



HOW TO
KNOW
GOD

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HOW TO KNOW GOD

How To Know God

Feel Your Own Personal Relationship with the Divine -
Starting Today

By

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HOW TO KNOW GOD

To The Ocean of Love

Without your guidance, knowledge and direction,
this book would not be possible.

Who is this “One”, anyway?

Unless you’ve been living under a Rock on a distant planet, you’ve probably heard or felt the Presence of a Being many call *The One*, *God* or *The Divine*.

And likely, you’re not quite sure who or what or how this being is, but you have a sense that it’s real.

This book will take you on a journey to the heart of the Universe, to the heart of yourself.

Once there, you will discover the spiritual parent and Beloved that has always been with you and always will be...just a thought away.

Remember your Eternal Companion and all of life will change, for the better.

The Impact of Divine love in your life

When you allow Divine love into your life, everything changes.

The lens from which you view life becomes pure and you begin to see everything differently. A lightness and beauty wash over what used to seem dreary and heavy. Your entire life takes on the melody of the most beautiful song and you are safe. You are held. You are loved.

All you have to do is let it in...

Having a direct connection to the One is like having constant access to bliss on tap or your own debit card of good fortune that never runs out.

When you have a personal relationship with God, it's like being close friends with the most powerful and influential people in the world who have keys to open every door for you.

And best of all, knowing the One helps us to know ourselves and make sense of who we are, why we're here and what life is all about.

The more you tap into God's love the more your fears, worries and concerns about life dissolve. You begin to have a deep feeling that no matter what's going on today, your life will keep getting better and better in ways you could never imagine - and throughout the process you'll have a dear beloved friend and companion who loves you for who you are, accepts you in all your forms and guides you to be the most magnificent version of yourself.

Knowing the One gives us the opportunity to learn through wisdom - not through suffering.

God's love clears our negative past actions and saves us from future pain.

Connecting to this pure, powerful and nourishing Divine love brings joy back to life. God's love fuels up your spiritual batteries, revitalizes your body and enlightens your mind.

If there is one thing that will change your life more than anything else - it's your openness to connect to God's love. May this book open your heart to the pure love of the One from which you came.

Don't Let Words Get in the Way of Your Experience

Before we begin, let's get a few things out of the way.

First, let's talk about words. No matter how elegantly strung together they are; words are never the same as what they point towards. The word *tree* you see on this page is not the same thing as the tree in your mind. And it's completely different from the real tree in the park that you can lie under in the summer.

No matter how deep and profound our inner experience is, words will never do it justice; sadly, our most precious inner experiences can never be accurately communicated. This is the nature of language.

In fact, an author friend of mine declined writing about his experiences with God in this book. Despite his vast array of literary skills and intimate connection with God, he didn't feel comfortable trying to convey a relationship so dear and profound on paper.

We face a dilemma in any form of communication we have with each other. Countless subtleties in our day-to-day interactions are missed, mis-communicated, mis-read or mis-understood. Communicating through books, we don't even have the added bonus of vibrations, body language and tone of voice which convey about 93% of any communication.

To make matters worse, when we are talking about deeply profound, invisible things like *God's Love*, the possibility of misunderstanding is even greater!

That being said, I've still been deeply touched and inspired by many books.

When one heart shares with another, magic transpires that breaks through the limitations of language, physical distance and culture, and brings hearts and souls together.

This book was written one morning when a powerful inspiration came over us to help more people connect to God's love. We followed that inspiration and did our best to allow our profoundly beautiful, yet intangible experiences of God's love to come into physical form through this book.

This book is humbly offered to you as a gesture of love, from our hearts to yours, in the hope that at least some of the love we've experienced from God and some of the insights we've gained about how to connect to God's love may positively impact your life. Do with it what you wish. It's been a joy to write this book and we hope you enjoy reading it and deepening your own connection with this remarkable Presence.

Note: We don't believe that our experiences are the only ones or the right ones. Nor do we believe everyone else is wrong. In the end, your experience with God is deeply personal and it's up to you to cultivate and develop it.

The Word God

Secondly, the word *God* can be an immediate obstacle for many because of negative past experiences associated with it. Words mean different things to different people and the word *God* can be a trigger to an idea that has nothing to do with what we are talking about here.

This is a book on how to connect your heart and mind with a real, living, Being of Love and Bliss who is known and loved under many different names.

While we were writing this book we asked people what words they personally use to describe God and received a long list of words including:

Creator, Beloved, Love, Higher Power, Divine Source, The Great Spirit, The One, The Being, Eternal Light, Source of Light, Almighty God, Guardian of Destiny, Infinite Consciousness, Divinity, Essence, Universal Intelligence, Universe, Consciousness, The All - and many more.

Names for this Presence are many. We all have a name that resonates with our own heart by which we like to call this One. And that's ok. What's constant and important is that there is a REAL loving Presence who loves us and is the Source of Spiritual energy. Remembering this One charges us with spiritual power, divine knowledge and comforting of the heart. As long as we have this direct personal connection, the names don't matter.

We believe that connecting with this Eternal Being of Love is not owned by any specific religion. The spiritual sunshine from this beautiful, healing Presence can be personally experienced by anyone who is willing to tune in and receive - just like anyone can access radio waves if they connect to the accurate bandwidth.

In this book we will be using a number of names to address this Eternal Ocean of Love and Light and we encourage you to use whatever words make you FEEL most deeply connected to this Being in your heart.

We will mostly use the word “He” to describe this being, but God is neither male nor female, but a spiritual point of light. Either words are fine, as long as they touch your heart.

At the end of this book is a long list of titles for God; if you’re inspired, you can read them and find some new names that may touch your heart and bring you a deeper connection to the One.

Who is this book for?

This book is for you if you are ready to have a real relationship with the Divine - *a relationship that you can call your own.*

It's for you if you've struggled for years (maybe lifetimes) trying to find God, understand God and connect with God.

The time is now such that we can know this loving being in a real and genuine way.

This book is a guide and a doorway to you connecting with God, your eternal Beloved and eternal Companion.

There is currently a lot of confusion around who God is. Is God the universe? Is God in everything? Is God a judgmental man in the clouds? Who is God?

And because we don't know who God is, we cannot connect with this Presence in a real and simple way.

This book shows you how and introduces you to the One, the Beloved, The Ocean of Love, Supreme Soul that is God and shows you a very easy method to connect with this Presence; this loving Being so your heart is filled with love.

No matter what religion or spiritual practice you may already have, this book aims to help you deepen your connection with The One. You can learn to apply these ideas simply by opening your heart further to receive the love that is always there.

HOW TO KNOW GOD

This book shows you how to get in direct connection with the bright light of the spiritual sun.

May this book open the doorway of your heart to the most essential and loving relationship you can have.

Who is this book NOT for?

Not everyone is ready to develop a deep, personal connection with this Being of pure love and eternal light.

This book is not about being right and winning points in a religious competition. It's not a book for scholarly debate or a call to war. It's a doorway to a new connection with God - and it's up to you to walk through it and embrace your eternal Companion, as He is. You are the creator of your destiny and we're not here to force you to believe anything.

This book is not for you if you have no deep, personal interest in discovering how to connect with God and are just reading this book to confirm what you already believe.

It's not for you if you are unwilling to take responsibility for your part in developing this beautiful connection with God and if you expect God to do all the work for you.

If you are unwilling to accept positive change in your life, are triggered by words you don't already know and are unwilling and prejudiced to learn anything that is outside of your current language or culture - it is best not to read this book.

If you don't believe there is any such Being as *God* or a Supreme Being and you are reading this book simply to reinforce your preconceived, subjective belief that God does not exist...you can stop reading now or read on with an open mind and heart.

If you only believe in scientific reasoning and want God to be proved by science before you explore and trust your own personal experience, there are many other books you can read on this topic.

This is a book about your personal discovery of God - so unless you are willing to open your heart and mind to new ideas, new experiences and new possibilities - this book is not for you.

However, if you ARE ready to explore new experiences with this amazing Being, turn the page to get started on your adventure into the Heart of the Divine.

How The Ocean of Love Changed My Life Forever: Michael's Story

I was born into a Christian family, but I never really had any personal experiences with God. I would sit in church as a child staring up at the ceiling or counting in my head to pass the time, but never felt like I was really connecting with God in a real way.

Over the years I began to believe that God either didn't exist or wasn't relevant to my life. At about age 12 I refused to go to church anymore and decided to live a life without the hassle of spirituality or religion. Like most of my friends, my life revolved around consumption and pleasure, getting as much as I could from life and not giving much back. Sooner or later, after enough drinking, smoking and parties, my happiness began to fade and turn sour. I felt my life was lacking meaning and real nourishment and no matter what I did or how much I consumed, nothing seemed to make me feel any better.

At the age of 18 I had a series of powerful spiritual experiences that transformed my life forever.

If it wasn't for those experiences, and my personal relationship with God that developed, there is no way I'd be where I am today. I'd probably still be wasting my life away drinking, smoking and drifting, and not living a dream life in Kauai with my soulmate, doing what I love everyday and feeling great.

My personal experiences with God began when I put aside my judgements and I accepted the invitation to learn meditation from my mother. As an 18 year old party-

going, artist, musician dude, sitting on the floor and listening to my mother tell me about weird spiritual ideas simply wasn't the cool thing to do - but something compelled me to do it anyway. My life up to that point had, in many ways been great. I had a cool house, good friends and fun things to do - but I had begun to feel bored and although I never admitted it at the time, I was also feeling lost, depressed and lacking meaning.

That first day I sat in meditation changed my life forever. I was lifted from my body and shown a profound vision of myself and my life 2 years in the future. I could see two distinct paths. The path I was on and a new path that would lead me to lasting happiness and love. I saw myself as a radiant being with God in my heart and love in my eyes. I was deeply at peace with myself and with the world and had entered an entirely new world and new way of living.

When I finally came back and opened my eyes to the room, I half-expected to find myself lying on the floor, as if I'd died days later with people looking down at my body. To my surprise I'd only been gone a few seconds and no one had any idea of what had just happened to me.

From that moment on I stepped onto what I call my Path with a heart. I began a spiritual life, where I was never alone again. I felt a silent loving presence with me always - guiding, comforting and supporting me. From that day, my life radically transformed. Old, crippling habits that I could never kick, just fell away without effort. I began waking up early to meditate as if I'd been doing it for years and all areas of my life started getting better. My relationships improved, as did my health, my grades, my confidence in myself and my capacity to get things done and make a positive contribution to the world.

Even though all these drastic changes were happening, part of me was still not completely convinced about my new life until I had one final confirmation. One day as I sat in silence to connect to The One, I heard a voice saying “I will make you into a kings of kings” - and at that moment I felt the most powerful surge of love wash over my whole body and explode my being with profound bliss. It was a waterfall of Divine Love so strong and all encompassing I had a hard time staying on my chair. Just as someone who has just fallen down a waterfall or been hit by lightning knows full well it was real, I too was fully aware that what I experienced was not from me, it was something beyond my individual awareness.

Since then I accepted on a deeper level the existence and presence of God and have been cultivating a personal relationship with this being. Despite my powerful experiences, at first, my relationship with God was almost entirely theoretical and full of headiness - not a heart-based relationship. I still had old residues of not being good enough clouding me and had not spent much of my life living from the heart. But over time, I began to melt more and more into the love that exists forever inside. I let go of dogmatic ideas, judgements, and became gentle inside. And as I did this my whole life began to change and kept getting better the more I let go and trusted in this Eternal Connection that inspires and guides me.

