



Today's Lesson

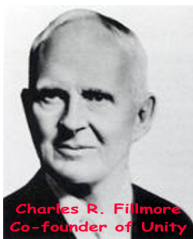
The Power of Silence

Power Point notes available at:
www.unityofbakersfield.org

The Power of Silence



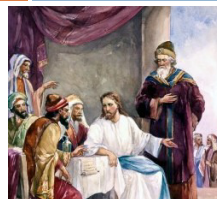
The Power of Silence



Charles Fillmore understood the activity of silence as:

A state of consciousness entered into for the purpose of putting us in touch with Divine Mind so that the soul may listen to the "still small voice."

The Power of Silence



But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. Matt 6:6

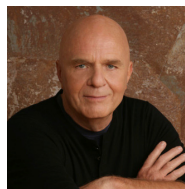
In other words, when you close the door and sit in the silence you are in the meeting place of the "Most High" where God communes while you meditate on Truth, and in the stillness you are rewarded with what God has to say to you.

The Power of Silence



How many people do you know have a radio or TV on just to have noise in their homes? Noise and especially noise over 30 decibels is associated with high blood pressure, anxiety, and stress. Lots of people get out of bed, take a shower, have coffee and put on the news and starts the cycle of stress for the day.

The Power of Silence



Wayne Dyer, in his book 10 Secrets for Success and Inner Peace writes:

For many, being alone is a nightmare, and being alone in silence is pure torture.

As the famous scientist Pascal observed, "All man's miseries derive from not being able to sit quietly in a room alone."

The Power of Silence

People who want to hear the language of the soul and the words of God know that they can't have their ears filled with the loud noises of the world, including our own internal chatter. They must listen for that still, small voice.

The Quakers, or Society of Friends, conduct their worship meetings in silence. . . . As a result, Friends have come to consider silence as the key mark of spiritual life and the singular method for communing with God.

The Power of Silence



Paul Ferrini in his book Reflections of the Christ Mind writes:

Whenever life feels difficult, there is only one place that offers you sanctuary. You must learn to make your pilgrimage there on a regular basis. Don't look outside of yourself for answers. Don't seek refuge in the ideas, opinions and advise of other people. Don't go into your head and try to figure things out.

The Power of Silence

Surrender all of that, and seek the place where love begins, in the wilderness of your heart. In the wilderness you find the silence that allows the voice of God to be heard. Silence is the essence of the heart. Silence is the place between thoughts, it is what gives music, God's universal language, meaning and purpose. Let the peace you feel ease out all feelings of anxiety, boredom, frustration as you allow God to be God in you.

The Power of Silence



From Buddha, the Psalmist, and Jesus, to the spiritual teachers today the importance and value of momentary silence is being stated over and over again. Intuitively we know how true this is.

The Power of Silence



Dr. Paul Haider states, "Modern science has found that silence reduces pain, and also helps your brain to become more interactive, thus you work with more of your brain leading to higher cognitive abilities.

Silence makes you happy, spending time in silence boosts your brain chemistry and as a great side effect you're able to focus better too!"

The Power of Silence



A 2013 study on mice, published in the journal *Brain, Structure, and Function*, involved comparing the effects of ambient noise, white noise, pup calls and silence on the rodents' brains. Although the researchers intended to use silence as a control in the study, they found that two hours of silence daily led to the development of new cells in the hippocampus, a key brain region associated with learning, memory and emotion.

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Florence Nightingale, the 19th century British nurse, once wrote that “Unnecessary noise is the most cruel absence of care that can be inflicted on sick or well.” She argued that needless sounds could cause distress, sleep loss and alarm for recovering patients.

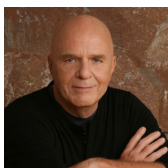
As it turns out noise pollution has been found to lead to high blood pressure and heart attacks, as well as impairing hearing and overall health.

The Power of Silence



Mother Teresa described silence and its relationship to God by saying, “God is the friend of silence. See how nature—trees, grass, grow in silence; see the stars, the moon and the sun, how they move in silence...We need silence to be able to touch souls.” Everything that’s created comes out of silence.

The Power of Silence



The late Wayne Dyer (May 10, 1940 – Aug 29, 2015) shared two major insights on how to develop your intuitive side for creating more silence in your life. He calls it **Wilderness Therapy**.

1. Go to nature, go to God, Jesus did it and so can you.

Sending troubled teens to the wilderness works! Why?

The Power of Silence

Because being in the wilderness, being with nature, brings a sense of peace and serenity that cannot be found in their world of noise and busyness. Climb a mountain trail, go canoeing on a lake, put your feet in the water, spend a week or a month in a cabin thinking only about God.

People who have tried this for themselves have reported miraculous results in their lives by experiencing greater peace and harmony, and for some remission from terminal illness have been reported.

The Power of Silence

Suffer from anxiety, insomnia? Take a walk in your back yard in your bare feet for about 10 minutes before going to bed.

Take one day a month out of your busy life and spend it with Nature. Find an isolated spot, listening only to the sounds of nature—the birds, the insects, the rustling of leaves, the wind. These are the sounds that can help us heal the side-effects of the painful sounds that surround and engulf us on a daily basis.

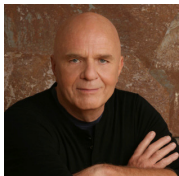
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2. Everything you wish to manifest emerges from Spirit, from the silence.

You don’t use ego (your intellectual mind-set) to manifest miracles. In fact ego has a way of inhibiting the creative process. Jesus went into the silence and not his head prior to doing any spiritual work.

When you talk about your emerging ideas and insights with others do you get strange looks? Do you get their opinions on the how’s and why’s of it not working? Do you feel you have to defend or explain these ideas or insights.

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Have you ever noticed how hard it is to explain an idea or insight that has not been fully integrated into your consciousness yet? So why share it? Keep it in the silence until you own it. Silence is where all manifesting occurs, so keep your potential miracles in the treasured silence.

The Power of Silence

My experience with the power of silence:

It was about a month after I started dating KD that she felt secure enough to take me to her secret place along the Kern river. A place where she went to be with Nature, with the God of her being, to just sit and be still, to get away from the busyness of the world and its trappings. It brought back memories for me. I used to love laying in the grass as a kid, to walk the trails in our woods. I found a lot of peace and serenity there. Nature helped me stay sane while my parents world was being destroyed.

The Power of Silence

“Be still and know that I am God” will give you the power to:

- 1) relieve stress and tension;
- 2) replenish your mental resources making you look and feel younger and at the same time have a lot more energy;
- 3) lower your blood pressure and allow you to deal with life's challenges in a better way;
- 4) boost your immune system, making it easier for your body to fight of invading bacteria and other pathogens;

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5) makes you happy, for spending time in silence boosts your brain chemistry and as a great side effect you're able to focus better too!

So “be still and know” you have power in the silence.