

Creators of Peace meeting – Sydney September 2012

QUIET TIMES AND LIFE CHANGING

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Building trust across the world's divides

QUIET TIMES

A daily practice, each morning before the day starts to find a source of inner inspiration, direction and discernment. The Quiet Time has been a gift beyond measure that has enriched my life. A time to be still, and reset my own internal compass – moving me out of the challenges and chaos of my daily life into a zone where I can feel calm, be ready for whatever the day brings and find inspiration beyond human wisdom.



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QUIET TIMES

- A time for connection with something deep inside me – my inner conscience - which in my Muslim faith tradition is our link with the divine.
- A time to be still, stop and gain perspective and free myself from fear and what holds me back.
- A time to focus less on what others have said or done to me and focus more on my own actions, reactions and what I need to correct and put right with others. A discovery of God's grace in my human frailty.
- A time when I find I get unexpected thoughts about what to do, how to care for those around me and unexpected directions for my life.



QUIET TIMES: start with yourself

- I was so angry about corruption, but what was I going to do about an extra shift I had been paid for which I did not work at the last minute? I returned the money to the hospital I was working at – this caused much confusion, as this had never been done before.

You can't be a life changer without dealing with the credibility gap in your own life and modelling the integrity and change you want to see in the world.



QUIET TIMES: Overcome fear

- The decision to travel home with my sick father – a challenging and difficult decision to follow, but we arrived in Egypt despite this difficult journey at the start of the month of Ramadan. After three wonderful days with friends and family, he died peacefully in his bed.
I sometime wonder what would have been the cost if I had not had the courage to follow that clear thought.



QUIET TIMES: Move out of your comfort zone

- Many of you will know my predecessors in the role of President of IofC International. They are all three exceptional men of International stature. No sane or intelligent person would follow in their footsteps. The decision to allow myself even to consider this role came in a quiet time.
 - Was I willing to serve despite my limitations, in whatever way I can?
 - Could my decision to serve as an ordinary person, inspire others to step out of their comfort zone and be bold?
 - “Ordinary people can do extraordinary things”, was I willing to test this out in reality?



10 LIFE CHANGING TIPS: Rumi

(compiled by Robert Piper)

① Challenge fear

“Run from what’s comfortable. Forget safety.
Live where you fear to live.”

② Be bold

“Do not be satisfied with the stories that come before you.
Unfold your own myth.”

③ Have gratitude

“Wear gratitude like a cloak and it will feed every corner of your life.”

④ Take action

“Why should I stay at the bottom of a well, when a strong rope is in my hand?”

⑤ Have faith

“As you start to walk out on the way, the way appears.”



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10 LIFE CHANGING TIPS: Rumi

(compiled by Robert Piper)

⑥ Embrace setbacks

“If you are irritated by every rub, how will you be polished?”

⑦ Look Inside

“Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have build against it.”

⑧ Learn from suffering

“The wound is the place where light enters you.”

⑨ Don't be concerned with what others think of you

“I want to sing like the birds sing, not worrying who hears and what they think.”

⑩ Do what you love

“Let yourself be drawn by the greater pull of that which you truly love.”



QUIET TIMES AND LIFE CHANGING

- “In silence, there is eloquence
Stop weaving and see how the pattern improves”
- “Move out of the tangle of fear thinking, live in silence”
- “Silence is the language of God
All else is poor translation”

