

“Church-At-Home”

Sunday, October 25, 2020

FOCUS: EMBRACING AND ENGAGING SILENCE

“Truth and God are found in the same place: in the silence.” – Neale Donald Walsch

Silence is a source of great strength. - Lao Tzu

“The quieter you become, the more you are able to hear.”- Unknown

MEDITATIVE READING - Embracing and Engaging Silence

In the metaphysical world, you frequently hear people speak of going into the silence. Naturally, one wonders what is meant by the silence, and if there is one thing we must avoid, it is confusion. All life is motion, or at least manifest life is in a state of vibration. But at the center of this vibration, there appears to be something which is motionless, something which itself does not move and yet from which all motion must come....We might state it this way: God does not move, but movement takes place within God.

Going into the silence does not mean that either our mental or our physical reactions are obliterated, for if they were, we should pass into oblivion. We are not trying to discover how to be less ourselves, but how to be more ourselves. Jesus gave a good example of going into the silence when he told us that in prayer we should enter the closet and close the door....His language was symbolic. Entering the closet means withdrawing into one's own mind. For it is from one's own mind that the creativeness which one possesses emanates. It is evident that the closet is not a place of mental and spiritual oblivion, for a movement of consciousness still takes place. He who practices this movement of consciousness in the silence is practicing the inaction from which action flows. To “Be still and know that I am God” is to enter the sanctuary of one's own consciousness.

From this center, the issues of life proceed. To “Be still and know that I am God” is to experience peace. Peace comes from a consciousness of trust, from a deep, underlying faith in the absolute goodness and mercy, the final integrity of the

universe in which we live, and of every cause to which we give our thought, our time, and our attention. Here in our Secret Place of the “Most High,” the inner chamber of our own soul, are written the sacred words: **I AM**. It is from this consciousness, this I AM conceived in silent recognition, that Power flows. [So, as we continue the “practice of prayer,” let us embrace and engage the silence – entering the sanctuary of consciousness; allowing the inaction from which action flows]. Ernest Holmes, adapted

AFFIRMATION

There is a profound power in my stillness. I cherish all my moments of silence.

SILENCE EXERCISE

Sit in a comfortable position on the floor (bed, chair), cross legged on whatever feels right, with a straight spine. Your hands resting on your knees. Gently lower your gaze taking in as much as you can on the floor. See the colors, textures, patterns. See all that you can see. When you are ready, invite your eyes to gently close. With your eyes closed, listen to the sounds around you. What do you hear? Allow yourself the chance to fully listen, taking in as much as you can. When you feel like you want to open your eyes, resist the urge, and bring your awareness to your breath. Watch how you are breathing, without judging it. It is not right or wrong, it just is. Continue to watch your breath and when it feels right deepen your breath filling up your belly on the inhale and watching your belly fall on the exhale. Allow yourself to watch your breath for a few more rounds just like this. Take a few deep breaths, inhaling through your nose, exhaling through your mouth. Keeping your eyes gently closed, bring your right palm up and place it on your heart and gently listen. Can you feel your heart beating? Can you hear it talking? What is it saying? Listen to the

silence.

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