



July 2011
From the Desk of
Rev. Chuck

Unity Church of Bakersfield
1619 E Street, Bakersfield CA
93301

www.ucob.org
Church: 661-327-8614

Dear Friends,

While doing research on the internet I came across an article on the subject of sitting in the silence. I was amazed to find that the majority of people studied did not like to sit in the silence, to be with their thoughts. As one person put it, "I'd rather be working to the point of exhaustion than to have to sit for one second with nothing but silence." The article went on to state that only a small percentage of people are able to sit in the silence and be perfectly okay with it.

As a kid growing up on a farm outside of Niagara Falls, I would often go out into the woods or our barn to be with my thoughts. I loved being alone to think. In fact I guess I never gave it much thought about being with my thoughts. It just felt natural to me.

One of Unity's five basic spiritual principles that is taught around the world is the ability for each of us to connect with God through prayer and meditation-sitting in the silence so that we can listen to what the Palmist called, *the still small voice*.

Jesus also spoke of the importance of going into the silence when he instructed the people on how to pray. *But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you (Matt 6:6).*

Emerson also remarked on how we can connect with the divine presence within ourselves when he wrote: *Let us be silent that we may hear the whisper of the gods.*

While it may be true that the majority of people don't like sitting in the silence it is something that can be learned and practiced. Why? Because that is where we get the "truth" that will set us free. It is where the realm of

Spirit resides and is waiting to reveal to us that which will guide, direct, empower, change, and free us. As Emerson put it, *"There is guidance for each of us, and by lowly listening we shall hear the right words."*

Yes, the world is a busy place and we make ourselves busy by choice. In this time of rapid transformation the world moves at a very quick pace. If we are to keep our balance, to find our way, then we must take time to go within and listen to the inner voice that is known by many names, God, the Higher Self, Holy Spirit.

When we allow ourselves to take a few moments a day to go within, shut the door to the activities around us, to quiet the mind, to just listen to the beat of our heart, and the rhythm of our breath, we will discover a greater sense of peace and well-being. We will be refreshed and better able to handle any and all situations and circumstances that come our way.

I have noticed that practicing the silence has helped me in many ways with my life and affairs. I have a greater ability to feel my fears and move forward anyways. I have developed greater patience as I wait for my good to come to me. I have come to realize that as I let Spirit lead and ego follow my vision and purpose are much clearer. And it has helped me to trust the process as my faith is strengthened.

Sitting in the silence, listening to the still small voice within isn't hard. Whatever answers you are looking for can be found in your sacred space where the Lord of your being resides. Find a quiet place where you will not be disturbed and ask for guidance. Let your thoughts move on, hold nothing in the mind. Ask again and wait for an answer. If none come let it go until next time. If an answer is given act upon what you hear. Remember, God will have you do nothing that will hurt you or another living thing.

Be still, be still and know that I am God,
and you will be abundantly blessed!