



2026 Theme: OPEN AT THE TOP

April Theme: The Practice of Becoming

Week 16: *Listening Beyond the Noise of the World*

April 19th thru April 25, 2026

When our internal conversation about the external noise is louder than the external noise, it's time to explore how inner stillness and quiet open us to deeper listening beyond the outer noise.

TALK NOTES:



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GOING DEEPER

Ultimately, the blocks to spiritual clarity are internal, mental clutter, false beliefs, and opinions that occupy our attention and saturate our awareness.

- The internal, mental clutter, false beliefs, and opinions occupying my attention are...
- The spiritual practices I am willing to use to quiet my intellect and enter the inner sanctuary where Divine Intelligence resides within me are...

In that space of stillness, the mind quiets, the heart expands, and the soul speaks. Many spiritual traditions recognize the power of silence as a pathway to truth.

In the silence:

- I am aware of the presence of...
- I observe...
- I feel...

When we learn to be at peace with ourselves, mental noise, automatic reactions, and overwhelming emotions have less power and begin to dissolve.

In the silence:

- I recognize... as real
- I recognize... as authentic
- I recognize... as aligned with my essential being