Now I literally rely daily on this spiritual energy to maintain my peace, make good decisions in business, stay loving in my relationships, serve better and get things done. This spiritual energy is the back-bone of my life and in truth I owe my entire life and fortune to the One.

I am forever grateful and sometimes I only wish I had longer to enjoy this Eternal Nectar and bathe in this sweet silent love.

I hope this book helps you to open your heart and transform your life as much as it has mine and I wish you all the best in your priceless love that lasts forever.

My Beloved & The Spiritual Sunshine: Arielle's Story

“Whatever I am, However I am, I belong to you and you belong to me.”

This saying is at the heart of my relationship with the One.

This One is my Beloved. I feel I've always known this Supreme Soul.

Since I was a young girl, I felt a loving Presence surrounding me. I didn't grow up in a religious household; and I see this as a blessing as I was given freedom to explore my relationship with the Divine for myself.

It was later in my life that I grew to have a more intimate relationship with this Being and came to know more of who this One really is.

God has presented him/herself to me as a Loving Presence; an Ocean of love. One of the ways I experience the love of this One is as a Spiritual Sunshine. The more I openly bask in the sun of this Presence, the more and more love, support and spiritual power I receive.

I call it getting my daily dose of “Vitamin D” - standing for Dharma. Dharma is the righteousness of the universe - it is the supreme law of life that is upheld by the Source, by God. It is through God, through the Spiritual Sun, that we remember Dharma, right order and conduct. It is by basking in this light that I am infused with my own dharma and aligned with my higher self. I'm consistently filled with deep peace, happiness and bliss every time I take the time to connect.

I also experience the presence of the One as a spiritual parent. One who is always there for me, whispering sweet encouragements in my ear. I experience this Presence loving me unconditionally and fully. Without regard or care for the details of my life - but more so for the progress and evolution of my own soul. God sees me for who I really am - an eternal soul. He knows and sees me as this, and so by connecting, I am ever reminded of my true spiritual nature and original form.

I also know this One as my Beloved, my truest love. It is through this one that my heart is filled with enough love to touch every soul in the world.

This is the gift of connecting with the One. By knowing God and receiving His love, so too, you receive the knowledge and power to accomplish your greatest goals and serve humanity as a benevolent instrument of Divine love and power.

Your relationship with God is the most important one you can have.

I encourage you to open your heart and unite with your eternal companion, your most genuine Beloved, for His greatest happiness is to know and love you deeply.

How to Connect To God

Connecting to God is like tuning into a radio or cell phone frequency.

If we want to get the connection, we need to align ourselves with the right frequency and have enough bandwidth to receive the signal - otherwise our call will be riddled with static, interference and we will get disconnected.

The reason so many people feel dry and dissatisfied about their connection with God is because they are not getting a clear signal. They have a bad connection that keeps breaking. And when the connection *is* made, it's ruined with annoying noises from their own mind - which leads to doubt, confusion, frustration and disappointment.

Have you ever been on Skype or on the phone and had a really bad connection? How does it feel to have loud background noises, distortions, and dropped calls? How does it feel to try and call out and see that you don't have enough bars on your phone to make the connection? And what if you do manage get through? The conversation is so annoying it's almost impossible to understand one another. I've tried to talk with people on the phone when the amount of energy needed just to make out what they're saying is exhausting and we end up canceling the call and setting up a time to meet again when the connection is better.

If you were trying to get to know someone and you rarely got through to them, and when you did, the call was riddled with static, how well would you get to know them? Maybe after a while you'd even give up altogether and that's what can happen with our relationship to God.

So our first challenge in connecting with God is getting our connection clear, so we can feel this beautiful presence in our hearts and minds.

To get the connection clear we need to remove all the static from our side of the call. If God were to call us on a phone or the internet, you can be sure that side of the connection would be clear and powerful. It's the outside that needs to be refined.

So what can we do to clear up our side of this connection?

What gets in the way?

Let's start with a common experience many people have - feeling that somehow they are not worthy of receiving Divine love.

Does God Love Me?

Letting Go of Guilt or Not 'Good Enough'

If you've never had the feeling you are "not good enough" to connect with God or had any sense of guilt about your past - then skip this part. Otherwise read on and finally overcome the niggling feeling that you're not lovable.

Many religions have told us that if we do something wrong or make a mistake we will be punished by God and may even be permanently driven out of the kingdom of heaven into the burning pits of hell where we will suffer forever.

Unfortunately, being human, we have all made mistakes. Many of us have even learned from our mistakes and wouldn't be where we are without our life experience. We've all also done things we truly regret - and to use religious terms we are all, technically speaking, "fallen sinners."

Maybe you have never done anything wrong in your life...but if you're like the rest of us, you've probably made one or another kind of mistake - even if it's as little as leaving a cup out rather than washing it or forgetting to turn off the light when you left the room.

Many people feel that because of past 'sins' they don't deserve God's love today. When they try to connect to this beautiful energy of Love, they feel guilt or shame about past actions and begin thinking:

“I’m not good enough to connect with God” or “God doesn’t love me because I did.....”

If we are going to get the power we need to clear our past karma and overcome our ignorance and negative habits, we need to stop allowing these past mistakes to keep us from connecting to God today.

After all, it’s only *through* our connection with a Higher Power that we will be able to overcome the ignorance and negative habits that compelled us to make mistakes in the first place. So if we had to become perfect BEFORE we connected to God, we’d never get anywhere.

If only “completely pure souls” could connect with God, then God would be pretty lonely.

Being A Gooey Mess

A wise woman once told me that on our spiritual journey we are like caterpillars becoming butterflies. First we eat, eat, eat, eat, eat! Which is taking sustenance from God. Then towards the end of our journey we go deep within ourselves into our cocoon to reach our final maturity and emerge a beautiful butterfly, our Higher Selves, full and untainted.

However, if you cut open a cocoon even one day before it’s ready, you won’t find a half complete butterfly, you’ll just see a gooey mess. During our spiritual life, we will always be a bit of a gooey mess up to the end - and it’s in this messy state that we connect with God - not when we’re butterflies, free and without any need for support.

One curious title for God that I heard in India is God is the “Laundryman.” He washes the dirty clothes and makes them clean again.

God is also the Purifier and Liberator. He’s the Remover of Sorrow and Bestower of Happiness, the Comforter of Hearts and the One who is able to Love Unconditionally.

If God judges and punishes us then he’s no better than another person. Luckily, as we’ll discuss more later, the God we perceive as judgmental doesn’t exist. Like all negative ideas about God, they are simply a projection of the human mind and no more real than a unicorn.

How to Feel Worthy of God's Love and Overcome Guilt?

The part of you that feels guilt, shame, fear and unworthiness is your ego; your lower self. This part of you is not who you are and is not who connects to God in the first place.

As long as we are identified with our lower-self - the illusory, ego based part of us, we will never be able to connect with God.

So the first thing for us to do is understand (from a deep, experiential place) who we truly are, what we are not, and how to deeply connect with this Higher part of ourselves.

As we connect to our Higher Self, we can let go of the addiction to our lower nature. And as our lower self becomes less dominant in our lives we become “worthy.”

Being “worthy” of God's love requires nothing more than waking up and letting go of thinking we are unworthy. It also means we abandon doing the things that re-enforce our sense of unworthiness and false sense of self.

As we let go of who we are not, our connection to God will be easy. Guilt, shame and “not being good enough” will melt away and be replaced with a sense of profound inner peace and freedom.

Clearing Up Our Self

The first thing we need to do to connect to the One is make sure we are in the right place to get a strong connection.

I don't know about where you live, but in Kauai, the cell reception is not very good on some parts of the island. If I want to have a meaningful conversation with someone, I need to make sure I'm physically in the right place before I make my call.

In a spiritual sense, what this means is we need to get in the right place inside of ourselves before we make the call to a Higher Power.

That place within us is a place of peace, calm and inner silence, where we become aware of our own spiritual identity and are able to pick up subtle signals.

In order to do this we need to know who we truly are and re-connect with our own spiritual identity. We need to become aware of ourselves as souls, not bodies. We need to let go of our limited personality, let go of our attachment to how we look, what we do, what we owe and what we are owed - and become a point of peace.

We need to become humble and gentle and move our sense of self from the limited sense of "i" (who thinks "I'm not good enough; I'm unworthy of love") to the unlimited "I."

The limited self is a combination of "stuff" we acquire along our journey through life - but have to give up at the end.

The limited self is what we appear to be, not who we truly are.

The limited self (or ego) is everything we will leave behind when we die.

The True Self is what we are left with. Our Real self is who we were before we were born and who we are forever. It's the silent presence witnessing.

This is who you are.

When you are rooted in the remembrance and knowing of your True Self, you can very easily make a connection with God - you are in the "right inner place" so to speak.

This is the first step to making a clear and strong connection to this spiritual lighthouse.

Who am I?

The *person* you think you are doesn't really exist.

The name you have, the age you appear to be, the role you play, all these things are not who you are.

These identities are merely characteristics of a "character" on a movie screen. The *person* you appear to be is a character in the movie of life, whereas you, are the Presence witnessing it all.

Right now, you're watching the person you see in the mirror reading this book.

That person is not who You are. That "limited self" will come and go.

But You - who you really are - were never born and will never die.

You are already extremely powerful. You are already immortal.

You are already home.

To wake up to who you really are is sanity.

To wake up allows you to come back home to the Bliss that can never be found in the physical world.

It's a radical awakening and can be done instantly, because it's always here.

It's simple really and just requires a shift in attention - like tuning the radio...

From the character on the movie screen to the Presence watching the movie.

You stop identifying with the illusionary part of yourself - and begin experiencing life through the eyes of eternity - from your true nature as a Living Soul.

Say Hello to Your Higher Self

“One must realize his Self in order to open the store of unalloyed happiness.”

- Ramana Maharshi

Your higher self is the part of you that contains everything you experience. It's the part of you that's super inspired to make your life magical and meaningful. It's not afraid of anything. It's powerful and has access to vast amounts of information and power.

You may do meditation, spiritual practice, fasting, elaborate ceremonies or even take mind altering drugs to connect with your Higher Self, but the truth is simple.

You are already your Higher self.

What you seek is what you already are.

The fact that you are even aware of your own existence is profound and magical.

You are your Higher Self.

Stop for a moment and tune into your own existence.

Beyond your name, your age, sex, body, job, ideas and programming, religion, beliefs...

Here you are. Right now!

Zoom out from what's going on and notice what you feel.

What are you hearing?

What are you seeing?

How do you feel about yourself?

What are you smelling? Touching? Tasting?

What is the atmosphere of your environment?

There is part of you that's watching everything happen.

A part of you that's always ok, even in pain, suffering and chaos.

Your higher self is who you truly are and always will be.

You are unchangeable, free and smiling right now.

You are the smiling light that's watching and creating all this right now.

Tune into this now as you read these words...

You Are The Light That Never Ends

You are a light that shines into eternity. Every single ounce of sight, sound, smell, taste and touch, all memories, all experiences, all movements emerge from this potential of your Self. Nothing is random, trivial or meaningless. All is sacred and with meaning.

Just as the sun is inseparable from the sunshine and running water is inseparable from it's wetness, the world you perceive as "out there" is inseparable with who you are "in here."

