

April, 2011 Newsletter

Hello Everyone! This newsletter was not written by me.... It is one of only a few.... The author of this article is Betty Claire Moffet. I love her work. She is an awesome author. I hope that you enjoy it.... Linda

The Listening Soul

When you are honest with yourself, you will find out the truth about yourself. When you consistently enter the silence, with or without other techniques of meditation, you will come to a place (it is different for each of us and yet it is the same) where there is nothing.

Nothing at all...

I call it the Listening Soul.

Once you have quieted your body, established your breathing pattern, and surrounded yourself with light, pouring it through you from the crown of your head to the tip of your toes, grounding the light and yourself in the earth, carrying the light around your body to suffuse you in its protective arena, you do – nothing.

No mantras, no images, no visualizations, no supplications. If anything at all is said by you, it would be this, and only at the beginning of this quiet time:

“I am listening.”

All other meditative techniques are just that, techniques, and are practiced to get us to the place where we can learn to listen.

Meditation of this sort is true contemplation. It is stillness within, a true hearing on interior levels. The mind may react strongly at first and refuse this assignment. Objects, feelings, and images may rush behind your eyelids. You may fidget, itch, scratch, yawn – a restless mind in a restless body.

Be still. Let the mind stuff, the illusions, and dreamscape, go. Be still.

For you are here to have back a portion of that time and attention given to you – a tithing of time, a tithing of self, back to the source of all that is good.

Words may float into your mind. Accept these words as right for you to hear. Or there may be no words at all after the initial chatter subsides.

There may be a subtle interior adjustment as you settle into peacefulness. There may be a sudden onrush of joy. You may find silent tears coursing down your cheeks. There may be a profound exquisite silence.

There may be nothing. There may be everything. It is all right.

In such quietness and serenity, turn within and listen. As you listen, you will come to that place of deep silence. Beyond that place is everything. Beyond that place you begin to fill up, to be light and to transmit that light, whether it be candle or bonfire, into the darkness all around you. You become the lighted lamp of your being. You become your own center of light.

You can illuminate any relationship, and situation, with this light. You can be so overflowing with light and love that you don't need to "get" all the time. You can be the giving, the flow. And you can be that flow consistently, as you become aware that all you give is given to yourself, all that you give comes back to you.

Be kind to yourself; be tender and forgiving as you begin this practice of listening to the soul. Let all that you have struggled for, strived for, wished for, and hoped for dreamed for, fought for, dissolve into that silence of your soul. It has its own agenda. And it is a loving one. Allow. Allow it to unfold. Just listen.

Bettyclare Moffatt in Soulwork