

Underneath the Noise Hearing the Whisper

There is beauty and power
when we listen to the whisper.



You may have noticed that if you want to speak to someone in a noisy, crowded room, the best thing to do is lean close and whisper. Yelling in an attempt to be louder than the room's noise generally only hurts your throat and adds to the chaos. Similarly, that still, small voice within each of us does not try to compete with the mental chatter on the surface of our minds, nor does it attempt to overpower the volume of the raucous world outside. If we want to hear it, no matter what is going on around us or even inside us, we can always tune in to that soft voice underneath the surrounding noise.

It is generally true that the more insistent voices in our heads delivering messages that make us feel panicky or afraid are of questionable authority. They may be voices we internalized from childhood or from the culture, and as such they possess only half-truths. Their urgency stems from their disconnectedness from the center of our being, and their urgency is what

catches our attention. The other voice that whispers reassurances that everything is fundamentally okay simply delivers its message with quiet confidence. Once we hear it, we know it speaks the truth. Generally, once we have heard what it has to say, a powerful sense of calm settles over our entire being, and the other voices and sounds, once so dominant, fade into the background, suddenly seeming small and far away.

We may find that our own communications in the world begin to be influenced by the quiet certainty of this voice. We may be less inclined to indulge in idle chatter as we become more interested in maintaining our connection to the whisper of truth that broadcasts its message like the sound of the wind shaking the leaves of a tree. As we align ourselves more with this quiet confidence, we become an extension of the whisper, penetrating the noise of the world and creating more peace, trust, and confidence.

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