Beyond your limited thinking exists the ultimate essence of all material phenomena that cannot be seen or heard.

In Sanskrit this all encompassing Reality is known as Brahman.

"Aum – That supreme Brahman is infinite, and this conditioned Brahman is infinite. The infinite proceeds from infinite. If you subtract the infinite from the infinite, the infinite remains alone."

You are not just "little me" in this big world that created you. No. You are your world and your world emerges from you.

The profound wonder of life is not a theory or the words on this page.
Where does this page even come from?

Take moments in time to dwell upon these things and relax into the feeling of Oneness that is ever present. Contemplate upon and absorb into your conscious awareness who You truly are and how the world you perceive falls from you like water from a waterfall.

Knowing the interconnected and eternal nature of life turns our dualistic, ego centric fallacy on it's head and puts you, your life and your consciousness at the centre of the Universe where it already is.

Clearly we are not talking about the limited "you" that likes or dislikes cheese or prefers mangos. We're not talking about the you that had a headache last week or lost your keys and then found them in your coat pocket. That you, the one we think of as ourselves most of the time, is only a fraction of who we are. One day it will die and yet You will remain. The small self is here as an experience you have right now. It's part of our experience of life, but its only part of us, its not the source of who we are, nor does it define who we are. Your True Self is transcendent. You are atman, the eternal soul who witnesses the little you reading these words.

As you let go and experience this more and more you will come into direct contact with Divine Will - and tap into the Ultimate Power - God.

Dying Alive (and really living)

You are an eternal being - so you can never really die. But the illusory self; the limited *me*; the ego; the part of you that believes you are a human being; a person with a limited life-span - *IS* afraid to die, and will die.

The main obstacle to God's Love is thinking we are the ego.

To connect to God's love, you need to let go of identifying with this limited self. In doing so, your Higher Self, who you really are, can fully absorb the powerful waves of peace and love that are always present.

The lower self can't connect to God and the more we keep feeding this false identity, the more walls and barriers we create between us and the eternal sunshine.

It may be a glorious day outside but if we're buried 6 ft underground we can't enjoy the warm rays of sun and sweet breeze kissing our face.

The more you *die* to who you are *not*, the more the static, annoying noises, negative thoughts and emotional drama subside.

All the negativity you experience in your head and heart is from this lower self. It's like having 10 radios regurgitating annoying adverts, movies, conversations and political lies in your mind all day long. It's not who you are.

You don't need it in your life. You don't need it to exist. In fact, you don't need it at all.

But your ego pretends that it's who you are, it's all you are and you'd be nothing without it.

The truth is - your ego is really just complicating your life. It's not helping you; it's the drama queen within that makes it hard for you to hear the sweet silence that's forever resounding in your heart and mind.

The ego makes it hard to connect with the Divine.

But behind all the noise and emotional distress of the ego is total peace.

Behind the ego's shell is the real you, a beautiful being of peace.

That's all you are when you let go.

That's what's left when you die alive.

So are you willing to die? Not physically! But are you willing to let go of your attachment to your lower self, the fake you, the you that is a fictional character in a play.

Are you willing to give up your identification with your ego? The *me* that likes to look in the mirror and frets about this and that, what so-and-so said and what should be different?

Are you willing to let go identifying with your titles; your age, gender, profession and entitlements?

You can still have them all, but are you willing to stop thinking you ARE those things?

Who would you become if you had no more need to be important?

Who would you become if you had no more need to be right?

Who would you become if you had no more negative thoughts or emotional drama?

Who would you be if you were fully in your power, with a mind full of peace and a heart filled with radiant, powerful pure love?

Dying alive means to give up your addiction to suffering and all the secondary benefits you get from playing small. It means to admit that your ego loves the drama in your life. Part of you is addicted to the struggle and would be bored without all the trivia and gossip.

Dying alive means to stop being ordinary. It means to stop blaming other people. It means to let go of getting upset over spilled milk and having pointless small talk. It means to give up obsessions, addictions and all the dirty little pleasures that make life sickly sweet - and stand in your own power, as an eternal being who is free.

Not many people ever awaken spiritually or connect to God's love because the ego is too alive for God to get in.

There is no space left for God. No mind space for God. No time for God. The heart is full of so much stuff there's no more room for God to fit in.

E.G.O.

Edging

God

Out

EGO is "Edging God Out," with all our daily addictions and trivia that waste away the days.

Dying alive means we clear out the junk and make space for God to come into our hearts and minds.

Dying alive means we awaken to our eternal power and choose to stop feeding the illusions. It means we let go of the non-essentials in life. It means we become simple, stop judging and wasting our time gossiping. We focus on our own lives and what we need to do.

What does God want me to do today?

How can I show up and serve?

What can I do to be more free and help others be free?

Dying alive means we allow the idea that “I am this body” to die.

It means we take 100% responsibility for our lives, stop blaming others and give up negative thoughts and feelings. Fully. Unconditionally.

Being half dead and half alive is extremely painful.

Most people fear death. But death is not really what we fear.

What we are most afraid of is the painful process of *dying*. The long winded agony and relentless pain for years and years.

But when we die, it’s all over.

To die alive means you let go of your suffering and addictions.

It means you let go of all that is not who you are eternally.

It means you are who you are forever, and nothing more.

It means you are fully alive at last.

So how do you do this?

To start, just imagine you’ve died physically.

Who would you be after your physical life, name, money, car, stuff, relationships have all ended.

What would be left when your body is long gone?

That's You. The real you that is here right now and exists forever.

Imagine yourself 500 years in the future - when you can't even remember your old life. It's not even a distant memory, it's just a blip in eternity.

Once you feel this state... you'll feel free.

You'll know who you really are.

Joseph Campbell famously told us to invest at least an hour a day where we don't know our names, who we are, who we owe or who owes us - a time each day where we simply be - and follow our bliss.

Take it a few huge jumps further to your bliss and die alive.

Let go of everything completely, where you don't even know life exists and all you are is an eternal soul - and you'll feel nothing but bliss.

The more we die alive, the more we can truly live.

Because to live as a guest in this world, to live as an immortal being, free from fear, worry, negativity and illusion is TRULY living.

What we normally call life - the life of the lower self - isn't really living. It's a dead, stale life of background misery propped up with a few cheap thrills.

When we die alive and wake up to the MAGIC of life - it's then that we really start to feel alive.

Are you ready to let go and be free?

Are you ready to allow yourself to BE who you truly are and claim back your power?

You don't need to give up anything good inside of you or your life - just die to all that drains, disempowers and wastes your time.

I'll say that again because its super important. God is NOT trying to take away the good from your life. He's not trying to kill you or ruin you. It's only the negative, draining and non-supportive things you need to die to.

Give up what's not working and allow life to flow from a state of grace.

When you die alive all the love of God and bliss comes rushing to greet you the moment you let go.

Let go, let go, let go and learn to truly live.

Then you'll get to know who God really is.

The God That Isn't Real

When this word “God” is used - perhaps it means many different things to you.

Perhaps you grew up in a reality where a judgmental man named God sits above in the clouds waiting for you to mess up and then blasts you with lightning, plagues and misery.

For some of us, this idea of god, elicits fear, guilt and confusion.

The good news is *that* god doesn't exist, except in your mind as an idea.

The God that *does* exist can more appropriately be referred to as “Supreme Soul, The Ocean of Love & The Ocean of Bliss.”

Like you and I are souls, God, too, is a soul.

We call him the Supreme Soul because he does not incarnate and stays forever blissful and pure.

This soul is neither male nor female, but an eternal Friend, a Divine Companion who, like the sun, shines Light constantly, eternally and constantly. It's up to us to stand in the light of the Spiritual Sun and sit in this Lap of Love.

He is therefore a North Star for us as we travel Earth. A guiding Light - a consciousness of complete Truth and clarity that can remind us of this when we get lost.

That's all.

That's "God."

Your dear, sweet soul friend.

Your eternal companion.

And with one determined thought, I, the soul, can connect to this Supreme Soul, and experience great peace, power and contentment.

Is God the same as the Universe?

Many people believe that God is the universe; That God is in all things; that God *is* all things.

We've been told that God is like a huge light that permeates into all corners of the universe and is inside of us and we are God.

The reasoning is that because we can FEEL God everywhere, that God must literally be everywhere.

However, if we think about this a little it doesn't quite make sense and can be a huge obstacle for us to connect with this Being and develop a personal, nourishing relationship.

Think of your best friend. Someone you love dearly and talk to on the phone.

You can speak to them anywhere that you have cell phone connection or internet connection. No matter where you are in the world. I speak with people all the time on Skype and they appear on the screen of my computer. But they are not literally in my computer.

The sunshine can be felt anywhere that is in alignment with the sun. But the sunshine is not the sun itself. The sun is in one spot and radiates sunshine to all who are in the right place to feel it. But even if it's hot and sunny outside, if you lock yourself in a cold dark room, you won't experience the sunshine that's all around you. In fact, you might even question if the sunshine exists at all.

It's easy to confuse the *source* of the experience with the experience itself.

Because God's love can be felt anywhere in the world (if we are open to it) we've been told that God *is* inside everything.

This is a subtle difference, but it's important.

Imagine your friend again.

Now imagine if there were no longer a real person in a real place, but now he/she is *inside* of all things all the time. They are in your car, in the grass, in the bottles of washing liquid, in your shoes and socks, in the sky, in your body, in your salad, in everything and everyone.

How do you feel about that? What kind of relationship would you have with your friend now?

Would you feel a bit confused if you could no longer talk to them directly and now they are in all things at all times? This idea that God is literally in all things has made it almost impossible to make that deep, personal connection with the Divine. We suggest another way of understanding God that leads to a deeper, more nourishing relationship.

If I am God, you are God, the squashed frog on the road is also God, then what's the point in reading a book on God?

If God were truly in my pancakes, or the horse down the street or the tree across the road, why would people call out to a Presence that is God to help them when they suffer? If God is in everything in the world then what's the point in prayer, meditation or going to temples, churches, mosques and sacred places to connect to God?

And if God really *is* in my pancakes or the dirty rags that were used to clean the toilet, then I may think twice about eating my "Godcakes" or shoving God down the toilet bowl.

And how about the state of the world?

It's no secret that we are living in a darker time. There is a great amount of pain and suffering at this time. There is evil, starvation, greed, anger, lust, attachment and ego. How then, is God, the Divine Presence, the Father and Mother of all souls, in everything? How is God the Universe?

You, God, Nature & The Universe

It's important to make a distinction between the Universe/Nature and God. God, like you, is a soul. A real being with a mind and heart. A living being who you can connect to directly and personally. What makes God unique is that this soul does not incarnate and get lost in the human experience, but rather, remains ever pure, free and peaceful in the world of souls.

God is nonphysical. The Blissful rays of God's Peace can be felt anywhere at any time on a higher dimension.

But like the physical sun, God's light radiates from one Source, from God. Like an extremely powerful cell phone tower that penetrates into all corners of the Universe, God's love and light reaches everywhere all the time. And this is why many people think that God is in everything and is everything.

However, the universe is different from God. The universe is the manifest world. The physical reflection of consciousness. Just because we can FEEL God's love anywhere at anytime doesn't mean that God IS the same as the Universe.

