

I usually wake up around 5 a.m. I love the quiet of the mornings before other people are active. I have found it's a niche I love. During that time of quiet, I do my meditation, something I have done for several decades.

And there's that word again: quiet.

The word quiet doesn't do the state of being in the quiet justice. Many I know have experienced the quiet and describe it as divine peace and love, perfect harmony, and many other wonderful superlatives. I agree with them all.

I want to add one defining statement: being in the quiet is the state of being in our deepest self, quietly and without words or feelings. It is simply the act of being perfectly quiet.

It is definitely a state of feeling divine and experiencing love and peace, among all the other adjectives we may apply. It is the state of being in all the adjectives we can think of, yet by going deeper into the quiet, to the quiet's core, where even our emotions are quiet if even for a moment, is to experience creation itself.

Our universe contains two basic building blocks, dark matter and dark energy. Scientists believe those two energies make up ninety-five of the universe, yet they haven't been able to define or measure them.

The same is true of the Creator. The Creator of all things, which has not and cannot be defined or measured, started the universe with only dark matter and dark energy. However, adding the secret ingredient of infusing itself into the recipe completed the recipe and allowed for unconditional, self-perpetuating, infinite creativity, of which we are a part.

Hopefully, you have experienced the quiet, or you soon will. Just as the universe and all we know came from the quiet, so too, and in many similar ways, will your life benefit from experiencing the quiet.

The End.

Written by Peter Skeels © April 6th, 2024