

*Listening
to the
Inner Voice*

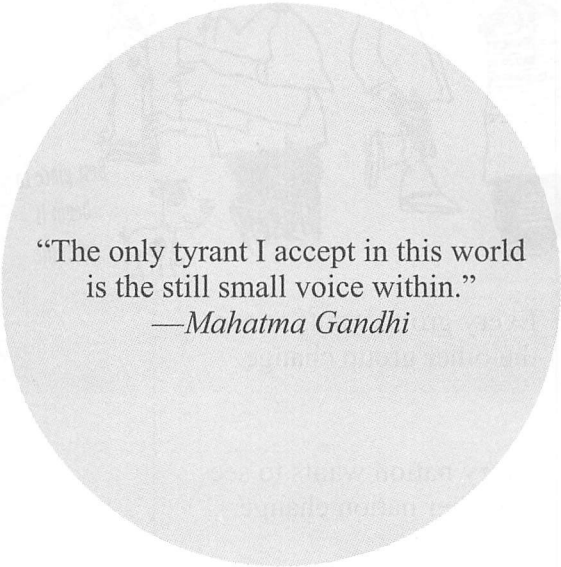
WHY LISTEN ?

Since we have
two ears and one mouth,
we might as well listen twice
as much as we speak.



Listen to whom?
To what?

To others,
and also to the Inner Voice.



“The only tyrant I accept in this world
is the still small voice within.”

—*Mahatma Gandhi*

Everyone wants to see
the other person change.

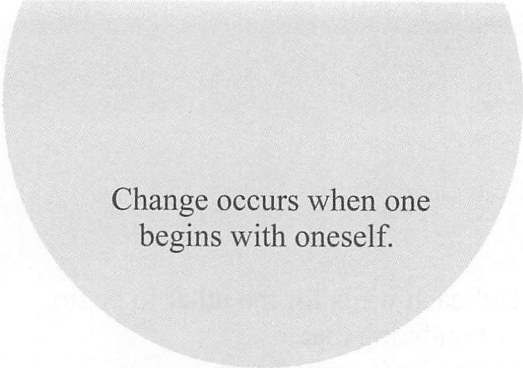


Every group wants to see
the other group change.

Every nation wants to see
the other nation change.

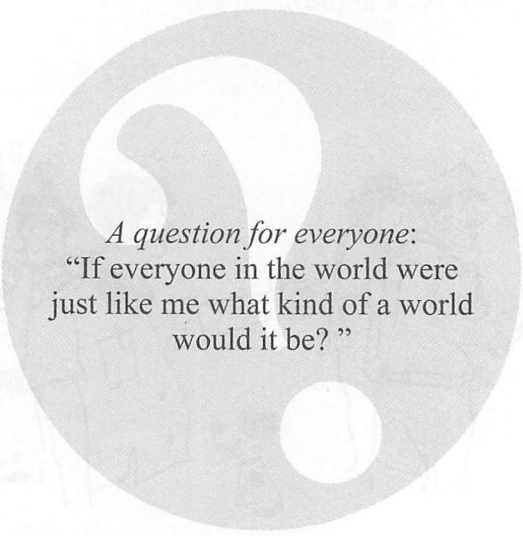
But each waits for the other to begin,
not realizing that
'when I point my finger
at my neighbour,
three more fingers
point back at me.'





Change occurs when one
begins with oneself.

Think it over:
“As I am, so is my nation!”



A question for everyone:
“If everyone in the world were
just like me what kind of a world
would it be? ”

*“Every moment of our lives we
face the challenge to reject what
is wrong and do what is right.”
- Sant Tukaram*

But what is wrong?

And what is right ?

The Inner Voice can tell us.

Silence helps us to discern
right from wrong.

HOW TO LISTEN

Be silent.

Great things have their origin in silence.

Seek. Don't Demand.

Be introspective.

Listen to the Inner Voice.

Write the thought down.

(Otherwise, you may forget it.)

Not every thought will be from the Inner Voice. Our inclinations may get in the way. But a regular sincere quest for listening to the Inner Voice will prevail.

