



The Still, Voice Small

Judith Pennington

THE BODY TEMPLE, A SONG OF GLORY

One of the most fascinating stories I've ever heard came from a well-respected psychic consulted by a man just before the amputation of his gangrenous feet. The psychic, talking by phone, wasn't told about this, but clearly heard the man's feet say that he never let them rest. The man, knowing this to be true, agreed to change jobs and his feet healed immediately.

I read an equally amazing story about an elderly tabby cat, Richie, brought to death's door by a large tumor that had eaten its way through his skull and was protruding between his eyes. The veterinarian's acupuncture treatments did little until used to attune Richie to the cosmos, after which the cat, according to an animal communicator, agreed to visualize the tumor shrinking. One week later, Richie's tumor began to shrink and the next week disappeared.

These stories sound unbelievable, don't they? And yet, if everything is composed of the divine consciousness of love, we are by nature connected and able to communicate with and heal each other, simply by fully opening our eyes and ears.

I had a fascinating experience of this recently, beginning with a strong intuition that my two-hour drive to an Ayurvedic physician was an adventure that would make a pivotal difference in my life. And so it was. Slowed by miles of potholes, I began to admire the beauty of spring in a national forest and soon became aware of intense healing energies flowing into and through my body. I was riding a blissful wave of joy and seeing the road and my life from a spiritually transcendent perspective. I was so uplifted, psychically, that I could see ahead to highway changes and exactly what would come next.

I credited the yogic doctor with this power surge, but a meditative writing explained it as the result of my body, mind and heart being in unity with each other and nature's healing energies. Days later I knew the truth of this when I felt the same peace and blissful joy during my healing prayers in meditation. From experience with brain wave biofeedback, I know this as the "evolved" mind of oneness, which I'd never before felt in ordinary, waking consciousness.

Listening to and honoring my body is leading me into the experience of what my intellect knows and every branch of science is proving: that everything on this planet is conscious and connected, from plants and animals to rocks and the Earth herself.

I am fully understanding, by *feeling* the divine energies in and around us, that everything is an aspect of the divine, each singing its own "song of glory," as the great psychic healer Edgar Cayce put it.

Cayce also said that people who meditate regularly become "more sensitive to influences of every kind." I was glad to hear this, as I've felt it occurring over 12 years of daily meditation. Perhaps you have this sensitivity, too, and are aware of the sometimes-unsettling energies flowing across our planet today.

If so, be comforted, says my still, small voice, by the knowledge that earth changes, cultural fragmentation, violence and

war are all moving together in an evolutionary pattern that is calling us to who we really are and want to be. Do we choose love or fear, war or peace? These are the questions asked now, that we may know and begin to live our answers.

So how do we quell our fears to tap into the heart of love in ourselves and our world?

My still, small voice urges us to remember joy and uplift self into its higher perspective, where we can see farther and know that all is love. In this intentioned faith is the comfort and assurance needed for our journeys into harmony and peace.

We can imagine the soft, warm light of love flowing through the body-temple of our beautiful planet: her musical winds and waters, majestic mountains and shining seas flowing with a healing light that grows ever brighter in each person, animal, plant, rock and mineral. Like a song of glory, we orchestrate ourselves into a melodious symphony of all that we are meant to be.

We can imagine the same healing taking place within us: each particle of body, mind and heart united with our souls so that all resonate together as a chord felt and heard throughout the body of Creation. These truths will heal us and our world. This is our destiny, the song we came here to sing.

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(Judith Pennington is a writer, teacher and author of "The Voice of the Soul," a book on the soul and consciousness recommended by Barbara Brennan and Larry Dossey, M.D. Visit her website, www.eaglelife.com, to sign up for her free e-newsletter and subscription e-zine, OneWorld, dedicated to art, beauty, truth, spiritual politics and global peace.)