

## When you are Upset, Tune into God's Voice. Having Trouble Hearing? Try This.

*Based on Lesson #49*

To hear God's Voice is to be at peace. To hear God's Voice is to have all of our problems solved. And yet, every Course student at one time or another has been frustrated because they do not consistently hear the Voice that we are told is speaking to us all through the day. In theory it sounds wonderful that we have God's Voice constantly communicating thoughts and feelings direct from Heaven within, but in experience, it seems the wires get crossed more times than we would like to admit. Why does there seem to be a short in the circuit when we WANT to hear His Voice?

We might be tempted to believe it is because of some outside sabotaging going on, with that powerful ego getting in the way, but if we are serious about taking ACIM at its word, than we cannot blame the "ego" for not being able to hear. The ego only consists of thoughts. It is not a separate entity that has power over us. It does not actually exist- except in our mind!

ACIM teaches that "God's Son can make no needs his Father will not meet, if he but turn to Him ever so little. Yet He cannot compel His Son to turn to Him and remain Himself. It is impossible that God lose His Identity, for if He did, you would lose yours." (T.14.XI.7) This is a statement about God but it is also a statement about us. If God forced His creation to do anything, He would not be Love. If we believe we are victim to an outside force, than we would not be God's Creation. It is solely our decision what thoughts we listen to and believe *because of what we are*. We are not weak, a victim or powerless to things happening against our will. We are of God- how can some outside force have dominion over us?

We must remember that we have the power and use it for our good. It is our decision what source of thinking we will listen to and believe. This completely eradicates 'powerlessness' as being the reason why we cannot hear. Now let's dismantle the second reason why we seem to go deaf when it comes to hearing God's Voice.

We cannot hear because we are too busy listening to false thoughts, believing them and thinking we already know something. We are not providing any room for God's Voice to get "a word in edge-wise". You may be thinking that you *are* open and willing to lay down all that you "know" in order to hear a wiser voice, but ask yourself in honesty the following questions when in fear, upset or anger:

1. Am I willing to admit that I know nothing and therefore do not know how to respond to 'it' (person, place or thing)?
2. Do I want to continue to *teach* myself what I *do not know*?
3. Do I think I'm right?
4. Am I willing to be wrong? (#3 and #4 seem identical but both are needed to completely let go of our own thoughts.)

If you are stuck on any of these questions, simply ask yourself: Am I at peace? Am I happy? What would it hurt to surrender what I think I know? How could I possibly benefit from listening to thoughts that are not of God? What could these thoughts offer me that God does not offer me?

Exercising our power of decision to turn away from false thinking AND realizing that we really do not know anything, gives us the ears to listen to God's Voice.

***Decide that you want to listen to Him AND you no longer want to listen to your 'self'.  
This is a two part equation that when added together equals HEARING.***

Continued on pg 2

What happens to this simple equation when fear, pain or confusion floods your mind, you feel as if you are drowning and can't make a decision to save your life? Don't be dismayed. In the moments of your deepest distress, when you cannot seem to turn away from the dark thoughts, there is still a choice you can make. You can *choose* to calm your mind. Make *this* your priority instead of fighting against the wave of emotion or trying to turn against the tide of ego thoughts.

*The very act of calming the mind is the same as choosing to hear God's Voice.*

This may seem contradictory to what you feel compelled to do: pay attention to your thoughts and figure them out. But thinking about your thoughts and spinning more tales of fantasy and lies are the very things that are keeping you away from peace and from God's Voice! His Voice is heard when the waters are calm, and we are not throwing ego thoughts into the pond making lots of splashes.

When your thoughts and emotions arise do something simple and easy to calm your mind. Centering exercises are perfect for times when we are listening to dark thoughts and feeling their effects. A centering exercise is a method which prepares us to receive the gift of God's Presence. It consists of releasing ego thoughts and consenting to God's Presence and action within. It quiets our mind so we will be able to cooperate with the gift of God's presence. Here are some suggestions:

- Chant the word "God", "Om", or "Love". The chanting helps because it is a vibration sound. This takes your attention away from your thinking mind.
- Concentrate on your breath: Breathe in for 5 seconds, hold for 5 seconds, breathe out for 5 seconds and hold for 5 seconds.
- Visualize a Light chord running from the crown to the feet and pull it so it has a centering effect.
- Light a candle and stare at the flame repeating; "Shanti, shanti, shanti" (shanty means peace). You can come up with your own phrase that reminds you of truth.
- Go to sleep listening to soothing music or read a quiet prayer before you close your eyes that brings you a sense of calm. Give your sleep over to God and imagine what it would feel like to rest in His Loving Embrace as you sleep. Imagine feeling His Love surrounding you.

*As you calm your mind, keep reminding yourself that the reason you want to be still is because you want only God's Voice to speak to you.*

The moment you are upset or your peace is disturbed in any way, remember the best thing for you to do is listen to God's Voice. This Voice knows the problem and the answer. Any delay in listening is a delay in solving the problem of your distress. Trust that His Voice is speaking to you. You need only release all interference to hearing. The methods described here will help turn your attention to God's Voice. If you cannot turn away because the thoughts seem true and factual, dismantle them with the above four questions. If you are not able to do that; engage in a centering practice to calm your mind. Have faith that He will respond IF you have made the room for Him. After you have made room, listen deeply; for His Voice speaks of the truth about you. His Voice reminds you of your unchanged perfection; that you are with Him and you have everything you need. How could you be sad or fearful when you hear this good news?