We can test our thoughts against absolute moral standards. If the thought is in keeping with absolute honesty, absolute purity, absolute unselfishness and absolute love, then it probably is from the Inner Voice.

Share your thoughts with someone you trust - your wife or husband, sister or brother, or a friend. This practice will encourage you to implement those thoughts.

Secondly, the person with whom you share your thoughts may become your fellow-changemaker for a new world.

Keep up the practice. Make listening a regular habit. If at times you feel that the Inner Voice has gone silent, check whether you have obeyed it's earlier commands.

Make Inner Listening a personal spiritual discipline and a motive checking process.

What's a good time for inner listening?
Any time, but preferably in the
freshness and quiet of the early morning.

Read a passage from a book that feeds
your spirit.
Sit in silence in a quiet spot.

Use a notebook to write down your
thoughts.



*Right note to
begin one's
day!*

Sometimes giving the Inner Voice a nudge might be helpful. Think about



the choice you face today



a deed done yesterday



a relationship that needs mending



an apology that is due



an ethical dilemma you face



people to care for



a cause close to your heart

Be true to your inner voice. Seek

**“Not what I want
but what God wants.”**

**“Not who is right
but what is right.”**



*The difference
soon tells.*

“When one listens, God speaks. When one obeys, God acts. When people change, nations change.”

- Frank Buchman

**The truth isn't new.
But it is explosive.
And one that each can test
for himself or herself.**

When we find
CONNECTION
with our Inner Voice



To return
something maybe
a book or money

to apologize for
something you
said or did

We may get
thoughts of
CORRECTION



You hear what
you have not
wanted to



You find balance and
a different perspective.

or thoughts of
DIRECTION.

When you put things right:



You find healing.



You feel lighter.

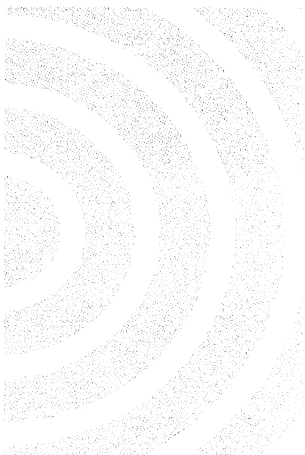


You may inspire others.

Be grateful if,
the person becomes
your ally for
a new world.

Don't give up if,
their response
isn't what you had
hoped for.

The important thing is
that we
played our part.



Don't neglect thoughts of 'minor' restitution.

Big doors swing on small hinges.

A simple apology by one individual may be a foundation for a bridge between divided groups.



The Inner Voice
may direct you to....

1. Reach out.

Martin Luther King, Jr. said, “When the chain of hatred is broken,” brotherhood can begin.” To reach out to someone across a gulf has been the prompting of the Inner Voice to many a person. The gulf can be of hatred or prejudice; or perhaps worst of all, indifference.

2. Step into another’s shoes.

In a time of inner listening a guerrilla fighter in India’s Northeast had this thought: “I have been too sensitive to how others have treated me and forgotten how much I have hurt others.”

Fear turns us into sheep.

In order to fit in,
we hide behind masks, develop
addictions, harbour hatred,
become inauthentic and lose
ourselves in the crowd.

The Inner Voice challenges and
inspires us to say no when we
should and stand for what is
right.

In obedience to it,
ordinary people can do
extraordinary things.

IMAGES

There are images I hide behind
So the real me is hard to find;
The delusion begins in my mind.
Caught between the real and make believe
I know I'm the one I most deceive;
But I guess that is the way life has to be.

Lots of friends think that there's nothing wrong
'Cos when I'm with them my mask is on;
I can only keep pretending for so long.
Deep inside I'm yearning to be free
To have done with my hypocrisy;
And become the person I am meant to be.

Looking into the mirror
I see the real me
It may not be what I want to see
But its truth can set me free.

Now I choose to live transparently
You can turn the searchlight in on me;
'Cos there's nothing I don't want the world to see.
Instead of fearing what my friends might say I've
a peace no one can take away;
I can face the future boldly from today.



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