



ALLORAH'S INSIGHTS

December 15, 2008

Have you ever chanted or meditated upon a sound vibration such as "OM" and allowed yourself to be still, while listening to the silence between the OMs?

Never underestimate the power of silence. It takes a great deal of courage and discipline to be able to be silent. One must develop a refined discernment to know when to be silent and when not to be silent. We have become used to either blurting out or holding in our truth. So often, we do so without contemplation and without consideration of the consequences. At the same time, we live in an age when we are bombarded by noise at all hours of the day and night; and in a range of volumes. This noise pollution can overwhelm and thereby jam or short out our circuits.

Noise is not always expressed in the form of sound. It can be the incessant chattering war inside your head. It can be the cold shunning either from a stranger or from someone dear to you. Have you had the experience of the silence being deafening? The trouble with all the noise around us and within us is how often we allow it (even use it) to block out our connection to our selves and to our purpose. Consider for a moment our fascination with gossip. How often do we immerse ourselves in the contrived and trivial comings and goings of those around us, rather than attending to our personal well-being and the well-being of our community?

In his day, Christ took time out to head off to the hills in order to go within and decompress from the chaos of those around him. That is one of the ways he kept his peace of mind and strengthened his resolve and ability to finish his mission.

What are you listening to, and what are you avoiding? Seek out quiet. Take time to stop and listen for the wisdom hidden within the silence.

Namaste,
Allorah