

Listening to The Still Small Voice



Why Listen to The Still Small Voice ?

If you are here, you likely have a yearning, a desire, to get to know yourself more deeply and more intimately. You may even feel that the “you” that you can know is connected to something larger within our universe.

But if you do need some convincing...well, I could find some scientific research and well-written copy that says: listening to ourselves helps boost productivity by 18%, or enhances relationships and creativity by 20% and 34% retrospectively. It likely exists... but I don't think we need to get into all of that.

So why Listen? It's simple. We want to live. We want to be who we came here to be. There is that pull in each one of us for something “more.” And that “more” is what makes us, well us. But we can only be that if we listen.

I'm glad you are here. Let's get into it.

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Some Things to Think About...

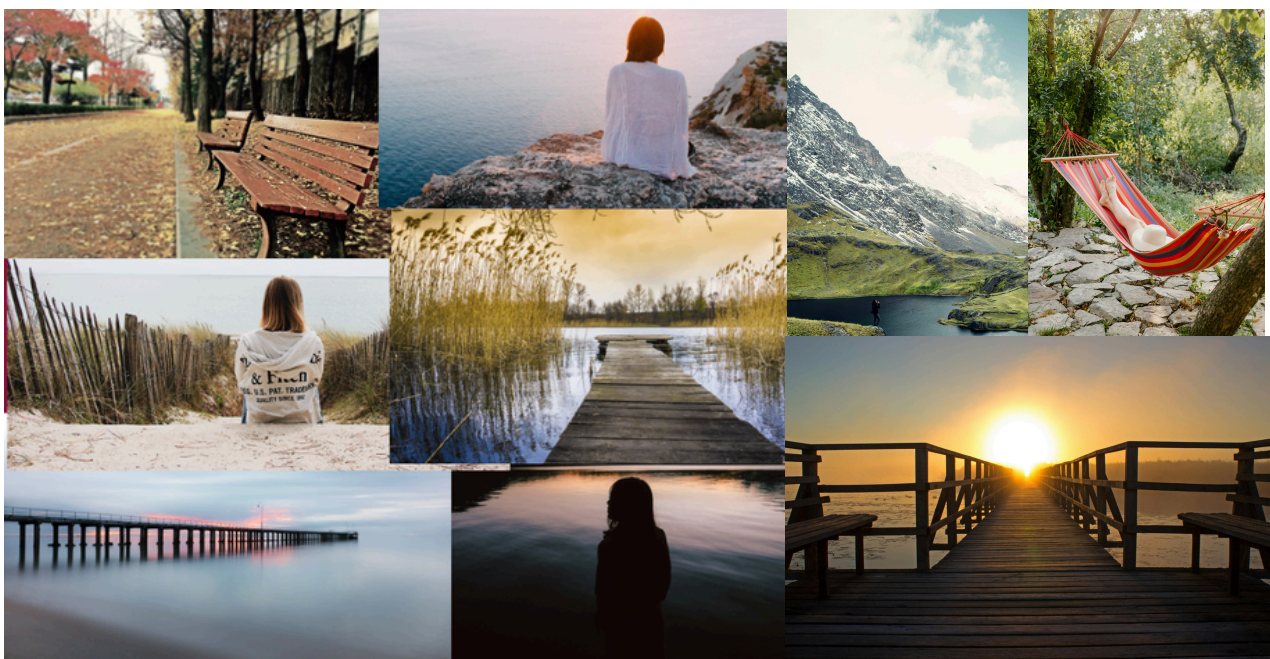
- Like any relationship, it thrives on attention and quality time. It has a hard time cutting through the noise and distractions of life. Give it focused quiet time and suddenly you may find it has a lot to say.
- Focused Quiet Time can mean different things to different people. Taking a walk in nature, sitting and staring at a wall, journaling, meditation, yoga - these are all the obvious things people think about. But don't discount folding laundry, doing the dishes, driving or taking a shower. These can also count as you can let your mind be "free."
- Get outside. If you can be around nature (a flower, a tree, a brown patch of ground) do it. It doesn't matter if you are reading or talking to others while you are near it. Being near nature helps.
- It brings peace. You may have a bunch of different voices in your head and may not know which ones are yours and which ones are others (we have been SO conditioned). Even if there is pain or challenge in the message, it brings peace.
- You may understand it in all the senses (and some senses that seem woo woo). You may hear a voice, see an image, hear a sound, taste a flavor, or feel pressure on your body. Or you will just sense or "know." Or maybe some combinations. Or maybe none of it. Your Still Small Voice is unique to you.

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Ways to Rest (to Welcome) The Still Small Voice

- Nap. Sleep. Sit there and lay there and do nothing.
- Turn off the digital noise. The screens, the phones, the audio in the background.
- Get outside - being in nature makes our bodies calm down.
- Talk a walk - also helps calm down our bodies and brains.
- Meditate and/or Breathwork.
- Yoga/Stretching- all the benefits of the above .
- Routines. Not only can you create a relaxation routine, just thinking of and doing the routine will cause you to relax.
- Date Nights. With yourself. With your soul.

Resting



Moodboard

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Journaling Prompts for The Still Small Voice

Handwritten. Typed. Spoken, Prayed. Whispered. Prompted. Thought. Dreamt. Written with Opposite Hand...

Use them as you feel called - that's also Listening to The Still Small Voice.

- Is there anything that I need to know right now? What is it?
- What am I wrestling with?
- Is there something that you want me to do? What is it?
- What do I need more of?
- What do I need less of?
- What do I dream of doing? As a child? As a young adult?
- What do you daydream about? As a child?
- What excites me?
- What is something you love that you are afraid to share with others?
- What is something you would love to do that you just. couldn't?
- What are you drawn to?
- What would I love? Right Now? In One Year? In Five Years?

What are some of your own? Your turn to dialogue.

- _____
- _____
- _____