

WHEN THE NOISE SUBSIDES

Silence. God dwells within us



Tú estás aquí Jesús Adrián Romero - ft. Marcela Gándara



REFLECTION

Silence should be considered a vital necessity, like eating, sleeping, dressing, and washing... Continuous exposure to noise makes us ill. *"More than noise, [our] declared enemy, the terrain we [must] colonize is silence, with all that it implies: interiority, meditation, distancing ourselves from the turbulence of things,"*¹ because we are only capable of seeing the core of reality, of perceiving the essential, if we pay attention to it. To do this, we must reclaim silence.

We need silence to be able to hear reality. Modernity brings with it a noise that we are not aware of and that distorts our hearing, our way of perceiving. Our interiority is blocked.

We need silence to recognize God in all things. We confess a God who is close, God-with-us, involved with his creation, who rejoices and suffers with his creatures, the giver of Life. It is in reality that God directs his Word to us. In order to perceive God communicating, we need time to listen. Silence.

We need silence to listen to ourselves, to recognize ourselves as beloved sons and daughters, because silence gives us a different access to ourselves. It is not only the absence of noise, but the absence of ego. It is a deep space in the heart *"where very secret things happen between God and the soul."*²

*"Then other images and sounds appear, and a new language weaves these voices that convey a message very different from the one we were trying to decipher with our minds. It is the door through which we abandon the world we have built [by our ego.(...)] In this way, the perception arises that everything is filled with Presence."*³

1. DAVID LE BRETON, Silence. Approaches. Sequitur, November 2021

2. SAINT TERESA OF JESUS, First Mansions. Chapter 1.

3. XAVIER MELLONI, op. go. 42

**Ex 3, 1-5**

Moses was tending the sheep of his father-in-law Jethro, who was priest of Midian. One day, as he was leading them through the desert, he came to the mountain of God, which is called Horeb. There the angel of the Lord appeared to him in a flame of fire from within a bush. Moses looked closely and saw that the bush was burning with fire, but it was not being consumed. Then he thought, "How strange! I will go and see why the bush is not being consumed. When the Lord saw that Moses was coming to look, he called to him from within the bush,

"Moses! Moses!"

"Here I am," Moses replied.

Then God said to him,

Do not come near. Take off your shoes, for the place where you are standing is holy ground."

After fleeing Egypt, Moses becomes a Bedouin shepherd. Over time, his heart, agitated by fear and uncertainty about his future, calms down, quietens, becomes silent, and is able to listen to reality and to God speaking through the bush. Moses hears that he must return to his people to free them. In silence and listening, he was enabled to embrace his reality and respond.

**Saint Teresa of Jesus The Way of Perfection (CV) 28, 2**

"You know that God is everywhere. For it is clear that where the king is, there is said to be the court; in short, where God is, there is heaven. [...] For behold, St. Augustine says that he sought him in many places and found him within himself. Do you think it matters little for a broken soul to understand this truth, and to see that it is not necessary to go to heaven to speak with its eternal Father, nor to delight in him, nor is it necessary to speak aloud? However softly he speaks, he is so close that he will hear us; nor is it necessary to have wings to go and seek him, but only to be alone and look within oneself and not be surprised at such a good host."

QUESTIONS FOR PRAYER

What noises—external or internal—are preventing me from perceiving the burning bush that God ignites in my life?

Do I truly believe that God dwells within me and that I do not need "wings" or special places to encounter Him?

What concrete steps do I need to take to "enter within," become silent, and open a space for truly listening to the Word that God speaks today?

When I take off my shoes before life, when I manage to quiet my heart, **what mission, what call is revealed in the silence that I do not hear when I live scattered?**

**Mirar con ojos nuevos** (Juan Baena)

Seeing with new eyes,
pass through the heart

The world I once took for granted,
today is a "marvel" of Creation

Seeing with new eyes,
pass through the heart

The sky, the sea, the clouds are
a painter's canvas
who declares his love
for me with every stroke.