

## STEPPING STONES INTO SILENCE

I come to this time of silent contemplation filled with the activities of the day. So I sit quietly and notice my surroundings.

Then:

- I intentionally recall why I am here.
- I remember the latest news and broadcasts of world events.
- I recall daily happenings within my own small world.

As I quieten within myself, I slowly invite words that I sense capture some of the causes that can be attributed to our world's darkness, troubles and sufferings at this time, to slowly drift into my mind. I do not analyse them I just let them float to the surface. They can be words such as: corruption... manipulation... greed... violence...anger... abuse... fear... unhealthy power... lack of forgiveness... indifference... selfishness... injustice... (you may find your own words).

I then invite Light words to surface so as to transform, seep into, integrate with or overshadow these Dark words. These Light words embody the various colours of Love—Conscious Love. They are words for which I imagine all humanity hungers, longs and yearns. They can be words such as: kindness... care... concern... compassion... forgiveness... mercy... courage...strength... support... affirmation... gratitude... appreciation... (again, you will find your own words).

I then invite the Light of Love to overshadow the Darkness, to fuse with the darkness... or I may image a scene of lightning (the strong, white, pure light of Love) breaking through the abyss of night. I can stay with and hold this image for quite some time. If or when I find myself drifting away I again recall known events and happenings in our world such as: the wars and all those caught up in the horror of these; the refugees with their fear, their experiences of violence and their drive to survive. I cannot imagine the mixed emotions they may be feeling and I place them in the White Light of being enfolded in compassion, care, kindness and mercy.

or

I may bring to consciousness and hold those in my daily life who I know are suffering with ill health or inner wounds of such things as betrayal or rejection, and again I imagine them enfolded in the White Light of pure Love.

or

Sometimes I behold the rainbow colours of a small crystal recently given to me. I am consciously aware that each colour is a reflection of the Light. Each colour reflects different aspects of Love. There are many varying colours, yet all are revealed through the One Light. And once again I am focused on the call and purpose of this time of contemplation.

After a while I can at times come to a place of nothingness—no thoughts, no words drifting up and I find myself simply focusing on the White Light of Love enveloping All.

When I become aware that I have drifted back into my mind—to my daily tasks—I simply return to letting the words of Darkness and Light surrounding the sufferings of our world, re-emerge within me.

I am also conscious of the many people with me in this time of contemplation. This helps me to drift back once again into the empty space of being absorbed by the White Light of Conscious Love and sense an Energy of Oneness with all CEN participants.

I hope this small sharing may be of help to all of us as we struggle to slow down and enter into the stillness of silence, the emptiness of self and the Oneness of Love/Light...God.

*Tess.*