

Stillness & Silence

A Reflection

" Be still and know that I am God."
Psalm 46:11

You were not created by GOD for the enervation of constant noise and stimulation. You need times of **Stillness & Silence** to muddle and muse - to experience "Il bel far niente" - the beauty of doing nothing - to be alone with yourself and with GOD,



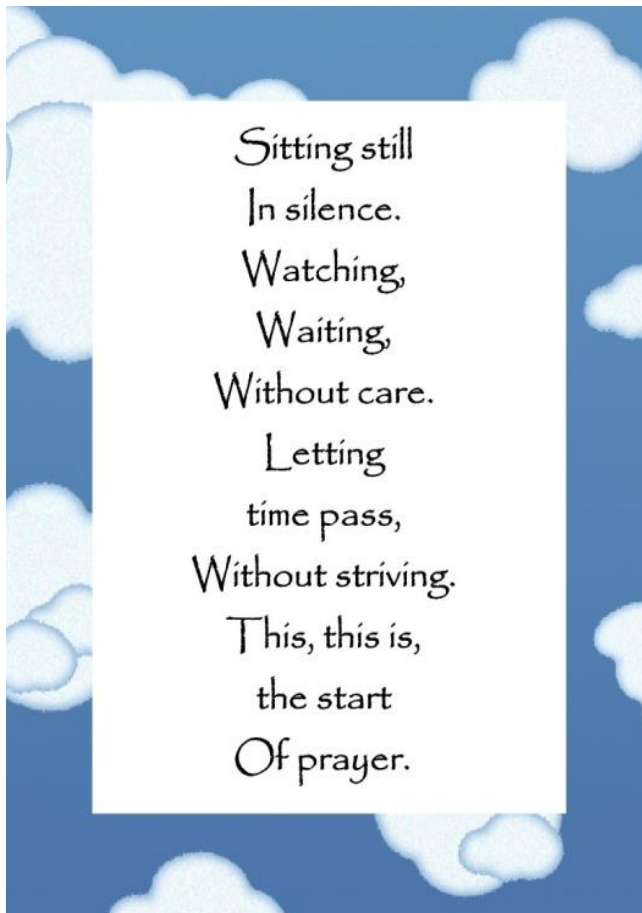
You were not created to be with GOD for one hour on Sundays, or even one hour a day.

You were created to walk and talk with GOD in the paradise of your heart in an **unceasing** communion of life and love

GOD in you and you in Him - one heart, one mind, one will with GOD, **every** moment of **every** day.

The saints and sages of all ages and religious traditions tell us that **Stillness & Silence** is the wellspring of this union with *GOD* within you.

The Morning and Evening Prayer of the **Children of the Divine Indwelling**, **Book of Prayer & Reflections**, conclude with silent prayer.



You are exhorted to practice these times of silent prayer, however senseless and unbearable they may seem at first.

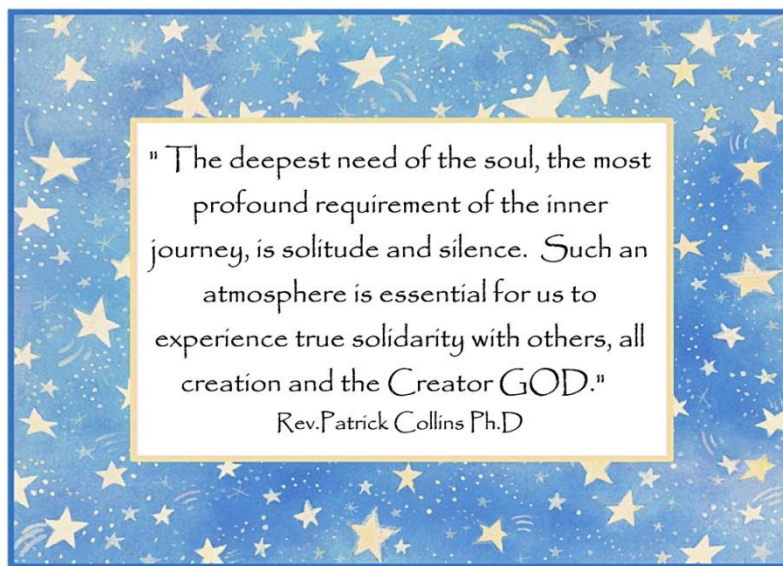
For it is hard to be still. It is hard to be silent. You may find it physically and mentally intolerable at first.