You can pick up cell reception and radio waves in most places and the waves are floating about but they emanate from a Source. Just as the sunshine can be felt on our face, help plants grow and light up the world, the sun is actually millions of miles away.

The Sun and the sunshine are connected. The cell phone tower and the reception on your phone are connected. God and God's love are connected. But none of these things are the whole universe, they are parts that make up the universe.

The universe and nature are of elemental nature. They are of physical substance. The spiritual is of a different essence. So, God, who is of a spiritual nature, cannot be the same as the Universe, which is of a physical nature.

The two are different.

God is a soul, just like you. God is the Supreme Soul; an individual Presence you can connect with. One that is the Source of all Love. The universe and nature are

contained within the Mind of God and the Self. They are part of the content... where as God and the Self are the context. The spiritual is the context whereas the physical is the content.

This is a very deep topic, and one that takes time to settle in.

But if you think about it logically, how can the One, the God that many pray to possibly be in “everything?”

There is a lack of holiness and higher power in the world today, so clearly, God is not everything.

However, God is the Presence that blesses you, the soul, and is the sole power who can restore purity and peace in the world. Through your connection with this Presence - divine power and righteousness can be restored to the Universe and nature, as well as to your fellow brother and sister souls.

Again, remember the distinction that the Universe and Nature are the content - the Soul and God are the context - The Spiritual Consciousness from which the Universe and Nature are birthed.

Is God responsible for all the suffering in the world?

We've been told by many religions that God causes everything to happen. That God moves every leaf and is responsible for all good *and* bad in the world.

We're also told that God is all loving, all powerful and cares about us. He can do anything He wants and is the Creator and reason things happen and all things exist.

If we believe this, it means that, for example, God gave us our job, our partner. He blessed us with our new car and everything else good in our life. And, ironically - if our life goes pear-shaped, God was also responsible for the car accident that crippled us, killed our partner and ruined our ability to work.

The idea is that if something is God's Will, then it will be done and if not - it won't. Good or bad, it's all in God's hands and God is responsible.

Unfortunately, this idea that God *is* everything and God is responsible *for* everything can be a serious problem for us in a number of ways.

What happens when our lives are plagued with tragedy?

Many people who were firm believers in this idea of God-does-everything become extremely distressed when terrible things happen to them, their family or other people in the world.

“Why did God allow my sister to die of cancer?”

“Why did God allow this tsunami to kill thousands of people?”

“Why did God allow the Nazis to come to power and commit acts of mass genocide?
“Why did God allow me to lose my eyesight, or destroy my business?”

If we believe that God truly is in everything and is responsible for everything - it's going to be hard to feel very happy about trusting this God when our lives fall apart.

Would you trust someone who is nice sometimes and gives you gifts and at other times becomes full of vengeance, takes back the gifts and punishes you?

Would you trust someone that leaves your life in disarray and screws up the world?

If our own lives are crazy, riddled with confusion, fear, worry and pain - what does that say about the God who is in charge?

If we see countless atrocities on the news each day how can we say that God is the Merciful, Enlightened Being, who loves us all?

I found it hard to believe in this kind of God. It didn't make sense to me that a loving God would act so much like a psychopath. I thought that if God caused all the pain in the world and could turn on me and attack me at any moment, then I'd probably be better off without Him.

So, when I was a teenager I closed my heart to the idea of God and went on my way without Him (or my idea of God).

I think this concept of God-who-is-responsible-for-all-things, is the main reason many people abandon traditional religion and seek fulfillment in either science or alternate spirituality.

So why is there so much suffering in the world?

If there is a God, why does God let suffering happen? If God is *not* responsible for all the suffering, who is?

Another way of understanding the suffering and good in our lives is that we are eternal beings ourselves. We are 100% responsible for our own lives and how we react to life.

If we choose to stop blaming God and other people, and take full responsibility as conscious creators of our destiny - we can become far more empowered.

If I eat junk food all day for 20 years, never exercise and watch violent movies on TV all day... then is it fair to say the reason for my obesity, sickness and nightmares is God?

I believe God is here to provide us with spiritual energy, to free us from our negative emotions and ignorance - and by doing so we are able to make better choices ourselves.

God changes us on the inside. Then we change our own life on the outside, through our thoughts, words and deeds.

If something “bad” happens to me, I know deeper down that God is not responsible for it, but God can help me to handle the situation better by giving me peace of mind and inner strength.

It’s how we live our lives and how we handle challenges that create our future. We are not victims, blown about in the winds of some Divine being who is playing dice with our lives.

I believe we can be conscious, co-creators with God in creating the life we love. We have to do the work, but God can love, support and guide us by bringing spiritual energy to our mind and heart.

The more spiritual love, power and peace we feel, the more we are able to change our lives. The God that is real is a God who loves us, cares about us and wishes the best for us.

This God would never hurt anyone and allows us to choose what we do and create our own fortune. God has respect for us and let’s us make our own choices and receive the reward for what we do.

In the end, God may inspire us, but won’t do the work for us.

Only we can do our own push ups.

God helps those who help themselves.

So Who is God?

As we've discussed God is not the same thing as the universe although we can connect with God anywhere *in* the universe.

God is not responsible or to blame for all the terrible things that happen in the world - we human souls create our own reality.

And lastly, we are not God. We are spiritual beings of consciousness, like God, but not God. We are gods, not God.

So who is God and how can we connect to this Being in a meaningful way that enriches and transforms our lives?

Where is God?

Many people ask, “If God is not IN everything, then where is God?”

We can feel the sun on our face even though the sun is about 91 million miles away.

We can feel God’s love even though God is in another dimension all together.

God is nonphysical. We too are nonphysical beings, who are having a human experience with human bodies. We are consciousness embodied.

However, even though we have a body to experience the world, we, the nonphysical consciousness we are, comes from a non-physical world.

We are cosmic travelers. Eternal guests.

We are spiritual beings and our home is a spiritual home. A world of spiritual light. The world of light is the place of residence of all souls. It’s not really far away from us. In fact, it’s here right now all around us and inside of us. But on another level. You can’t see it, but you can feel it.

This world of spiritual light has been called Nirvana, Brahmand, The World of Peace, The Silent Home or Heaven.

It’s in this eternal, vast realm of peace where we connect with God.

This is God's home. It's our home. It's the Source of all we experience in the world. It's the un-manifest world, the mirror of the physical world. All ideas exist in this world and are brought to life in the 3D world.

The world of light is endless. Like an eternal sunset. A Golden pink glow that lasts forever. Why do we love sunsets? Why do we feel at peace when our eyes rest in that Golden-red glow?

When we remember God, we can remember this Golden light.
The realm of peace.

It's here now, all around you on a higher level.
You can't see the WIFI of cell phone waves - they exist on a different frequency.

The spiritual world also exists, and as you remember this vast expanse of Golden-red light, you will find The One.

A shining point of peace, the spiritual sun, spreading waves of bliss in all directions and at all times.

Remember your home. Rest in your home and relax.

You can find the feeling of your spiritual home within you.

Take a few deep breaths. Close your eyes. Remove your focus from the sounds around you to the stillness within. Feel a vast ocean of peace and stillness surrounding you. Soften. Melt. Relax. Let go.

This is where you meet God. As you find the feeling of your spiritual home within you, you can find your connection to the One very easily.

The Spiritual Sun

Just as we require a physical sun to nourish our bodies and the living plants and such of the world, so too, we need a spiritual sun to nourish the soul, the true essence of who we are.

Without this spiritual sunshine, the soul becomes dim, forgets its original nature and experiences great sorrow. To free oneself from sorrow, all one needs to do is turn his/her attention to the spiritual sun that is ever shining and blessing you. This spiritual sun is the light of God, and by receiving these divine rays, your heart and mind can come to peace. You will remember who you are and why you came here. All that is difficult and confusing to understand will be made clear. And, you will be free to bask in the bliss of who you really are.

To connect with the spiritual sun, practice the following method:

Become still and close your eyes. Take a deep breath for 10 counts... pause and exhale for 10.

Soften and relax into yourself.

Now focus your attention on your third eye, the point between your two eyebrows where, you, the soul reside.

Now begin to feel the warmth of the sun on your forehead. As if you were standing outside and basking in the physical sun, so too, receive the nourishing rays of the spiritual sun.

Feel the warmth. The light. And the happiness that begins to bubble up from your heart.

Allow a consistent flow of nourishing golden love to flow into you and nourish your entire being.

You can have your eyes open and keep this connection as you move about your day, while in relationship and conversation and even while working.

You can allow yourself to bask in the rays of the spiritual sun anytime, anywhere.

It is this light that provides you with the strength to know and remember who you are even in a world of souls who have forgotten their true nature.

You can become a beacon of light to light more lights... an awake one in a sleeping world. The more you remember God, the spiritual sun, the more progress you will make. The more good karma you will generate. You are literally lighting your lamp and accumulating good fortune while doing so.

Remembering this presence and receiving the rays of the spiritual sun is your token to enlightenment. Ultimately this is the most important thing you can do.

As you remember this presence, you are colored by the company of God. You've heard before that you are colored by the company you keep. You become like that company. In this case, you are becoming like the Supreme Soul that is God. And this is the best company you can keep.

By keeping God's company you become closer and closer to the stage and presence of that One.

Keeping God's company and remembering your true nature are the basics to awakening and becoming Karmateet; free from karma.

On the Divine

When you realize you are not a person - and that you are light; you are consciousness.

It is easy to connect with the One - who is light, who is consciousness.

It's no longer that you are a separate person - and different species than the Divine trying to make a connection.

You are light and the Divine is light.

You are a soul and the Divine is a soul.

By nature - you are indeed One.

Not in the sense that you are "God."

But in the sense that God is the seed - and you are part of the tree.

By nature of your essence - you and the Divine are deeply interconnected.

The One is your Eternal Companion, your friend and the Source of Love ever available to fill you with Light.

Not because you weren't already full - because God loves you.

“All this is full. All that is full.
From fullness, fullness comes.
When fullness is taken from fullness,
Fullness still remains.”
Isha Upanishad

Inside The Heart of the Divine

The most sacred place in the Universe is inside the Heart of the Divine.

When you are here you feel you are staring the Universe in the face and you've fallen deep into eternity, so deep nothing else even exists.

Your heart feels, "I'm inside the Heart of the Ocean of Love and the Ocean of Love is inside My Heart."

Heart inside of heart merged forever in Love.

This is the ultimate experience.

"I am in God's heart and God is in my heart."

Feel it.

You are merged in the Heart of Divine Love.

And Divine Love is merged in your heart.

Two hearts inside of each other.

This is what it means to be in Love.

This is what your relationship with The One, your Beloved, is all about.

God's Love is Unconditional

*Come, come, whoever you are.
Wonderer, worshipper, lover of leaving.
It doesn't matter.
Ours is not a caravan of despair.
Come, even if you have broken your vow
a thousand times
Come, yet again, come, come.
- Rumi*

Some people may judge us or leave us when we fall.

Other people will kick us when we're down.

Sometimes we may even get so lost, we abandon our own selves.

But The Beloved is always our truest Friend of All.

Our beloved is always ours.

No matter how far you fall or how low you go, The Beloved is always right there.

All you need is an open heart.

And a humble mind.

When you say "My Beloved" from the heart, the Beloved comes to you.

God is Unconditional love.

God is the Spiritual Sun.

We simply need to go out into the sun.

And the light will kiss our face

And bring a smile to our face.

