



The Still, Voice Small

Judith Pennington

ONE HUMANITY

There's a wonderful story about Milarepa, the Tibetan Buddhist saint who as a young man went out into the world to experience life and returned home to find his house filled with demons. He was angry and afraid at first and wanted to fight them or flee. Instead, he did the unexpected.

First he took a deep breath and bowed. Half of the demons disappeared. Then he opened his heart and mind, expanded his field of awareness and out of his mouth came a song that sent away all but one of the demons. The last demon, snarling fiercely, opened his mouth to consume Milarepa, but Milarepa placed his head in the demon's mouth. The demon disappeared.

What's wonderful about this story is the way Milarepa dispelled the demons. He "inspired" himself with a deep, calming breath and expanded into the higher mind of peaceful non-resistance. If we are quiet and wait patiently, elegant solutions will come to us too and we will see the big picture. We have only to look for it, as ancient people did in watching the constellations move around the nighttime sky. One day, someone built a wheel and civilization moved forward.

So can we progress in this new millennium by knowing that we are the wheel spinning toward the constellation of Aquarius and the waterbearer's humanitarian age of love, peace and oneness. Here is the big picture and nowhere in it does an angry God send a tsunami to punish us for our failings, as a surprising number of people are claiming. Instead, as you too may have concluded, we ourselves have disrupted the balance of Mother Nature, who trembles because her children have abused her.

What might we do to still these waters and alleviate the injury to our people and our planet?

Perhaps my way will work for you as well. Like Milarepa, I close my eyes, take a deep, quieting breath and follow the gentle wind of breath into the peaceful serenity of my heart. Joyful feelings draw me into a luminous field of love, and I sit silently, gratefully, in these currents until Heaven and Earth meet in me. I open my heart and envision light illuminating troubled parts of the world, calming and purifying earth, sea and sky, and in this process I too am healed and made whole.

Some people consider prayer to be wishful thinking, yet it is the single most effective way to bring about global healing and move into the spiritual age yearned for by so many. The amazing research of Dr. Masaru Emoto on water crystals (hado.net) perfectly illustrates the ability of loving prayer to transmute diseased water

into pictures of exquisite beauty and harmony. According to 600 scientific studies cited by physicist John Hegelin (permanentpeace.org), the peaceful energies pulsing outward during meditation also create a global brain wave coherence that heals the quantum field of consciousness.

So why, you might ask, are our lessons still so painful?

My still, small voice assured me years ago that evolution does not require pain, suffering and loss; these energetic snarls result from resistance to our healing and growth. Like Milarepa, we have only to release the fear and separation that bind and keep us apart. This is scientific fact, as I learned last November at a "Physics

of Consciousness" conference at Edgar Cayce's A.R.E. in Virginia Beach. I was startled to hear a physicist say that the only force separating any one thing from another is the *resistance* between their electromagnetic fields.

We are experiencing the antidote to this today. As we open our hearts and minds to the victims of the tsunami, our empathy moves us into the same frequencies of vibration and we meet in the quantum field of love. Our differences disappear as we become one humanity.

Of course, it doesn't take a tsunami to bring us together, as the great scientists and mystics in every culture have discovered. Swami Muktananda taught Hindu oneness in saying, "Earth, moon, stars and sun revolve inside me." Rumi, the Sufi poet of Islam, enticed us to heal in the glittering cosmic sea of spirit "until our toes begin to say Allah."

The Hebrew prophet Elijah found the joyful guidance of the divine in the still, small voice within and so did the Christian prophet Jesus. In an ancient Buddhist manuscript, "The Life of St. Issa," translated by a traveler visiting a Tibetan monastery in the 1880s, Jesus urges us to listen to the voice of the heart and there become at-one with the infinite love and peace of God.

This is the big picture, of a wheel inside a wheel turning us inward to an enlightened new age where we are one people, one mind, one soul dispelling its demons and coming to know Itself.

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