

“That Still Small Voice”

By Linda Gooley
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This is such an exciting time for us. I'm excited about two things. First we are finally getting a new pastor. Yea. That's the good news. Now here is some more good news. Yes, she will be part time but here is the exciting thing about that. Because she will be taking one Sunday sermon off a month, which will free up some hours for her to be able to tend to other church duties, that gives us all a chance to once a month hear ideas you all would like to share with all of us. We already have 23 people who have said that they would be willing to get up here and share some thoughts. I hope that maybe we will hear some new things that we can ponder over. Being the UCC people that we are, we know that God is still speaking and we always need to listen. I do know that when I get up here I don't expect everyone to agree with everything I say. But I do expect the open mindedness that is representative of a UCC person and that you will at least think about what I've said, use what works for you and throw out what doesn't fit into your belief system. It is, after all, part of that journey each of us is taking throughout our life. If we don't keep learning, we become stagnate and instead of a journey we are just sitting at a rest stop making no progress what so ever. No matter where anyone is on that journey we are all accepted here and hopefully, we can share where we all are on that journey.

So here is what I would like to share with you today.

Today is Pentecost. Happy Birthday Christianity. On that first Pentecost, the Spirit came down upon the disciples and they were filled with the Spirit. Since then many different Christian religions have emerged who all worship in many different ways. But in this church we believe that there is a still small voice in us too. We believe that God is still speaking. That the spirit of God or the God light or the Christ light or inner being or Source with a capital S or whatever you want to call it, is in all of us. Hopefully, we are all listening to that still small voice as we go through our daily life.

I like to call that voice within me my inner being. For me the goal while we are here in this physical body is to function both as a physical being and an energetic soul, and your inner being is connected to God. It is really important to everyday ask this question: “Inner being what do you think about this situation”, “Inner being what do you think about this person”, “Inner being what do you know about this thing”. So here is an example of how that could work.

Let's find out how our inner being feels about that person over there that I can't stand. Actually, I can't think of one person that I know personally that I can't stand. Maybe out in the world but for now we are just going to go with this.

You over there. I don't like you. I see wrong doing in you. I see prejudice in you. I see you making decisions that I just don't agree with. When I look at you, you make me feel bad. I have a knot in my stomach and it's your fault because I didn't have this knot in my stomach before I saw you and felt the need to condemn you. I can't stand the way you are. If you had behaved better, I wouldn't have to condemn you. If you had been standing over here with my good friends, I wouldn't have to feel this way. So come over here with them and behave like them so I can feel better. I need you to be different so I can feel better. What, it's none of my business? Yes, it is my business because when I look at you I feel bad. If you would stop being this way, I wouldn't feel bad. I feel so much better when I look over here so get over here with my good friends and behave like them. Get over here. You need to be different so I can feel better. Oh, God please help them be different so I can feel better. If they would be different so I can feel better my world would be complete. Oh, there's another one. The world is crawling with them. They all need to be different so I can feel better.

Do you see how powerless that is? They cannot be different for us to make us feel better. It is not their job to be different for us and our inner being will not go with us to that place of negativity. That's why we feel bad because we are going against that inner being or Spirit of Truth that is in all of us.

So, what are our choices.

When we see that person over there that makes us feel bad then we need to ask the 64-thousand-dollar question. So let's listen to that still small voice. There's that person that makes me feel bad.

Inner being, see that person over there, what do you think about them. You have got to be kidding. You love them. But did you see what they did? You didn't see. You weren't looking? You were looking over here.

So this is what I'm trying to say. The Source within you or your inner being or whatever you want to call it will not see the negative aspects in you or anyone else. Our inner being will only see the good and positive, the lightful.

It is so important that we listen to that Inner being or that still small voice within us. What we need to do is go with our inner being because our inner being isn't going to go with us to that hatefulness.

Since it is not their responsibility to be different to make us feel better then guess what, that puts that responsibility back on ourselves. We need to look at that person or, situation, with accepting eyes, loving eyes, positive eyes.

So when our inner being won't go with us when and we feel bad we do have choices. We can look at them with loving eyes. Maybe I can't right now. So the other choice is stop looking at them at all. Paying attention to something no matter what it is, just reinforces that something in you. So for me when I can't look at a person that I don't like and all of a sudden start liking them, then I need to look the other way and stay away from that person until I can work on turning my feelings around and realize they are doing the best that they can.

Thank you God for our wonderful guidance system because that's what it is. Our inner being is our guidance system. It's that still small voice that is always talking to us and listening and looking out for our wellbeing. Our inner being knows us, knows all about us and is constantly subtly, very quietly, leading us to where we really want to go. We just have to be ready and listen, and go.

One of the best things I've heard that may help us all center and connect with our inner being was 4 things from Abraham through Esther Hicks. This is what she said.

1. Meditate for 15 minutes every day. How many people have ever meditated? How many meditate on a regular basis? Getting centered and clearing your mind can make a world of difference in our feelings. As far as the way to meditate, I've explored many. Some say to make sure you have an intention and focus on that. Some say focus on your breathing. Some say focus on a sound like the air conditioner or furnace and try to clear your mind completely and wait to hear that still small voice. There are many more ways. You just need to find out what works for you.
2. Go outside no matter what the weather and move around in appreciation of this planet. Look up and around and find things to acknowledge, and talk about them right out loud: say things like: you are my favorite bird, you are my favorite flower in bloom, you are my favorite flower not in bloom, you are my favorite tree, you are my favorite frog, who kept me awake all night, you are my favorite rock. You get the idea.

3. Buy a notepad, call it your Book of Positive Aspects, and fill 3 or 4 or 5 pages of positive aspects about a thing or subject or a person.
4. And the last thing. Every single day look upward and outward, best if you do it outside or standing near a window, and acknowledge that there are Universal Forces, God, focused right at us, and then say: 'I acknowledge that I am the object of your positive attention, and I'm appreciating your continual gaze on behalf of my well-being, and today, no matter where I am, no matter where I'm going, no matter who I'm doing it with, I will be in conscious awareness that you too are there with me, appreciating me, supporting me, assisting me, acknowledging me, inspiring me, guiding me, having fun with me, helping me, being aware of me, loving me, showing me, uplifting me get into an endless loop of that kind of acknowledgement, AND WATCH WHAT HAPPENS IN YOUR LIFE. Amen