

UNITY of Monterey Bay
2008 Sustainability Campaign

**“We open our hearts and minds to receive
and express the fullness of God’s Good in our lives,
in our commUnity, and in our world.”**

APRIL 2008

“If we are to fully connect to the Source, we not only spend time each day praying, we also spend time listening...*entering the Silence.*”
Sacred Secrets p18

Practicing the silence is waiting on God in a state beyond words, connecting to the power Source that fuels our lives as well as the workings of the entire universe. When we quiet our own voice to listen for the *still small voice of Spirit*, and open our hearts to *receive* God’s loving word, we transcend our small selves...our egos...and merge with a greater, higher power that shifts our perception of ourselves and thus our world. Seeing differently, we act differently—our fears become transformed into Love.

This month, follow through on your commitment to expand your time in the silence. Spend at least 5 minutes, three times a day, with this intention:

**“I quiet my mind and surrender
into the knowing of my heart.”**

We learn meditation or “listening” the same way we learn any new skill. Teachers, books or CD’s may provide useful guidance, but ultimately we only learn to quiet our brains through repetitive practice.