

Holy Words

Proverbs 17:27-28

The one who has knowledge uses words with restraint, and whoever has understanding is even-tempered.

Even fools are thought wise if they keep silent, and discerning if they hold their tongues.

Ecclesiastes 9:17

The quiet words of the wise are more to be heeded than the shouts of a ruler of fools.

A Quote from Rumi:

Silence is the language of God, all else is poor translation.

From Meister Eckhart:

There is a huge silence inside each of us that beckons us into itself, and the recovery of our own silence can begin to teach us the language of heaven.

A Quote from Henry Wadsworth Longfellow:

Silence and Solitude, the soul's best friends.

We spend a lot of time looking for happiness, when the world all around us is full of wonder. To be alive and walk on the Earth is a miracle. And yet most of us are running as if there were some better place to get to. There is beauty calling to us every day, every hour, but we are rarely in a position to listen. The basic condition for us to be able to hear the call of beauty and respond to it, is silence. If we don't have silence in ourselves, if our mind, our body are full of noise, then we can't hear beauty's call. There is a radio playing in our head, Radio station NST - Non Stop Thinking. Our mind is filled with noise and that is why we can't hear the call of life, the call of love. Our heart is calling us, but we don't hear. We don't have the time to listen to our heart.

Mindfulness is the practice that quiets the noise inside us. Without mindfulness, we can be pulled away to many things. Sometimes we are pulled away by regret and sorrow concerning the past. We revisit old memories and experiences only to suffer again and again the pain we have already experienced. It is easy to get caught up in the prison of the past. We may also be pulled away by the future. A person who is anxious and fearful about the future is trapped just as much as one bound by the past. Anxiety, fear and uncertainty about future events, prevent us from hearing the call of happiness. So the future becomes a kind of prison too.

Even if we try to be in the present moment, many of us are distracted and feel empty as if we had a vacuum inside. We may long for something, expect something, wait for something to arrive to make our lives a little bit more exciting. We anticipate

something that will change the situation because we see the situation in the present moment as boring, nothing special, nothing interesting.

Mindfulness is often described as a bell that reminds us to stop and silently listen. We can use an actual bell, or any other cue that helps us remember not to be carried away by the noise around and inside us. When we hear the bell we stop, we follow our in breath, our out breath making space for silence. We say to ourselves “Breathing in”, I know I am breathing in. Breathing in and out mindfully paying attention only to the breath, we can quiet all the noise within us, the chattering about the past, the future and the longing for something more.

In just two or three seconds of breathing mindfully, we can awaken to the fact that we are alive, we are breathing in, we are here, we exist. The noise within just disappears, there is profound spaciousness, it is very powerful, very eloquent.

We can respond to the call of beauty around us, I am here , I am free, I hear you. What does I am here mean? It means I exist. I am really here, because I am not lost in the past, in the future, in my thinking, in the noise inside, in the noise outside. I am here.

In order to really be, you have to be free from the thinking, free from the anxieties, free from the fear, free from the longing. I am free is a strong statement. Because the truth is many of us are not free. We don't have the freedom that allows us to hear and see and to just be.

HOW TO PRACTICE

SILENCE & SOLITUDE

Sacred **SPACE**

Choose a designated area where you can go that is quiet, calm, and inviting. This could be a special chair or a corner in a room. It can even be outdoors. Just make sure this space is separate and set aside to be alone with God.

Time & **PACE**

Whether it is early in the morning before everyone wakes up or late in the evening before you go to bed, the goal is to set aside a portion of your day to have focused and uninterrupted time alone without distractions. Start small by setting a timer for ten minutes.

Position & **PLACE**

It is essential to be comfortable yet alert. It can be tempting to drift off, so it might be easier to remain seated in a chair. Taking a walk alone might be helpful as well. Our surroundings are important in that they cultivate silence and solitude, not distract us from it. minutes.

Prayer & **GRACE**

Keep your prayers simple and short. Allowing space for silence is crucial to hearing from God. Give yourself grace and be open to just being with God instead of "doing" something for Him.

