



Welcome to Unity's Interactive Worship Service

Today's Topic: Your Inner Voice

Power Point notes available at:
www.unityofbakersfield.org

Your Inner Voice

We all have an inner voice, an intuitive voice that guides and directs us on our path as we navigate the human condition. Our access to this voice is found in prayer and meditation.

It is not found outside of yourself like ego would have you believe. In fact how many of us have used this item to get answers to our questions?



Your Inner Voice



Jesus taught that if you want answers, then you must go within. "But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you." Matthew 6:6

Your Inner Voice

Jesus understood the importance of listening to one's inner voice and found ways to get away and commune with his beloved Higher Power (Abba – God).

One of 19th centuries greatest transcendentalist, Ralph Waldo Emerson had this to say about listening to your inner voice. *There is guidance for each of us, and by lowly listening we shall hear the right words.*

Your Inner Voice

"To whatever you listen to and follow your intuition, you become a creative channel for the Higher Power of the universe. When you willing follow where your creative energy leads, the Higher Power can come through you to manifest its creative work. When this happens, you will find yourself flowing with the energy, doing what you really want to do, and feeling the power of the universe moving through you to create or transform everything around you." - Shakti Gawain

Your Inner Voice



The voices of ego and spirit, whom do you listen to? Both seek your attention, so how do you know who is talking to you. What are some of the signs to look for so you know who is talking?

Your Inner Voice



In his book Listening To Your Inner Voice, Douglas Bloch gives the reader some signs to look for.

1. The primary experience that emerges from listening to your inner voice is the presence of inner peace. This is the “peace of God, that passes all understanding,” an inner tranquility from deep within the soul.

Your Inner Voice

From this refuge, you can literally rise above any turmoil or chaos that surrounds you in the outer world.

2. The second sign that accompanies the inner voice is that of joy. The path of the spirit and the path of the heart are one and the same. When you go through life with an open heart, you are truly blessed. As they say, “Follow your bliss and you’ll be blessed.”

Your Inner Voice

3. Following the inner voice also brings abundant energy and vitality. Have you ever wondered why certain people seem so enthusiastic and alive?

Aligning ourselves with our Higher Power allows the life force to more easily flow through us.

4. When you follow your heart’s desire, life will support you. When you do what Spirit guides you to do, the Universe will be there to meet you. Think about the times the Universe was there to assist you when you were faithful to your inner voice.

Your Inner Voice

Signs you’ll see when ego’s false voice tries to control your life and affairs.

1. Following ego’s false voice brings anxiety instead of peace, burden instead of joy, judgement instead of love, confusion instead of clarity, blocks instead of flow.

2. One key element to recognizing it’s ego’s false voice is the presence of fear in the process. Here are some scenarios to ponder:

Your Inner Voice

David dropped out of law school to pursue his passion for music. Initially, he felt a surge of joy and excitement as he listened to his authentic inner voice. Then suddenly a series of doubts flooded his awareness—“What if I fail.” “How will I get the money?” “What will people say?” Ego’s false voice speaking—fear of failure, fear of poverty, fear of criticism.

Then there are relationship issues that come up from time to time...

Your Inner Voice

You just had an argument with your mate. The still small voice of Spirit says, “Take the first step towards reconciliation.” You feel a deep peace about this action when ego’s false voice pipes in and says, “Hey, it’s too risky. What if I get rejected? I’m going to wait for the other person to reach out first.”

How about those around you that you share this planet with? What if your inner voice speaks the truth of something but ego wants to be dishonest?

Your Inner Voice

One day you find the bank has credited your account with a large sum of money. The ego says, "Hey, it's not my job to report the error. In fact they don't need the money as much as I do. I'll just keep my mouth shut." The fear ego is using is the fear of scarcity. However, the inner voice of Spirit, love in action, knows the truth. It says, "I live in a consciousness of abundance. I gladly share what I have, for there is enough for all. For God has provided for all, good measure, pressed down, and overflowing."

Your Inner Voice

So keep in mind, no matter what is going on, you have the ability to access your inner voice of truth to guide and direct you, no matter what name you call it.



For me the Voice of God, of
Conscience, of Truth or the Inner
Voice or the still small Voice mean
one and the same thing.

— Mahatma Gandhi —

AZ QUOTES