



The Still, Voice Small

Judith Pennington

ONLY LOVE

When I was a little girl, I played the most wonderful game. Wandering through my neighborhood, I'd notice a crack in the sidewalk and wonder, "Why is that crack there?"

I'd answer myself, "Because the tree root has stretched out underneath the sidewalk," and then I'd ask why the root had grown in this way. Each new answer was a question, and I loved following this path of questions.

I used this method to understand the world: how trees spread their roots to get more nourishment; how rain seeps down into the earth to water the deepest tree roots; how rainfall and rivers are part of a cycle nourishing the earth, and so on, until I triumphantly concluded, "Because God made it that way."

In my childish wonder at the beauty of the world, I was awed by the way everything fit together and spun back upward to this Creator who, I could only assume, must love the world infinitely to have created these magnificent systems.

It's funny how a lifetime of experiences (after a great deal of examination and dissection by my skeptical journalist's mind) circled me straight back to this conclusion. But it's also true that I see God a bit differently now, as the energy of love carried into the materiality of earth, quite literally, by the photons in light. So God makes rational sense to me, but not as a figure with a white beard; rather, as the higher force of love.

Now I believe that everything spins out of God as Love and, therefore, everything in this material world is a symbol of love seeking to manifest itself. Even when I hurt myself or get ill, I see these as signs and symbols of love and my happy chance to play the why game.

I did this recently with a red cardinal that's been attacking our home for five months and discovered that he is teaching me to be more peaceful and tolerant in many, many ways. But this morning, while he struck incessantly at the window of my meditation room, I asked myself, what does he seek?

I heard the answer, "Love." So, just as an experiment, I bathed him in love and light and he went away. Now, I'd tried sending him thoughts of peace before and that hadn't worked at all. But this time, filled with the peaceful luminosity

of the meditative state, I allowed this feeling to flow outward from my heart to his and it did work. He flew away from my house altogether.

He'd been looking for love all these months, I realized, and the same goes for every person and event in our lives and consciousness, no matter what it is. Everything is a call to love.

If this seems too simplistic, just think what would happen if all of us allowed this perspective to govern our minds and our lives. Destructive emotions like resentment, defensiveness, anger and fear would melt away in this light, as we'd know that everything which comes our way

is good, no matter how wrong it might seem to be at the time. We would find in every event something wonderful to learn, and what we learned would help us live our lives more closely attuned to the Love that permeates everything.

Enlightenment is reached when we live in this peaceful, meditative state of mind, much like a happy child does. The mind of peace, looking through the eyes of love, releases every trace of attachment to fear and distrust by knowing, soul deep, that the only force in the universe is love.

This is true regardless of inner turmoil and outer appearances.

I have a wonderfully relaxing and enlightening mantra these days: Only love prevails, from the open-hearted founders of openheart.com. If you enjoy your computer, you can also find a beautiful, two-minute breath meditation at peacechime.org.

Why should you bother with these things, when the whole world seems to be going mad? Because the red cardinal went away when I gave him love. And because that's all any of us want.

That's All There Is.

(Judith Pennington is a writer, meditation teacher and author of "The Voice of the Soul: A Journey into Wisdom and the Physics of God." She gives talks, teaches workshops and offers a free e-newsletter through her website at eaglelife.com.)

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