

## ***Inner Listening***

### Interview with Mirabai Devi

#### **What is Inner Listening?**

Inner listening is listening to the still, small voice of God within you. It shows up as if you're listening to your own thoughts or your own mind. It's the voice within your head, that you've always known and always Heard, only it's God's voice. It maybe the softest and subtlest voice in your head, because it may present itself as quieter than the other voices.

#### **How do I know if I'm listening to my mind or ego rather than my Inner Divine voice?**

There are so many voices that chatter in our head, it's hard to hear the inner voice amidst all the clattering of these different ego voices that are talking at once. There's a big difference between these loud chattering, clattering voices of confusion or clutter versus the uplifting, inspiration of the inner voice that comes out of the stillness. The inner voice is always uplifting and inspiring. It will always tell us the truth. It's never about inflating our ego. It is always giving us a loving supportive presence and reminding us of who we are, why we are here, and what we are here to do.

The inner voice is the voice of our guidance. It is our inner guide that is showing up to show us the way. It's the deepest inner-most truth that we've ever known. We don't even recognize it because it's the voice that has always been there with us and for us, quietly in the background supporting us. And often we just think of it as our own voice.

## **Is this the God within?**

Most people do not recognize that God is within us. In fact it is actually the most innermost, deepest part of ourselves. We are so programmed to think of God as being outside of ourselves, an outside Force. But that is not the case. When we learn to follow the guidance it will never lead us astray. In fact it is the opposite. When we don't listen to it we then get hurt, things go wrong and we make mistakes.

Now don't get me wrong, making mistakes is part of being human. Humans make mistakes and humans learn through making mistakes. Our conscious is the compass that tells what's right and what's wrong. When we listen to and follow the voice of our conscious, then we are following God's voice.

For those people who don't yet hear their inner voice because their voice has been buried so deeply for so long, then at least listen to your gut, to your gut feelings. The gut-brain feels what is right and what is wrong for you. It feels the truth and the non-truth. It can be just as simple as feeling an opening or the feeling of a closing. It can be as simple as a good feeling, when something feels right or a bad feeling where something feels really off. That is a great place to start. And to learn to trust this more and more. It takes training and practice to listen to the inner voice and develop it to know what this voice sounds like.

## **How does one separate out the many different voices of the ego from the voice of the God Self?**

Well, that is the purpose of listening, isn't it? When you listen to the different voices some of the voices are judgmental, some of the voices are self-critical, some of them are confusing some of them are filled with anxiety, some of them are angry or upset and even go into reactivity.

There are so many different ego voices that come from the different fragments that make up our persona. These are different stories and timelines from our many lifetimes, as well as from our family and lineage and our conditioning, and they all come together and compose our persona. We need to separate out the judgmental voice and the expectations that our inner voice comes with rolling thunder and lightning. And rather recognize it for what it is.

Since we were infants, all the way through to our adulthood, we were programmed to listen to the external voices, program to listen to our parents and family, spouses and significant others, teachers, bosses, community members, and others. And We formed our identity around these external messages. The outside has dictated our identity. Well that is called human conditioning.

This illusion has tripped us up and dismantled our self worth, causing destructive and harmful belief systems in our youth and many, many adults. in order to love ourselves we are told that we have to be accepted by others.

### **Can you share more about the external messages that we hear?**

It's important to see that all of the external messages that are coming from our past lives, our family lineage karma, our cultural karma, are obstacles that prevent us from going within.

That is the purpose of the spiritual path. We are on this path to remove these programs that limit us, that keep us in a perpetual state of being conditioned robots in a programmed existence, instead of being free.

And yet, the ego that is fighting harder to separate from the Divine to become even more separate. The more the ego can keep us in separation, the more the ego is in control.

And that's what we are experiencing in the world today. It is because the ego is running the show. The ego is ignorant, and it is because of this ignorance that we're seeing chaos in the world. The ignorance that we are seeing in leadership right now is coming from deep negative ego. If the leadership in our world today were in the hands of enlightened beings, if there was care, love and custodianship for our planet, for our animals, for humanity, for all beings, things would be so very different. If our leaders guided from the heart, then things would be so very different.

And so this brings us back to the inner truth of our being: to be free from other people's judgments and criticisms, to be free from other's expectations of us and projections onto us. These cause us to be under pressure and go through the motions to constantly have to please others and need to be a certain way for others in order to prove ourselves to them.

### **Can you share more about what's happening in today's world?**

This is so especially relevant in today's times when there are so many restrictions placed upon us, from the outer world. People around the globe are so very stressed and triggered by the extreme restrictions placed on our freedoms. Coupled with the fear of the disease of COVID-19 it is causing people to go into deeper fear, anxiety, and depression. Not to mention what is changing in our cultural collective outlook.

It is no longer helpful for us to go outside of ourselves into the 3D matrix for our answers. Please leave those behind you. You

cannot trust in these old paradigms that are in place. Examples of these current patriarchal, archaic ways include our health care system, our political systems, and more.

All of this is driving the fear machine to create deeper and deeper fear. These old paradigms and systems are no longer serving us, they are crumbling and we cannot trust them. It is not serving us right now nor will it serve us in the future.

### **Does this create more feelings of isolation?**

Yes, exactly. What it is really doing is driving people further and further into separation, isolation and alienation. Which is the exact opposite of what we want.

We are now in a time that is about discernment. It's about discerning the truth from the false, and it's about discerning the mixed messages that are coming in.

All the many mixed messages that you are receiving in the media and social media, even in the voices in your head you need to discern from what is true to what is false and focus now more than ever on what is real for you. Find out what is real for you.

And What is Real is Always the Divine. Always your inner voice. Always your inner Self, your God Self. Following your inner voice and inner guidance and acting on it is your pathway beyond the trap of this 3-D matrix.