

Tip 2 - Quietening the Mind

There are many ways to hear God's Voice within you. For some people, it happens spontaneously and very unexpected as it did for me. For most people, however, it takes time, energy, patience, and a consistent practice of going within to hear this Voice more clearly.

Meditation is a wonderful way to move your attention and awareness from the busyness of the thoughts within you to the quiet place within your mind where God's Voice can easily be heard.

There are many ways to meditate. Ultimately any form of meditation that helps you quiet your mind and move into that quiet place within where you can hear this Voice is a blessing. It does not matter what technique or style of meditation you choose.

At the same time, some techniques are easier than others. One simple and direct method we have been given for accessing the quiet place within is called "extending love to your thoughts."

When you sit down in a comfortable place, close your eyes, and go within to hear God's Voice, extending love to your thoughts is the process of becoming aware of your thoughts yet not fighting them or trying to quiet or get rid of them but instead extending love to them, blessing them, giving thanks for them, or welcoming them.

When you extend Love to your thoughts, feel your love going out to them, or visualize the light of your love going to them. This process of extending love to your thoughts is very simple and eliminates any fighting or struggle you might have with your thoughts when you close your eyes. Extending love to your thoughts eliminates the effort of trying to control your thoughts and your inner experience, and puts you right into the part of your heart and mind where Love unfolds within you – the place within yourself where God's Voice resides.

When you extend Love to everything you become aware of, it is very simple and easy to join with the Love that you *are*. It is very simple and easy to join with God and see the circumstances of your life clearly through God's eyes. When you are in your Right-Mind, you see the innocence of what appears to be arising in front of you or within you. You see that the things that are arising within your mind are *just thoughts*, nothing more and nothing less. When you extend love there is no conflict with what appears to be arising within you.

5 Tips for Hearing God's Voice

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Take a few minutes after listening to this audio message to close your eyes and go within. Imagine extending love to anything and everything that you become aware of. Allow yourself to get out of conflict in your mind, and into a loving state that instantly connects you with God. Notice the simplicity, the quietness, and the peace that unfolds effortlessly and joyfully. When your thoughts have quieted down, ask God a question and see what you hear.

Have a wonderful day.