God will never leave you.

Can We have A Personal Relationship with God?

When we think of God, we may still, unconsciously have an idea or feeling that God is somehow radically different than ourselves. We may have been told that God is this big, all powerful presence that permeates the entire universe and can do anything - and we are little people, with these mortal bodies, unable to impact the world or affect our lives.

We may have heard that God is great and we are not. God is big, we are small. God is powerful, we are weak. God is impersonal consciousness and we are personalities who can talk to each other about the weather and what we ate for lunch; God is Big and Almighty and has no interest or ability for conversation.

Even many names for God make a personal relationship seem silly.

If we think of God with impersonal names like The Universe, The Ultimate, Infinity, Life etc. - how can we, as embodied souls with personalities, relate to that?

If we only think of God as a random fuzzy huge powerful energy, we don't feel the same kind of connection we do to our our close friends and family.

The impersonal God is not something we can really relate to. It's like an alien species that we don't understand. Something "out there."

But when we realize God is personal, a spiritual being like us, it allows our hearts and minds to get involved and create a deep, meaningful connection, like we have with others.

So how can we connect with an impersonal God and is God really even impersonal, or can we connect with God like a person and develop a personal relationship with this Being?

Can we connect to God personally?

We believe, from personal experience that we can connect with God and develop a relationship with God that is similar to how we'd develop a relationship with a human being.

One big exception is that God does not have a body, so its more like a long-distance relationship with someone who, although far away physically, is always close to your heart.

When we make the shift from thinking of God purely as energy and think of God as our friend, our Beloved, our Companion, our Mother and Father, Teacher, SatGuru, Doctor, Business Partner etc - we begin to create a significantly deeper and more meaningful connection.

Another difference between God and most other people is God does not have negative traits, ego trips and drama. Nor is God interested in trivia, gossip and the sports scores.

However, God is interested in YOU, the soul and your spiritual evolution and your happiness. God cares about us like friends care about friends, like Beloveds who love each other and parents who would do anything for their children.

How do you feel about having a personal, intimate relationship with God?

How do you feel about God being your friend?

Or your Mother? Your Father, Teacher, Guide and Support?

How do you feel about God as your Partner and companion in life who looks out for you and helps you?

The more you develop this personal connection the more your Companion will be part of your life.

We can't truly relate intimately to an invisible energy like the air. But we can connect our hearts and minds to our Beloved and our Friend. Our Guide and our support.

Our relationship with God is like the perfect blueprint for those same relationships we have in life.

God will be your perfect friend who never lets you down.

The perfect partner who never leaves you or cheats on you.

The perfect parent to look after you and let you go out into the world empowered.

What relationship do you want to develop with God?

Pick a relationship that touches your heart most and connect to God's love *through* that relationship.

As you do this your heart gets involved and a real connection is forged.

In the end, it's best we have all relationships with God as this will improve each and every relationship in our life.

Have you ever tried to open up to a friend, parent or loved one, and they just can't seem to receive you? Don't understand you?

That's ok.

God can. God always can and always will. God is always, in all ways, here for you.

Right now. And forever.

Remembrance At Every Breath

Every moment of our lives we breathe in.

We breathe out.

Feel it now.

Breathe In.

And Exhale.

Let it go.

The breath is constant.

The breath is endless.

You breathe without even trying.

So as you get to know the One, start to breathe in Divine Love.

And exhale peace.

Try it now.

Breathe in Divine Love.

Feel the love and light entering your mind and heart with the in breath.

And exhale on the out breath.

Divine love on the inhale.

And let go of all negativity and stress on the exhale.

Imagine how your days would be if you had this remembrance with each breath.

If each breath took you deeper into love.

And allowed you to let go and release the pain that no longer serves you.

Breathe in the Light.

Hold the breath and say 'THANK YOU' in your heart.

And let go and release on the out breath.

Surrender and allow.

Practice this and notice how your life transforms.

One breath at a time...

In remembrance of the One.

Make God Your Friend

Know that this one is your eternal, most beloved, loyal and trust-worthy companion.

Accept the friendship of God as your saving Grace, your ticket to eternal love and happiness. Your friend to help you in the most challenging of times. The One you can always confide in.

Unlike other friends, God is a friend who is always with you. Forever. God is the one with whom you can share your inner most thoughts and always receive guidance.

Never let go of the hand of God! Always keep holding this One's hand. As you go through life, know that you are never alone. And even in the most challenging of times, God will never let go of your hand. Never let go of God's hand, either.

You can ask God questions. When you're not sure of a decision, simply ask your Companion... your best friend. You can quietly ask in your own mind and heart, and you will receive an answer. Simply become quiet and still and feel the yes or no or simple wise response coming through.

Divine Wisdom is available to you when you keep God close as your friend.

Cultivating a Personal Relationship with God

Bringing God close to you is what it means to have a personal relationship with this Presence. God is only as close as you let this One be. It is completely in your hands how close and personal you bring the relationship. The more open-hearted, humble, honest and courageous you are, the more you attract the company of the Divine.

Start with this simple exercise called “The Pulse” (which can be learned in greater detail in, “The Heart of Presence: 3 Seconds to Being Your Higher Self”.)

The Pulse is a method to open the gates to Divine Presence and allow the Sun of love to flow into your heart.

Like your own breath, The Pulse is your constant companion.

It is a way to experience both profound peace and the love of God/Source.

This is a method I realized, or rather received, after years of striving to stay close to God.

What is the pulse?

The Pulse has 3 simple steps and can be done in three breaths.

I'll explain each step in detail so you can begin experiencing it right away.

STEP 1

1. Witness. Become the Witness witnessing the thoughts, emotions and situation. Notice. Zoom out. Become light and loving.

STEP 2

2. Deep Peace. Rest into the Deep Ocean of Peace within you. The ever-still and silent part of yourself.

STEP 3

3. Allow in the Love of God - the Ocean of Love and the Source of all Love. With a simple intention - connect to this Light and allow this Love to fill you overflowing. Unite.

Once you apply this process and familiarize yourself with it, the whole process can be done in about 3 seconds. You can even do it in 1 second after you've mastered the basics.

Consciousness is fast - and you may notice that you need to spend more time on each step at first. But before long, you can pause at any moment of the day and (sigh).

Witness. Peace. Love.

The Pulse is a powerful way to regularly connect with God and open yourself to God's love.

Witness. Peace. Love.

A Real Relationship

The commonly held belief that God is some esoteric, mysterious figure or a judgmental man with a beard in the clouds keeps people from actually experiencing the most simple and natural relationship available to them.

God is not a mystery. And God is not the Universe.

God is a soul, an energy being, just like you.

God is the Supreme Soul who is ever blissful and truthful, and most importantly, God is your friend.

With one determined thought, I, the Soul, can connect to this Loving Presence.

It's that simple.

God is like the seed of the human family - the seed of the human world tree.

This Divine Presence is the Soul who acts as your beloved friend and your guiding star.

Try this:

One of the easiest ways to communicate with the Divine is to write this Loving Being a letter.

HOW TO KNOW GOD

Grab a piece of paper and a pen, and come to a quiet space where you can meditate and practice the Pulse to prepare yourself.

After reading these directions,

close your eyes, and take some deep breaths - relaxing.

Let the “bird” of your mind discontinue it’s weathering about, and go to rest on its perch.

Become the Witness - detach and expand out.

Fall into a deep space of Peace.

And open your heart to the Ocean of Love.

Now, with one determined thought -

Connect to the Source of this Love.

(There’s no right or wrong way of doing this, all it takes is one determined thought and an open heart.)

Ask him any questions you’d like to - writing your letter to the Divine out on paper helps.

Dear Divine/Companion etc. (Use whatever name feels comforting to you),

— — —Your heart's share/inquiry — — —

And then - sit quietly for a moment as you become inspired with the One's response.

With pen to paper write out what this Loving Presence is telling you.

—

You may discount this idea as woo woo - and you also may discover yourself having a profound experience with great wisdom and clarity coming through.

Writing letters - through your consciousness - to this energy Being is one way of communicating with this Loving Presence. Writing helps.

Try practicing this once daily.

Or, simply practice connecting with this Presence with your mind and heart - and experience the profound Peace that comes through.

And most of all, remember that the Divine is your Eternal friend and Companion - not someone to fear. This loving Presence is the Father/Mother of all souls - and all He/She wants to do is love you.

And all God ever does is love you.

It is up to you to let it in.

When you let in the love, you align with Divine Power.

You are able to let go and release all wounds, blockages and stress.

You connect to Divine Will, which gives you the ability to attain whatever you want from life.

All of your heart's true desires are fulfilled through Divine Grace and nothing is left unknown or unseen.

Mother & Father

Imagine crawling into the arms of a divine parent - one so all-knowing, vast and unconditionally loving, you are immersed in a field of Divine Love.

Feel and experience a blanket of love; a canopy of protection and safety over you. An energy bubble that keeps you safe, nurtured and protected at all times.

This is God as your Mother and Father.

One of the first relationships to have with God is as your spiritual Mother.

We often think of God as only our father, and forget to recognize the feminine, nurturing aspects of the Divine; our Eternal Parent.

When you feel you need guidance, nurturing, love and comforting, come into the lap of the Divine, the lap of love.

Feel yourself immersed in the Divine lap, Mother and Father both there holding you and caring for you.

Mother, nurturing and loving; Father, caring and comforting.

This is a great way to heal and relax into a comforted heart.

Removing Negative Habits

First of all, don't be afraid of your negative habits; God will never stop loving you.

He/She Knows that unconditional love is what keeps a soul growing.

This is a parent that will not punish you, but rather keep loving you and encouraging you no matter what.

To change, think of what God would want you to do. Connect with this energy.

Change happens when you genuinely are wanting to change something, from your heart. Then, God's power can come in and help you change it.

Emerge your genuine and honest wish to change something, and build that energy strong. Your Companion can tell and will help you.

The Love That Will Not Die

“Seek the Truth, for it is yearning to find you.”

There is a love that never ends. One that weaves around universes and shines light and life on this planet. There is a love that encompasses all things regardless of whether or not these things are aware of it.

This love is not actually large. In fact, this Love is in the form of an infinitesimal point of light - a point smaller than we can even imagine. And a point that is more familiar to us than anything else we know.

This point is God.

You see, God is an infinite source of Love - that is accurate.

But how we have come to know this God and this Love, and the misconceptions we have placed on this Presence, have caused great sorrow.

—

Let me tell you a story.

Trees are amazing. Do you know how they grow?

From one seed.

One seed - that is all it takes to grow a large, strong, fruit-full tree.

In the same way, this Loving Presence I am telling you about, God - is the seed.
This is the seed we have all been spiritually born from.

What would happen if the branches, leaves and fruit lost connection with the seed?
Forgot about it?

The tree would die. Sadness and Confusion would consume the whole of the Human
World Tree.

Such is the state of the world today.

By remembering the seed, through practicing “The Pulse,” Peace, Purity and
Happiness can be restored within your own heart and to our planet.

Your Eternal Companion

A heart grows strong with another; a companion. To be alone means for a soul to grow weary, forgotten, empty. We will have physical relationships that come and go. These we can never rely on to stay.

There is one relationship, though, that will never leave you. One that will stay with you for all of eternity. One that is always with you, whether you choose to be aware of it or not.

This is your relationship with your Eternal Companion; the One.

