



Our Quality for the month  
July 2015



## ~ Listen to the Inner Voice ~

*If you listen to your **inner voice**,  
Then you are bound to always make the right choice.*

The outer voice may  
speak Many languages.  
The inner voice speaks  
Only one language: The  
language of the heart.

~

When I use my mind, I  
become the prisoner Of  
my choice. When I use my  
heart, I become the  
fulfiller Of my inner voice.

~

O my mind, Never, never  
betray My heart's inner  
voice, Which is my  
Eternity's polestar-friend.

~

When we listen To the  
Inner Voice, Our outer life  
Becomes full of peace.

~

God's Voice And our inner  
voice Are quite similar.

~

Do not neglect The inner  
voice. The inner voice Is  
God's perfect Choice.

~

When the Inner Voice  
speaks, It needs our  
complete Outer  
attention.

~

The advice of the inner  
voice Is always  
positive And  
constructive.

~

You may distrust others'  
advice, But never distrust  
Your own inner voice.

~

I always listen to my inner  
voice; Therefore, my life  
has Boundless happiness.

~

Our inner voice Is always  
filled With light and  
delight.

~

My life's inner voice Is  
extremely progressive.

~

If God the inner Voice Is  
your only choice, Then  
God will bless you With  
His outer Voice As well.

~

You must not miss, You  
must not disobey The  
inner voice.

~

The inner voice Always  
warns us Long before It  
reprimands us.

~

Not only the power, But  
also the luminosity of the  
inner voice Can never be  
described.

~

My obedience to my inner  
voice Is my unparalleled  
confidence In my  
tomorrow's life.

~

Conscience is the inner  
voice that offers to us this  
most important message:  
Love is building the Palace  
of Truth.

~

The outer world-voice Is so  
easy to hear. The inner  
world-voice Is extremely  
difficult to hear Because my  
body, vital and mind Are at  
constant war Inside my  
silence-heart-life.

~

How can you neglect The  
inner voice When you tell  
the world That God is your  
only choice?

~

May I become a lifelong  
friend Of my heart's inner  
voice.

~

# ~ Listen to the Inner Voice ~

**Question: I have heard that people can receive guidance from the soul, not only during meditation and other times of listening to the “still, small voice within,” but even by writing out a question and then listening inwardly and writing down the response they hear. Can you comment on this process?**

*Sri Chinmoy:* We can listen to the dictates of the soul, or feel the presence of the inner voice, without being guided by a very deep meditation. Even in the hustle and bustle of life we can hear the inner voice, but if we meditate, then it becomes extremely easy to listen to the voice within. Without practising spirituality we may hear the inner voice, we may even see the soul, but we will doubt our experience. We will say, “This cannot be the soul; this voice is not coming from the soul.” But if we have a very good, deep meditation, we can hear the voice, we can see the soul with inner certainty.

Meditation is the best way. The other way, we may hear the voice, but we will not know for sure that it is the voice of the soul. It is by meditating that we are convinced that we are hearing the voice of the soul or seeing the soul. If we do not meditate, there will be self-doubt. Even if we see the soul, we will say, “This cannot be my soul.”



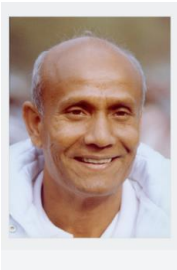
## Exercise to listen to our Inner Voice

**Question: How can we better listen to our inner voice?**

*Sri Chinmoy:* When the mind is pure, absolutely pure, we can easily hear the inner voice. At that time we can hear the inner voice clearly, plus correctly. Sometimes when we hear the voice, it is twisted by the impure mind. If the mind has impurity or wrong thoughts, then the voice is twisted. We hear the voice, but we hear it in a different way. But when the mind is pure, absolutely pure, the inner voice we will hear exactly the way we are supposed to hear it. If we want to hear the inner voice, the mind has to be very clear. It need not be impurity as such — vital or physical impurity — that prevents us from hearing the inner voice. If any wrong thought enters into our mind, the inner voice does not come to us very clearly. This is the problem.

The inner voice is always eager, eager to help us. The inner voice is not something that we have to pray, pray and pray for all the time. It is like the mother, who is always ready to tell the child, “Do the right thing! This is the right thing.” But the child does not pay attention because the child has so many other things to do.

Purity and silence are needed. If we can develop purity and silence in the mind, then we can easily hear the inner voice. The inner voice is always eager to help you and to help us all.



### **Sri Chinmoy (1931 – 2007)**

Author of over 1.600 published books on spiritual issues.

For more information visit: <http://www.srichinmoylibrary.com/>