high spiritual energies in the room. I was there to speak and my travel fatigue instantly melted away.

During the "meet and greet" portion of the service, I hugged David gratefully. It was not I, but the Love in him that did the work. When we are open and ready for change, love responds and Light flows into and through us, bringing about the transformation we seek.

This is the lesson my inner voice has been teaching me, and it's one that my seven-year-old grandson, Blake, understands perfectly. He delights in creating "pictures" to give away, and alongside many of his colorful airplanes and butterflies are the words, "Love is in the air."

To me, this is what the Hindu mystic Kabir meant in saying, "Sometimes we are a wave, sometimes the ocean. We come here to bring each other to God." I bring to you some gift of wisdom, a loving thought or touch, and you say something that enlivens me, perhaps opens my heart to a new understanding of us both.

In this cosmic sea of spirit, composed of waves of thought and feeling, everything calls us to this love. When we are able to stay calm, peaceful and in awe of life, we restfully merge with the ocean and its transcendent OneMind; when we allow our thoughts and feelings to

separate us, we move apart into waves of experience that call us back to Oneness.

I see this flow in everything, especially in springtime, and expect that you do, too. Out of dark, quiet winter come brightly colored plants and flowers blooming to remind us of the joyful life force swirling into the curve of a leaf, a bird's wing, a winding river, a child's cartwheel, the spiral dance of the Milky Way.

Because of this visible and invisible evidence of love, I am able to trust and believe what my still, small voice tells me: that all waves come to empty us of pain so that light can flow into the bodymind, cleansing and clearing it

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to receive enough Light for our blossoming.

What hinders this flow of love and light? It is always fear and distrust, tensing us into waves of rigidity and resistance. The antidote, as Buddhists put it, is to breathe, relax and see that every wave, every single thought and event in life, brings greater unity and love.

But how, you might ask, can we stand immobile in light of all that seems wrong with our world? I am taught by my inner voice to resist nothing, only to work for peace and justice. When I feel the pain of the world, I allow it to flow through me as the magnificent evidence of our deep interconnection with one another. With equanimity I can catch the waves of love upswelling in my heart and ride them with perfect balance into my everyday choices and actions for economic parity, social justice and environmental responsibility.

To create a perfect planet of peace and love, all we have to do is remember that love is in the air. We can bring its Light into being with the thought of it, the need of it, the hope of Love that is it. In this wave is the spiritual awakening of our world.

*(Judith Pennington is a coast-to-coast writer, singer and teacher of meditation and the evolution of human consciousness. Visit [www.thestillsmallvoice.org](http://www.thestillsmallvoice.org) to read articles related to this one and to sign up for Judith's free bi-monthly e-newsletter.)*