You can think of God, and even begin referring to God as your Eternal Companion.

When you leave this body, and no longer have the experience and distractions of the outside, physical world - you are left with 2 souls: yourself and God.

Know this. Know that this One is with you now, and become aware of your Eternal Companion. Know and befriend this Divine Friend.

When your companion is God, even if you are alone, you will never feel lonely. Contentment will be with you whether you are with other people or not. You will have a steady and stable companion, with you forever.

So make this One yours, own this truth and know that your Eternal Companion is with you, and it is your responsibility to become aware of it. Relationships are a two-

way path - when you acknowledge this Presence, you will begin to experience a consistent flow of love, comfort and clarity.

Know God as your Eternal Companion.

Give your worries to the Divine; Manmanabhav

In your relationship with this One, you are blessed with a very special current of help. Whenever something is worrying you, stressing you out and/or causing you sorrow, you can simply give it to your friend, the One.

There is an ancient sanskrit phrase, Manmannabhav, meaning, offer your Mind to me. Or “be mine with your mind.” Practically speaking, this means that when your mind is swirling and spinning in multiple directions and you feel overwhelmed - merely give your mind to this One. Take your whole mind - and offer it to the Divine. In place of your spinning, hectic mind, God will give you an image of something sweet, such as a flower, to focus your mind on instead.

Practice this now - offer your mind to God...

Let it all go...

Experience a *blank* space...

... And receive a flower, or golden rose in place of your monkey mind.

Notice how almost instantly all of that *stuff* swirling around in your mind is gone... as if by magic. All it takes is your willingness to give it up. Your Companion will take your burdens from you and help you to experience peace of mind, clarity of thought and softness of heart.

It's that simple!

Manmanabhav is like a magic mantra capable of transforming any situation. You may think it's too simple to be that powerful - but rest assured this is possibly THE most powerful practice you will ever find.

And the more you do this the more you'll see the powerful, positive impact in your daily life.

To offer your mind to God also means to tap into God's mind and align with a higher power.

How would your life be improved if you had God's mind?

Imagine you had all God's power available to you and you looked out into the world through the mind of God...

How would your life be different?

How would your decisions be improved?

How would you feel?

What would you see?

How would your having God's mind impact the world?

The more you practice this extremely powerful practice, the more you'll feel the power and peace in your life.

Give it a try for 30 days and witness miracles happen.

The Liberator, The Remover of Sorrow and Bestower of Happiness

Two of the most important relationships we have with God are the Liberator and The Remover of Sorrow.

God isn't here to take away all the good from your life and mess you up! People are good at that already! God is here to liberate you from all that no longer serves you and in return give you love, happiness, freedom and abundance.

God doesn't think like most people do. He doesn't make deals that are win/lose, lose/lose, lose/win or even win/win.

With God you are going to have the most amazing deals ever imaginable. You give all of your old "crap" that is useless to Him. And in return you receive blessings, love, freedom and wealth.

You give one. You take one step of courage. And God takes a thousand steps in return.

All you have to do is take the first step - and trust. All you need to do is choose to give your mind to God and you receive fortune in return.

Whatever suffering you have, give it up and let it be taken from you like a weight being lifted.

We've all been carrying heavy burdens for so long we can barely remember what it was like not to have them. We are tired. We're lost. We're bankrupt.

Give it all to God. And in return receive fortune.

God doesn't want your money. God wants your vices. Your anger, your ego, your greed, your attachments, lust, fear, guilt and shame.

He wants you to stop wasting time struggling and let Divine Will do it for you.

If you want to feel God in your life and in your heart, accept this Being into your life as your own personal Liberator. Allow the remover of sorrow and bestower of Happiness to do his work.

Take the first step and Let Go.

The Beloved

We all want true love, but few of us seem to find it.

Why?

To find true love, within ourselves, and in our relationships - we must first connect with the pure and true love of the Divine.

This One teaches us how to have a pure relationship with others.

By knowing the Divine as your first and foremost Beloved, you will never be lonely, and will not “need” anything from your other relationships. You will be filled up with love from the Divine, and able to give to all of your relationships.

When you receive God as your Beloved, you have so much more to give because you’re receiving true love.

God is our truest and pure original Beloved.

Divine Will

“The will is activated and empowered by devotion, and it responds with inspiration, which leads to illumination by Grace. The personal will dissolves into Divine Will, and the spark that leads to the spiritual search and inquiry is a divine gift.”

“The sage persists only as a vehicle whose purpose is delineated by Divine Will as expressed through the Self. One is merely a witness to the action, which is spontaneous. The body continues to perform like a live puppet and behave in human fashion. Its needs are fulfilled automatically by its interaction with the universe.”

- David R. Hawkins M.D. Ph.D.,

The Eye of the I from Which Nothing is Hidden

Divine Will is not the same as will power. Will power is your ability to consciously focus your energy on your goals. It’s like the match that lights the bonfire and gets things burning. Or like the “tugs” that pull the plane out onto the runway.

These initiation forces are essential to set us up in the right direction.

But if you have nothing except a match to burn, you can’t create a fire.

Will power gets things moving. You may have enough will power to do your practices or give up an addiction for a week.

But will power burns out fast.

That's why we need Divine Will. The Supreme Power.

What is Divine Will?

Divine Will is tapping into the field of God's power. It's your ability to connect to God and receive the energy frequency that has the power to make things happen in your life, that would be impossible at your own level of consciousness.

The narcissistic ego or inner teenager often takes personal offense when it hears names of a Higher Power, because the ego likes to think of itself as the Creator and Source of all life and all good. If it could, the ego would even take credit for the sun rising and the moon going around the earth. It would like to think that all the wonderful things that ever happened to you and all your friends and everyone you know are all thanks to "me."

But in truth, the ego is incapable of Greatness and shies away from it at all costs. The ego wants to keep you trapped in its little cage where it can control the trivial things in life and feel important.

But for you to get the Power you need to liberate yourself from this cage, take off, fly into the skies and have magical, meaningful adventures - you need some serious Juice to get you there.

A single match isn't going to do it.

How can you connect to Divine Will?

Connecting to Divine Will is a totally natural and easy thing to do. It just requires three things.

1. Humility
2. Surrender
3. Yoga

1. Humility.

The ego is selfish, arrogant and believes it's in charge of the world. It believes it can have whatever it wants, rent free, with zero consequences. When we're operating from the place of the ego we are not taking 100% responsibility for our lives, our karma, the consequences of our actions. We take credit for all the good in our lives and play victim and blame others for our failures.

To connect to Divine Will we first need to be humble and give up the childish attitude of the narcissistic teenager ego. We need to accept our human weaknesses and limitations. We need to realize that the world is happening by itself; with or without "me." We are not the person we see in the mirror. We are eternal spiritual beings, witnesses, guests. We own nothing, we are here as trustees and we don't need anything.

2. Surrender

Once we become humble, we are open to surrender to the Highest Good for all. Rather than acting from the place of “What can I get?” We ask, “How can I serve in the greatest way possible?” “What is the Highest Good for all?”

We move from the beggar/prayer where we have a list of narcissistic selfish desires that we demand God give to us - to a humble and powerful position where we start from the place of knowing nothing, being open to Divine Guidance and letting go.

We say from deep in our hearts, “I don’t know what to do or where to go - guide and inspire me.”

This attitude increases our capacity to receive power and overcome our “enemies” through higher consciousness and understanding.

3. Yoga.

The original meaning of the word yoga has nothing to do with challenging postures, stretching and yoga mats. Yoga simply means to unite or join. From a spiritual sense this means uniting the Awareness of The Self with The Divine.

What this means is to focus our mind, heart, body and awareness on God. It means to release and let go of the details of life and fully absorb ourselves into this higher consciousness.

This is where we access The Power. Many years ago, I remember hearing something that touched my heart and gave me a full blown experience of The Power.

The passage said something like this:

“When you are in union with Me, all My Powers are with you.”

In other words, connecting with The Divine and Divine will is not a theoretical exercise. It's a full body, fully immersed experience.

I remember feeling as if a waterfall of love was rushing over me, blasting open my soul, clearing out the resistance and charging my cells with The Power to make profound changes in my life.

Looking back on my own journey, how I went from totally addicted to drugs and distraction to living a super simple, pure, life - like a contemporary monk - was entirely based on Divine Will. Left to my own will power I'd may have lasted a week or a month at most, but no way would I have kept it up for years.

What will happen if you access Divine Will?

Tapping into Divine Will is like tapping into an unlimited bank account that can pay for anything, or having direct access to the most powerful people in the world that can make things happen with just one phone call. Divine will is like having a direct “red phone” line straight to God.

Personal will is the tricycle you used to ride when you were three. Divine will is a personalized fleet of jet planes, helicopters, cars, trains and space ships ready for you to use at a moment's notice.

If you're having trouble making your projects and ideas happen, it is because you're still sitting on your tricycle with your match in hand trying to light up the tug to take you to the moon. Good luck...

Divine Will is your saving grace. It's the elixir of life and the alchemist's stone.

The Mahabharat Epic is one of the most colossal battles ever told. Some say it represents World War III. The stakes are beyond measure. The fate of humanity and the universe is at stake. Before the battle begins, Arjuna (the Hero) can choose between Krishna (The Divine) or Krishna's Army. Arjuna's enemy chooses Krishna's mighty army, undefeated and primed for attack. Arjuna, knowing the power of Divine Will, chooses Krishna (God/The Divine)*.

Despite the enormous odds against him, Arjuna won.

What do you choose?

Will you make your success inevitable?

* It can be noted that Krishna is not actually God, but a divine Human soul. In the Mahabharat Epic, though, Krishna is used to represent God, the One.

Head Vs. Heart

Many people read books and take courses to learn how to make their lives better. But knowing is not the same as being. Knowledge is not wisdom.

Wisdom comes when the knowledge in our head comes down into our hearts and out into our lives.

When it comes to connecting to God and tapping into Divine Will, we need to align our head and heart.

I (Michael) used to be a super-heady person. In my early 20's I thought I had everything figured out. I knew a lot more than most people twice my age and life seemed to make a lot of sense to me - theoretically at least.

But over the years, I began to realize how little I really knew about life. I began to become aware that my head was illuminated but my heart was grey and lifeless in comparison. It took a number of heart-breaks and painful failed relationships, along with a deep feeling of being disconnected to God, before love began to fully flow into my being, enlivening every cell.

These days, when I connect with God, I feel it in my heart. God used to be an intellectual exercise - but now it's a feeling. It's like a warm glow that nourishes my whole body. Vanished are the stale days of force and teeth-gritting concentration that leads to frustration - now peace.

Now when I connect to my Beloved, I simply relax, let go and allow the eternal flow of love that is always present to glide into my soul. There is nowhere in the world we can escape God's love and ironically, the harder we try to force it to come to us through our mind, the further away it seems to be.

As your own relationship develops, you'll find a place of love inside of you that is soft and gentle, yet powerful and unrelenting.

Connecting with God from the heart is like breathing deep, juicy breaths. It's natural and graceful. It's conscious and considered, yet automatic and easy. It takes effort and yet, there's no effort.

The more you realize God is YOUR Friend, and you have a right to God's love, the easier it gets.

Connecting Your Heart to God

We can connect to the Divine with our Minds and Intellect. And this is wonderful. But, to really forge a relationship with this One, we must learn to connect with our hearts.