It may seem totally pointless. A total waste of time. It's just not for you.

Here, you will simply have to trust. Trust the wisdom and experience of the Saints down the ages - and persevere. Persevere and trust that... from **interludes of stillness** will come an **abiding stillness** in your soul.

As you go about the business of your day, and as your mind and body are engaged with the world around you, in some deep place your spirit will **rest in stillness**.

In some deep place your spirit will live and move and have it's being in **GOD** - and all the business of your day will be suffused with His presence.



...From interludes of **silence** you will learn to listen.

For silence enables you to hear the still, small voice of **GOD**, and your own true voice.

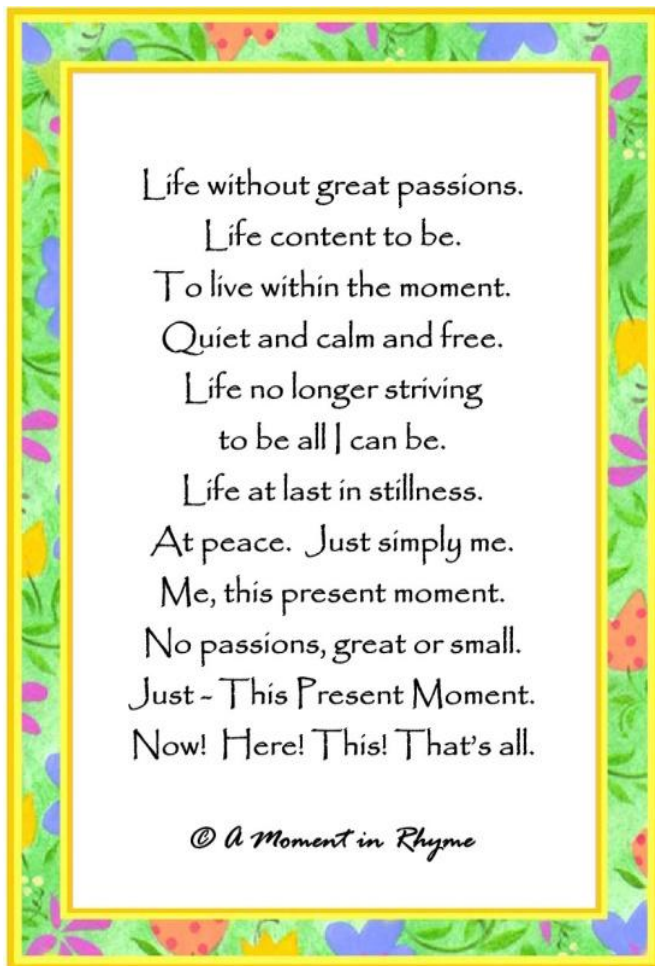
From this pregnant silence, creative inspiration, revelation and understanding, and **GOD's** direction for your life are birthed.

Listen, first just in interludes, and then more and more throughout your day - as through listening you encounter the *Other* and as your friendship grows, you will want to live more and more in His company - walking and talking with Him in the paradise of your heart, as you go about your day.

Still you cry, "**How** can I be still? **How** can I be silent?" The secret of how to be still and silent is found in two little words... "**Let Go.**"

Whatever is in you, (physically, mentally, emotionally, spiritually) whatever is around you, (through sight, sound, smell, taste, touch) **in this present moment**, that is preventing you from being interiorly still, that is preventing you from being interiorly silent...accept it and...**let it go!**

Not in order that you may deny or escape reality, but on the contrary, that you may encounter the deeper reality of the presence of *GOD*, at the heart of everything.



Life without great passions.
Life content to be.
To live within the moment.
Quiet and calm and free.
Life no longer striving
to be all I can be.
Life at last in stillness.
At peace. Just simply me.
Me, this present moment.
No passions, great or small.
Just - This Present Moment.
Now! Here! This! That's all.

© A Moment in Rhyme

Then, in the **Stillness & Silence** of all your passions, if He chooses - *GOD* will let Himself be known by you.

A knowledge without sight or sound, or taste or smell, or touch. But the heart knows.

A knowledge that cannot be described or communicated,

but everyone who has it knows it and each other, with the same deep knowing.

And if, in this **Stillness & Silence**, you feel lost and alone in a vast and empty unknown - remember - Love has brought you there - for a divine romance!



And this is just the beginning.