



The Still, Voice Small

Judith Pennington

WHAT DREAMS MAY COME

Some years ago I read a brilliant book, *What Dreams May Come*, whose storyline was that in the plasmic substance of the afterworld, people perceive only the reality created by their thoughts, beliefs and expectations. They live in this reality until they wake up to their infinite potential to create and inhabit magnificent worlds of love, beauty and service.

This makes such perfect sense, doesn't it, with quantum mechanics teaching us that physical reality adjusts to our expectations of it. So many of us, grasping this, have begun to perceive and create our realities from the infinite fields of possibility that are open to us.

We are learning to look into the mirrors in our lives—people, circumstances, books and movies—to see inside our *own* hearts and minds. If we don't like what we see, we can rewrite the script, repaint the canvas, reshape the clay. With the awesome creative powers of mind, heart and soul, we envision a higher reality until the energy of this thought-form permeates and uplifts us into a more beautiful dream of life.

It sounds ridiculously simple and *is*. According to the late great psychic diagnostician Edgar Cayce, using a constructive ideal like peace, joy, oneness or love as a focal point in meditation *atomically* builds that ideal into body, mind and spirit.

By no coincidence, I just read an article supporting this in "Venture Inward" magazine (July-August 2004). It was written by a psychotherapist who created a 30-minute cassette of affirmations for an elderly friend developing Alzheimer's Disease, according to his two physicians. The man played these affirmations each night at bedtime for 30 days and steadily grew happier and more tolerant, compassionate and loving. He did not develop Alzheimer's and also cured severe macular degeneration in his left eye.

How do we know what to dream up for ourselves?

We go within, during a contemplative walk or silent meditation, says my still, small voice, so that we can come to know the deepest recesses of the heart and soul as our true nature. We go deeper than mind to touch the destiny and hope of the soul for self and All That Is, and here we ask: *what is my heart's desire? what thrills me with pleasure? what excites and inspires my self to soul and spirit?*

Your answers will relate to the fulfillment of your gifts

and talents—dreams unmet, hopes unrealized, joys denied, possibilities unexplored or perhaps a simple need for relaxation and time spent with loved ones. First we fill our cups with beauty, music and pleasure in ourselves and our abilities, then we share our fullness with others.

Some of us might seek to fulfill our longings through other people, my soul pointed out, but this often leads to heartbreak. Instead of seeking completion outside of self, we are better served by going within to the Source of all

supply, where we travel "constellations of knowledge and experience lighting the cosmos

beyond time and space." Complete in ourselves, we move into oneness with the Divine, which cures our fears and failings. We become all that we can and are meant to be.

This is what dreams are made of. Nothing is beyond our grasp, my still, small voice tells me, unless it is detrimental to our soul growth.

It is easy to awaken what is dormant within us. Just lie in bed in the morning, listen to the birds, and ask what your life can be in that moment, that day. Then live your prayer of life and watch what dreams may come.

May we live each moment as if it were our last, knowing there is no last moment in Creation, only the One moment.

This is what Tracy Chapman tells us in her song, "Heaven's Here on Earth":

"If we have faith in humankind, respect for what is earthly and an unfaltering belief in peace and understanding/Then heaven's here on earth."

She sings it into being for us, that we might do the same for ourselves: "We are born inside the gates/With the power to create life and to take it away/The world is our temple, the world is our church/Heaven's here on earth."

(Judith Pennington is a writer, teacher and the author of a revolutionary book on the soul and consciousness, "The Voice of the Soul." Visit her website, www.eaglelife.com, to read articles related to this one and to sign up for her free e-newsletter and a subscription e-zine dedicated to art, beauty, truth, spiritual politics and world peace.)