Many souls of today have been wounded in the Heart. Through our many relationships, we have learned to not trust our own heart. We have closed ourselves to love.

So how, then, can God come into our heart if we have closed it?

We must learn to re-open our hearts. The best relationship to first open your heart to is with God, the Divine. This Presence will never hurt or betray you. You can trust in this One.

The Heart of the Divine

The most sacred place in the Universe is inside the Heart of the Divine...

When you are here you feel you are staring the Universe in the face and you've fallen deep into eternity, so deep nothing else even exists.

Your heart feels, "I'm inside the Heart of the Ocean of Love and the Ocean of Love is inside My Heart."

Heart inside of heart merged forever...

Practice experiencing this.

Open your heart to the Ocean of Love, and let it in. If it takes a minute, an hour, even a week... keep opening. Keep surrendering barriers. Keep letting go, and keep letting Divine love flow in.

Open your heart to the One.

The Role of Grace

“Surrender is a constant process of not resisting or clinging to the moment but instead, continuously turning it over to God. The attention is thus focused on the process of letting go and not on the content of the *what* that is being surrendered.” — David Hawkins

We have to be willing to surrender everything; to give it all up, for Grace to shine through.

We must become an empty cup in order to be filled with the light of the Divine.

When we are attached and clinging, when there is tension, we can't focus and we aren't aware of Grace.

When we are open, detached and humble - the extraordinary Light of our sweet friend, The Divine, is able to come in.

As David Hawkins says above, when we continuously turn each moment over to God, we are freed from worry. From questions of why? and what?.

And rather, we rest in our sweet friend's "lap" - the energy field that is the Ocean of Love.

We allow the Divine to take care of us and we rest in living a detached, easeful life. We become conscious instruments rather than doers.

“If any worry comes - you give it to me and you stay ok,” says this Ocean of Love.

How to Sustain Your Experience

Having powerful spiritual experiences on a retreat or during a period of intense practice is great. It kick-starts our spiritual power and gets the momentum we need to live a spiritual life. But what happens when the power wears off and the practice begins to dry up? What happens when we've spent all we've earned and are going into debt?

In this section we are going to share some tools of how to sustain and develop your relationship with God, make it real and keep it fresh and alive.

The Resistance

Let's get something super clear.

Part of you LOVES your relationship with The One more than anything in the world. And yet, another part of you loathes this Being and is viscerally jealous.

The ego, the nasty side of ourselves, wants more than anything in the world to permanently destroy your relationship with God.

Why?

Because by connecting to The One, you are regaining your power, dissolving the ego and returning yourself to your innate innocence and power.

Imagine if your best friend or lover started to fall in love with someone - and the more time they spent together the more you were ignored. You lost all attention and began to fade and die.

That's how your ego, the negative patterns that rule your unconscious behavior feel about your relationship to God.

Change is hard. Deep change is even harder. By knowing God you are being blasted with spiritual power and frying your old brain chemistry and obliterating old ways of being.

With this, come some disturbing consequences. You have to adjust to a new brain chemistry, where your brainwaves are slower and deeper. You create new neural pathways in your brain that correlate with your new thoughts and behavior. Your unconscious addictions are replaced with new behaviors.

All these things take time and there is a period where you are in “no-mans land.” A desolate place where you’re far outside of your comfort zone and yet you’ve not reached the oasis.

To be close to God and deeply change requires death of the old and re-birth of the new you, over and over, multiple times.

Realize this now and your journey will be easier and more fun.

If you expect to sit on a cloud and play your harp all day, you’re in for a surprise.

The real journey has no map and no precise destination, but as long as you trust and keep your heart open, magical things will happen and everything will work out.

Smile.

It’s worth every moment of it.

The Highs and the Lows

Many people have “peak” experiences where they experience Divine Bliss or Profound Peace. Such experiences can come from going on a spiritual retreat, being with a Guru, sage or teacher, or when we are lifted miraculously from our lowest moments. They can also be brought on randomly and for no apparent reason or in any number of other situations. What is common, though, are “peek” experiences are so beautiful, exquisite, powerful and sublime, they are like nothing we’ve ever experienced before. These moments open us up to what is possible. They blast us out of our “normal waking state” and give us a glimpse into a whole new reality.

The only problem with peek experiences is that when we return back to “normal” consciousness life can seem dull, boring and trivial. The stark contrast between that bliss - and the normal awareness of negative thoughts, details, people and things can even lead to depression and desperation or boredom and escapism.

Drug addicts and alcoholics have a similar problem. The high of the drug is so enthralling compared to the lows of life that its practically impossible to kick the habit. In fact the only sustainable way to give up serious addictions is to surrender to a Higher Power, to connect with God and replace the limited high of the drug with the natural sustained high from God.

However, getting back to that natural high, after the lows of life can be hard. Much harder than taking a pill, drink, smoke, line or a needle - and that’s why so many people are addicted to drugs and so few people are high on God.

How to keep the practice & experience Alive?

Just like any relationship, your connection with God can become stagnant if it's not nourished, renewed and developed.

Have you noticed how few old married couples seem to be super happy to be together after all these years?

There are some beaming examples of true love, but in many cases relationships lead to divorce or if they do stay together the relationship breaks down and becomes bitter and dysfunctional. You can see it and hear it.

There are various ways that relationships either get stronger or break down and it's important do everything we can to make this magical connection stronger.

To start with we need to remember that our relationship with God is not the same as it is with a human being.

Why? Firstly, God is non-physical. And secondly God is not a drama queen, doesn't hold resentments and is incapable of negative feelings, projections and all the endless human emotions that make relationships fall apart.

We, on the other hand, are not as unconditionally loving. And are quite capable of many strange games that make relationships fall apart.

God, on the other hand is always loving and blessing us. God is always available. God is always ready to connect. And God has complete love and acceptance of us, exactly as we are and only wants the best for us.

“Whatever I am, however I am - you belong to me and I belong to you.”

And for us to develop this multi-layered, profound relationship, it's up to us to fulfill our side of the relationship and gradually grow so we can become closer to God, more like God and have a relationship of equality, rather than a lop-sided one.

If one partner is a world class dancer and the other can't dance at all, the dance will be awkward. But if the novice hones her skills, the magic can be seen as they dance together.

In your relationship with God, it's you who needs to step up for the relationship to develop.

So to create a sustainable relationship with God, we need to keep things fresh and take 100% responsibility to show up on our side and stop blaming God if we feel things just aren't working out right. We need to give up fretting about where all the power and love has gone and worrying if God doesn't love us anymore.

We need to realize, clearly, and directly that the whole game rests on us to show up. God is already there, showing up 1000%. Are we?

God won't abandon us, punish us or manipulate us. We're the ones who need to change and learn and grow.

Regular Connecting

The more we connect with someone, the more we get to know them.

What happens when a couple falls in love? They can't bear to be out of the other person's sight for even a moment. They want to do everything together and tell each other about everything they do when they are apart. Sometimes this can border on extreme obsession, but it shows us that we put our energy where our heart is. Who do you think about telling first when something good happens? Who do you run to for support when you need help?

The reason we love the people we love is because we've bonded with them.

You can't say you know someone who you just met once for a few seconds, can you? But what if you lived with them for 50 years and they grew with you and you shared priceless moments together?

In the same way, your relationship to God is sustained by regular communication and sharing your life together.

What happens if you stop calling, seeing and thinking about a best friend or family member?

With no calls, no emails, no thoughts about them or contact with them in any way, you can't really say you are in a relationship with them.

A living, personal relationship means we are in communion and connection with them. Yes, it's true you may get on like a house on fire when you meet them again after 10 years, but during the interval the relationship has not grown. We have the expression "it feels like we picked up where we left off." But unless you've grown with them, you haven't grown the relationship.

The more you think of God and talk to God the deeper your relationship becomes. This is why it's important to have regular times to stop and connect with God. You don't need to be in a special place. You can do it anytime anywhere - but it's good to make special times - just like we make special times to be with people we care about most.

I highly recommend you write letters to God each night before you go to sleep or in the morning, to re-connect with your sweet friend, share your news and get that personal support.

I've been doing it for years and the more I connect, the more I stop, get quiet and go deep, the more my whole life gets better and I feel a closeness and sweetness that's missing if I just ignore this relationship and go off on my own trip.

By writing letters to God and from God back to you - you can free yourself from the "Old God" that you fear - and develop your own, new personal relationship with this truly amazing soul.

Your Creative Partner

Many years ago I started reading *The Artists' Way* by Julia Cameron - a book that helps artists get unstuck and do their work.

I was literally brought to tears reading a passage because it helped me to see that, even after years of meditation and powerful experiences, I *still* thought God was out to get me, control me, punish me and take away my freedom.

I still didn't have trust in God and kept God away from my life as if God and life were separate and God disapproved with my creativity and life and I had to choose either a life of renunciation or a life of action - not both.

Below are the 10 basic principles from the Artists Way. I'm including this because I feel it's essential you realize, that God is your creative partner to make your life better and make the world a better place. God is not against you or trying to stop you.

THE BASIC PRINCIPLES

1. Creativity is the natural order of life. Life is energy: pure creative energy.
2. There is an underlying, in-dwelling creative force infusing all of life -- including ourselves.
3. When we open ourselves to our creativity, we open ourselves to the creator's creativity within us and our lives.

4. We are, ourselves, creations. And we, in turn, are meant to continue creativity by being creative ourselves.
5. Creativity is God's gift to us. Using our creativity is our gift back to God.
6. The refusal to be creative is self-will and is counter to our true nature.
7. When we open ourselves to exploring our creativity, we open ourselves to God: good orderly direction.
8. As we open our creative channel to the creator, many gentle but powerful changes are to be expected.
9. It is safe to open ourselves up to greater and greater creativity.
10. Our creative dreams and yearnings come from a divine source. As we move toward our dreams, we move toward our divinity.

I hope that as you take the time to go deep and connect with God regularly, you will feel a deep sense of integration, peace and inner wholeness - as the part of yourself that you've hidden from God are all brought out into the beautiful light with ease and grace.

Doing this has changed my life and I know it can for you too... if you're willing to try.

However, all these powerful methods don't solve the fact that even if we take the time to connect, do our best to become similar to God and awaken to our eternal nature - we can still face obstacles in our relationship.

No matter how hard we try, life (and your ego) will be playing their game - so what can we do when we've done all we can and we hit a wall?

Obstacles to Connecting to God

Let's face it, the ego, the lower part of us does not really want to connect with God. This part of us wants to keep us distracted, suffering and alone.

It's important to realize this.

But who's in control? You are, right? You, the soul, are in control of your life. You can make friends with your ego; treat it like a child, who just doesn't know any better. And even when resistance and distraction come in, remember God, anyway.

Laugh about your ego with God. Make it funny (because it is!) Let yourself be light about these things and never take anything too seriously.

Remember, the Divine is always with you. This One is giving you support and strength to overcome any obstacle, no matter how big it may seem.

Another useful practice is making an obstacle small - really small. Let your own resistance, challenging situation and/or relationship small. Let it not be so big. Let it not consume you.

Remember the vast power of who you really are. Remember your Companion. And let the situation go.

—

Obstacles are inevitable, so don't get upset. Don't let challenges along the way get to you.

We will always come to plateaus in life. But we must not stay there.

We must go beyond and transcend them.

