



Photo by Mike Goren

Silence and Expectant Waiting

Quieting the “Monkey Mind” to find Expectant Waiting

Overview

Guidance in learning to discern between the jumping voices of distraction in your head (sometimes called “monkey mind”) and the Divine voice.

 25 min.



Middle School & up



Newcomer Friendly

Aims & Objectives

When you have completed this topic, you will have experience in beginning to silence those interior voices that interfere with your silence by resolutely seeking out the voice of the Divine.

Materials & Set-up

Notebook.

Instructions

Take a few times throughout your day to get quiet. As you settle into these silences, you may hear dozens, even hundreds of sounds and voices in your mind and soul, each calling for attention. Among them is the Divine voice: the One whose message is filled with love, caring, beauty, persistence, rightness, and a feeling of harmony. Practice focusing on that voice. You might find your journal a helpful tool here: a place for jotting down notes about your observations, your doubts, and your experience of the Divine.

Credits: Brent Bill (WYM) and Gretchen Haynes (SCYM), Exercise Authors

