

## **A few thoughts on the “Bell” ringing... as metaphor and actual...**

The image of the “bell” ringing is a metaphor for the response you feel in the heart when inspiration evokes a “Yes this is so.”

Our friend Cindy S. says that *our hearts are friends with the Overself!*

We also use a physical “mindful” bell --either a bell on your desk, or phone, etc...-  
- to help us STOP and remember to remember; to recognize our real being.

PB: "if you could give God as much attention as the ego... "

In a recent talk, Adya’s wife/co-teacher Mukti suggested using the sound of the bell in two beautiful ways.

Follow the sound of the bell as it softens deeply into the stillness!

Feel the sound of the bell vibrating in and through us dissolving old energy habits and attuning us to the energy of the universe.

Can we also follow the inspiration of teachings, music, friends: softening us into stillness-- or aligning us with the universal energy!?