Practical Recommendations For Leading A Spiritual Life

Many people want to change their lives, but without making time for it, most people get caught up in daily activities. Each day ends up much the same as the last. Years go by and nothing much changes.

One thing I know for sure is that there's no way I'd be where I am in life without taking the **TIME** to go deep, learn who I am and connect with God.

Below are a few practical, tools and tips that we use to deepen our connection with God and create the life we love.

1. Make time for LOVE

If we truly love someone, and want to get to know them better, we will make time to be with them.

If you want to get to know your Beloved, then make the time each day, just as you would with someone else.

Create time each day in your schedule to stop, contemplate and develop this relationship. For rapid progress, we recommend:

- At least 30 mins in the morning for deep connecting
- Stopping periodically throughout the day to re-connect
- 30 mins in the evening to let go of your day and start again fresh.

2. Know Your True Self

We know who we are not, but not who we are.

To get to know ourselves, the eternal YOU, the point of peace, the eternal consciousness - takes time. It's almost funny that we need to get to know our own selves, but after identifying with our ego for so long, we've developed the habit of thinking we are the body we see in the mirror. To change that takes time. Make the time each day to die alive and become who you are before and after death.

Be soul conscious and awaken.

3. Develop A Personal Relationship With God

God is not a random thing somewhere far, far away. God is your friend, your beloved, your companion, your guide... you can connect to God in all relationships. Make it personal. Talk to your Friend as you would a physical friend. Connect to your beloved. Go deep and truly love and get close. Don't be shy, be close and open your heart

4. Give All Your Worries To God

Life will throw challenges at all of us. Challenges can make us stronger, teach us lessons and allow us to trust in God more. When we experience worries and concerns, we can give our mind to God. Manmanabhav means to offer your mind to God, to let

go of the burden, release the suffering and trust that the Higher Good for All will emerge.

Giving up worry is giving up our need to control everything and be open to better possibilities we may not have seen. It means to become humble and trust in divine timing. It means to become mentally and emotionally stable so we can take decisive action and do what we need to do without being clouded with negative thoughts and emotions.

5. Give THANKS to God

When everything falls apart it's easy to come running back to our Companion. But if we only come to God in times of suffering and need, it means we've not fully realized who God is or the blessing that this magical relationship is.

The best connections are in times of happiness, not times of suffering.

Start spending joyful moments in the presence of God. When things go well, give Thanks and Praise for God's company in your life. When you're happy, share your joy with God. When you win, celebrate with God.

We find that the more we say THANK YOU, THANK YOU, THANK YOU to God, the more we feel love in our hearts and joy in our lives.

Make your relationship with God a connection of happiness. Make it a ladder that takes you to the heights of love and life. Not just a rope to pull you out of a hole when you fall.

6. Do Whatever it Takes!

As you've probably realized by now, part of you LOVES this deep and magical experience with God. And another part of you is doing a remarkable job of keeping you distracted, overly busy and too rushed to really go deep.

One of the things that helped us most in our practice was to "remember to remember". We can tap into the Power in a second. But remembering to do it is the challenge.

I realized that I needed to do whatever it took to make sure I remembered to remember. I've had times go off on my watch every hour, to remind me to stop for a moment. I've had a tiny notebook tied around my neck with a piece of string and a miniature pencil - where ever 30 minutes I give myself a score about how much remembrance I was having.

I've set up accountability to meditate and countless other things.

Even though I LOVE the experience and it's easy to do - I've realized that the forces around me to get distracted are not going to just go away, so its up to me to make sure I do whatever I need to so that I remember to connect.

What can you do to make absolutely sure you stay connected?

How can you make your success inevitable?

Ending Thoughts

As we close this book, a new chapter opens. The chapter of you cultivating your close and intimate relationship with the Divine.

Remember, it's easy. This Presence is right there with you, loving you, supporting you and nurturing you all the way along.

It's simply a matter of letting in the love of God.

Letting go and letting it in.

Allow God's love to fill you. Receive the light of the Spiritual Sun. Stabilize yourself in the awareness of being a Soul.

It's a practice. And it takes time.

But do it.

Commit to doing this and cultivating an intimate relationship with your Eternal Companion.

It's the most important thing you can ever do.

Bless you on your special, magical journey home...

Love,

Michael and Arielle

Letters from God

Below you will find letters, channeled messages from the One. These are reprinted from the book “Do Nothing, Achieve Everything” by Michael Mackintosh.

As I Am

Open your heart to Me as I am
Beyond the bodily robes and systems
The eternal One I am exists forever
It's not about the forms you see at all

Go into sacred space
Find the love in your soul
Find the sacred underneath the lies
Beyond the Temple days
Beyond the yogic nights

Let it all wash away from your mind
Let me in to fill your bliss
Let the power of deep peace top you up

A river washing over you
From head to toe
In unconditional sacredness

No rules or laws or times
Just love and peace is mine

Direct, direct
The real source of light
The real source of time
The real source of all you see

Release all preconceived notions
And ideas
And rights and wrongs
And go back home
To be yourself
Go back home to be the one
Go on back to find the sun
Be the one and leave the one
You thought was God
And find
The truth between
And behind
The Thoughts
Inside your mind

Release

Know Me as I Am

Prioritize Bliss

Your life is a precious gift

Use it wisely

Allow for the pause

Between the breath

Sit for a moment

And dwell upon your inner smile

Then act

To stop

And reveal the incognito power

That is driving everything in existence

Means to bring forth truth

Into your time

Doing, thinking, feeling, knowing, speaking

Are all one and the same

Dressed in different garments

Uncloak the truth of existence at each moment

And feed upon the eternal now of love

Energy vibrations in all forms are one
The only distinction
Is the ease with which they flow;
As actions that fall from the sky
Or are birthed with labor pains and blood

Your world of light that exists beyond
Is here as the roots of a tree are
To the branches and leaves

Nothing exists that has no place
In the hands of God

Prioritize bliss
As the king of kings
And disband the days of wondering
And trying to achieve

Is there more ultimate an achievement
Than the profound fullness of
That which is forever?

Can you do better
Than the magnificence of God's table?

Do you really think that your sadness and sorrow

Can achieve anything more than the result of their intent?

When will you awaken to the holy light of truth
That exists beyond all night
And die a birth-less death
And live a deathless life?

Are you here enough with Me now
To accept your own golden truth
And make light of past times gone?

Such is life,
An ocean swell of movements
Energy from a motionless expanse

Wake up now
And see the crystal clear vibrations of truth
Without a second.

Know That which did not bear a child to be real
And all the progeny and lineages to be appearances only

Know thy self alone as light to be there
And see the rest as shadows in the walls of a cave

See through eyes of steel onto the formless forms
And belong to Me

The quiet day and night of mighty warmth
And soulful love

Dwell in Me
And be in peace

You Call This Life

Time will tell the course of your inner life
As it spews up from the corners of your soul
Into the manifest world
Nothing will ever and can ever remain hidden
Relax now in the knowing
All is exactly as it is planned to be at this time
This moment

All details are perfectly organized
To reflect your deeper yearnings,
Attitudes, ideas, perceptions, confusions and knowingness

Without the outer reflection of your world
It would be hard for you to see your own mind
And the inner workings of your soul
Sit for a moment and ponder this

Look about you and see your inner state
As reflected back at you
Through an unlimited fabric
Of objects, colors, people, systems, vibrations

Gaze and ponder this wonder
Recognize your creation
What do you see?
How do you feel?

From where inside of you did this emerge?
Rest assured that all you perceive
Is recorded inside your soul
Inside yourself
Your experience of life would simply not exist
If it did not first exist in the un-manifest realm

You are in fact a walking movie reel

You are spontaneously and automatically producing movements,
changes, moments in an endless stream of multi-dimensional experience

You call this life

You see it as time and space
But from where did the past arise?

From where will the future arise?

Breathe and watch this spontaneous outflow

Of movement in time

It is happening all of its own accord

Watch it

Enjoy it for a while now

Stop

Wait and wonder

Look how you seem to own and dis-own various parts of your experience

If you wake up - you will see all of it as a passing cloud

Not any sense of *I*

There will be no consciousness of doing anything or being anything

Look

Everything you see, feel, hear, taste, sense, smell, touch

Is all made of dream stuff

The person you appear to be

Will one day fade away

And even the memory will cloud over

And vanish

Just as you have experienced

With previous incarnations

Do you recall your last five lives?

Do you feel “I am so and so from this place” anymore?

Not likely

You don’t even remember what was your central

And un-relentless obsession for a whole lifetime, do you?

That previous person is long gone

And barely even a trace of it exists now

Consider your current incarnation as just the same

You are not the name, age, sex, role you see and feel yourself to be

You are the same one who watched

As the others came and went

You were the witness then in those lives

And you are the witness still now

Right now

So then, choose your course of action

What do you want?

Do you want to be obsessed

And lost in a dream player?

Or do you want to awaken

And smile upon your world a golden smile of love and light?

Would you choose freedom or slavery?

Darkness and compression

Or divine light and unlimited wonder?

Take the time to ponder, contemplate,

And absorb this choice

And awaken

You are not who you appear to be

That image will disappear

And you will be left with your Self

Again

You'll discover you are

And always were,

Pure, divine, beautiful light

Breathe it and enjoy

Names of God

Ocean of Bliss

Beautiful One

Being of Light

Beloved

Baba

Beloved of All

Benevolent One

Bestower of Blessings

Bestower of Peace and

Happiness to All

Blissful One

Comforter of Hearts

Companion

Company of Truth

Completely Pure One

Consciousness and Bliss

Constantly Awakened Light

Constantly Ignited Lamp

Creator

Divine

Elevated One

Eternal Companion

Eternal Light

Friend

Giver of Fortune

God

Guide for all Souls

Infinite Light

Living Seed of the Human World Tree

Loveliest One of all

Most Beloved One

Ocean of Bliss

Ocean of Love

Ocean of Peace

Ocean of Purity

Purifier

Satguru

Satnam (name of
truth)

Saviour

Seed

Shiva

Spiritual Beloved.

Supreme Soul

Sweetest One of all

Teacher

True Beloved

True Companion

Truth

Unlimited

Virtuous One

World Almighty Authority

World Benefactor

Zero

Gratitude

Thank you to the Ocean of Love, the One. Without your unending love, this book would not be possible. Thank you for inspiring us to write this.

And thank you to anyone who has journeyed the path of Spiritual Awakening; for it is through your awakened consciousness that it has been made easier for all others to journey too.

About the Authors

Michael Mackintosh and Arielle Hecht are authors, instruments for spiritual awakening and co-founders of Awakened Academy. Michael is co-founder of Superhero Training and Ombar Chocolate.

In addition to the leadership and business services they offer at AwakenedAcademy.com, they also teach free spiritual courses and lead free guided meditations in the practice of Raja Yoga, meaning, Union with the Highest One (God).

Visit RajaYogaOnline.com to join the global meditations and find out more.



References

Excerpts from *3 Seconds to Being Your Higher Self* by Arielle Hecht, and *Do Nothing Achieve Everything* by Michael Mackintosh, were included in this book

Visit RajaYogaOnline.com to Receive Free Spiritual Classes and Guided Live Meditations, all in the practice of having a deeper, more real connection with the One.

Thank You

Thank you. May you always rest in God's unlimited love.

If this book has touched you, please share your experience and write a review on Amazon.

With love and blessings,

Arielle and Michael