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Loud or Soft

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Loud or Soft

The ring volume on most telephones, whether portable or fixed, can be varied according to each one's needs or preferences. We do the choosing. But when we receive inspirations, whether we ascribe them directly to God or explain the experience to ourselves in other ways, we do not set the "ring" volume. Rather, sometimes the occurrence of a welcome and helpful thought is scarcely perceptible upon entering our consciousness, and at other times we receive a flash of insight or a much-desired answer that is unmistakably an inspiration.

Though we do not control the loud or soft "sound" of gifted insights, we set, whether consciously or unconsciously, a personal level of intensity to our listening and to our quality of hearing that either enhances or restricts interior revelations.

Skepticism, manifested by dismissing any but our own conscious and controlled thought processes, reduces the ring tone considerably, so that we lose many valuable insights. And constant noise from external action, as well as unguided internal chatter in our minds, can also prevent us from perceiving all but the most attention-grabbing ideas. Some of us act at times as if a small glass of water has no capacity to quench our thirst, so we wait instead until we can have a full bottle, and might not obtain anything. Those who are sensitive to even small inspirations have many more positive experiences than those who accept only those that jolt them with new awareness.

Just as we can decide on whether to have a loud or soft ring tone on a telephone, we can choose whether to make ourselves receptive to inspirations or to presuppose that we will receive few, if any of them. A baseball fielder faces the batter in anticipation of any ball that might be coming, and listens for the crack of the bat as a signal for immediate action. The same fielder never turns around to see what might be happening elsewhere and does not focus on the cheering of the spectators. With regard to inspirations, our first and most important decision is to "catch" as many as are sent our way.

Inspirations are not limited to locations or to times of day or night. When we consciously seek healing for inner turmoil, we are far more receptive to helpful insights than when our minds are occupied with negative thoughts about ourselves or others, or our feelings are primarily of fear or anger. We can choose an attitude of open hands symbolizing our intention to accept and to receive, whether we are physically present to someone who is about to offer us a gift, or intentionally place ourselves before God in expectation

of being given healing for the thoughts and feelings that obstruct inspirations.

We all have experiences of suffering and disappointment, and we see around us instances of pain and even death. Some of us view an empty tomb as a dismal place representing the end of life. Others look into the same empty tomb and open themselves to what is not yet seen, and receive inspiration, and life.

Happy Easter