

**Listening  
to the Inner Voice**

## WHY LISTEN?

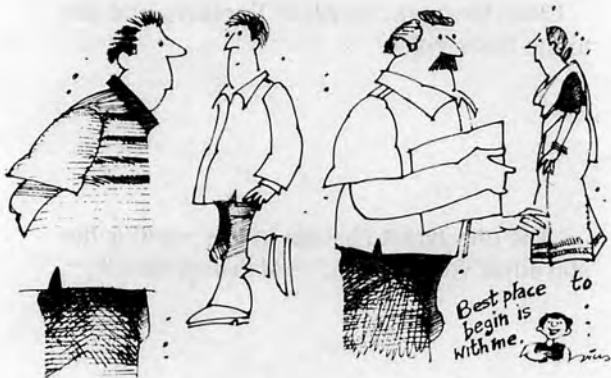
SINCE God gave man two ears and one mouth, he might as well listen twice as much as he speaks.



Listen to whom? To what? To others, and also to the Inner Voice.

“The only tyrant I accept in this world is the still small voice within.” -- *Mahatma Gandhi*

Everyone wants to see the other person change.



Every group wants to see the other group change.

Every nation wants to see the other nation change.

But each waits for the other to begin, not realizing that “when I point my finger at my neighbour, three more fingers point back at me”.



Change occurs when someone begins with himself.

*Think it over* : "As I am, so is my nation."

*A question for everyone* : "If I am multiplied 800 million times, what sort of a country will I get?"

Sant Tukaram said : “Every moment of our lives we face the challenge to reject what is wrong and do what is right.”

But what is wrong? And what is right? The Inner Voice can tell us.

## HOW TO LISTEN

Be silent. Great things have their origin in silence. Be expectant but not demanding. Be prayerful.

Seek the Inner Voice. Write the thought down. (Otherwise you may forget it.)

Not every thought will be from the Inner Voice. Your inclinations may attempt to get in the way. But your quest for the Inner Voice will banish the distractions.



Also, you can test the thought you receive against absolute moral standards. If the thought is in keeping with absolute honesty, absolute purity, absolute unselfishness and absolute love, then it probably is from the Inner Voice.

What's a good time for listening? Any time, but especially in the freshness and quiet of the early morning.

Open a book that feeds your spirit - perhaps the Gita or the Koran, or the Bible or the Granth Sahib.

Then open a notebook. Invite the Inner Voice and write down what it says.




Give the Inner Voice a subject. Let it pronounce on matters like

- \* the choice you face today
- \* a deed done yesterday
- \* your future
- \* your past
- \* the difficult colleague
- \* the problem relative, or even
- \* the income-tax return

“Not what I want but what God wants.” Is this your decision?

“Not who is right but what is right.” Is this your search?



 The difference  
soon tells.

If the answers are yes, the Inner Voice will definitely guide you.

“When man listens, God speaks.  
When man obeys, God acts.  
When men change, nations change.”

So said Frank Buchman, the initiator of Moral  
Re-Armament.

The truth isn't new. But it is explosive. And  
one that each can test for himself or herself.

## **WHEN YOU LISTEN.....**

You may get thoughts of correction or thoughts of direction.

If you are like everyone else in the world, you will probably be told to put some wrong right - to return something (a book maybe, or money), or to apologize to someone (for something you may have said or done, or because you have left something unsaid or undone).

## **Gains from restitution :**

- \* You feel lighter.
- \* You trigger something in the person towards whom you make amends.

Rejoice if, as is quite likely, he becomes your ally for a new world. Don't give up if, as is possible, his response isn't what you had hoped for. The main thing is that you have obeyed the Inner Voice. Results are bound to come sooner or later.

Don't neglect thoughts of "minor" restitution. Big doors swing on small hinges. A simple apology by one individual may be a foundation for a bridge between divided groups.

As the Koran says, God does not change the condition of a people until the people themselves change.



The Inner Voice may direct you to

**\* Reach out.**

“When the chain of hatred is broken,” said Martin Luther King, Jr., “brotherhood can begin.” To reach out to someone across a gulf has been the prompting of the Inner Voice to many a person. The gulf can be of hatred – or prejudice or, perhaps worst of all, indifference.

**\* Step into another’s shoes.**

In a time of quiet listening a guerilla fighter in India’s northeast had this thought : “I have been too sensitive to how others have treated me and forgotten how much I have hurt others.”

**\* Take a stand.**

Fear turns us into sheep. In order to be one of the crowd, we copy in exams, travel without tickets, try a drug or run down another group. The Inner Voice inspires us to say no when we should. In obedience to it ordinary persons have arrested a destructive current and even reversed it..

## **TWO TIPS**

Share your thoughts with someone you trust - your wife or husband, sister or brother or a good friend. This practice will prod you to implement the thoughts. Secondly, the person with whom you share your thoughts may become your fellow-fighter for a new world.

Persevere. Make listening a regular habit. If at times you feel that the Inner Voice has gone silent, check whether you have obeyed its commands.

Obeying the Inner Voice, you are under new management. You take a breeze wherever you go.

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