



I trust my Beloved to Guide me



Years ago, as a freelance writer, I interviewed a group of Catholic nuns to ask them how they had come to such a passionate knowing that God was real and how they heard "The Voice." Sister Innocent, a small wizened woman who seemed to resemble an apple core, said "He speaks to me in books. There will always be a passage or a line in one for me." I was new to my spiritual path at that time, and I remember thinking, "that counts?" Reading counts?

It never dawned on me that finding a line in a book or a song on the radio or an ad on a passing billboard was my inner voice speaking with me. But now I recognize uncanny timing or poignancy as the hallmark of Spirit. I've also come to realize that the way I responded to those words or

messages at that time was my inner voice. Anybody could have heard that same song on the radio. But not everybody would have responded to it the way I did at the time I heard it. *I knew what it meant to me.* That's inner guidance. I thought I had to have a strong booming voice for God within me or a choir of angels singing to me while I experienced an ambush of colored lights. I have since come to realize that guidance comes as a feeling, a knowing, a recognition or personal coincidence. And it always comes.

The way I learned to trust my own inner voice was to stop discounting it, questioning it, attacking it and negating it. *A Course in Miracles* says we would be in constant communication, but we have put up barriers to this possibility. These barriers are our thoughts or concepts about things. Perhaps you tell yourself: *you can't hear an inner voice, you're not worthy of it, you wouldn't do it right, your voice doesn't count, or you can't really trust what it says, especially if it feels good.* Any limitation you believe in is a barrier to communication.

This week "pretend," if you like, that you are always receiving guidance. Consciously ask for direction or help. Start recognizing that presence, acknowledging it, and appreciating it. Sometimes our guidance doesn't tell us what to do and where to go and it doesn't always solve our problems like an algebraic equation. It just tells us something about this moment. It brings us deeper into the moment before us. It doesn't offer direction like a GPS or lay out a plan like a project manager. Allow wisdom to come to you in fresh and rich ways.

I think of my guidance as more of a butterfly, landing on this hollyhock or that window sill and directing my attention there. Sometimes I just notice the way the light is falling on a leaf and I feel better. Sometimes I just stop thinking about the things that are troubling me. Sometimes an "unrelated thought," as I judge it, comes to mind. These aren't answers I would have recognized in the past.



But now I recognize them as guidance. These moments guide my attention away from thoughts that weaken me and towards observations, insights, or experiences that strengthen me.

In the past, I've called my inner voice "wishful thinking," or "Pollyanna." I didn't listen because I was afraid to trust that I was loved and being led. I feared being impractical. Other times, I didn't listen to an inner voice because I feared what it might say. I only wanted to hear what I wanted to hear. **But I've come to learn that Spirit always loves me and the guidance I receive is only loving and freeing.** It never asks me to do anything that I'm not ready to do. It doesn't force or lecture or preach. It simply loves me where I am, how I am, while inviting me to be all that I am.

There is no special way to contact your Inner Teacher or receive guidance. In the workbook of *A Course in Miracles*, we are encouraged to meditate with the lessons, to train our "undisciplined minds," to think the thoughts that Love would have us think. That's a great way to begin a deeper relationship with Spirit. You will find that while you are listening to the Voice of Spirit, you cannot hear the voice of fear, doubt, guilt, or distraction.

I encourage you to honor your way, whatever that is, of connecting to your Self. For me, I found that journaling rather than "formal" meditation opened me up to spontaneous wisdom. Find your way. You absolutely have one.

A Course in Miracles says that you will know what Voice you are listening to by how you feel. **Spirit's voice always makes you feel peaceful. It always strengthens you.**

This week invite your Beloved to guide you and pay attention. You're going to have an awesome week!



Trust in Action

Your weekly assignment.



Okay, Dear One, here's another chance to trust guidance. Pick one or more of these suggestions and let it guide you where you need to go.



- **Invite your Beloved to speak to you this week.** Allow your Beloved to use any way it wants to speak. First consider or ask, what would you like to call this inner power? What language feels best to you? God, Dude, Holy Spirit, the Comforter, Universal Inspiration, Inner Teacher, Jesus, Beloved, Source, Divine Energy, Friend, Rock Star Self, *Ralph* - or any other term. Does an image come to mind? Would you like to draw or paint or sculpt it? A Course in Miracles is not proscriptive of any particular language. It maintains that the message or essence is always more important than the specific words or "packaging." You might choose to experiment. You might even use your own name with a word like Big or Wise before it.
- **Keep a daily guidance log and field notes this week.** How many times did you receive guidance this week or something that might have been your inner teacher, but you're not sure? Write down the experience. Include every moment where you felt a sense of peace, connection, or love. Even if you felt angry or sad and then you felt just a little bit less so. Guidance does not have to take you from anger to peace right away or from sadness to joy. Instead, you may still feel your feelings, but suddenly the intensity or "charge" is gone. Suddenly, it's okay to just feel sad or to feel wronged or thrown off. Notice what circumstances nurture your connection. Notice how your answers come to you. Is it a feeling in your body? Is it a knowing sense? Is it an image or a word or a sensation? Do you hear a voice? Be an anthropologist in the field and take field notes. Don't dismiss the flicker of peace that you felt. Perhaps it was only two minutes. That's how it starts. Pay attention. The more you nurture that feeling, the more you will develop your access. Two minutes can lead to two hours and two hours leads to two days and two days can lead to two decades.
- **What beliefs do you have about being able to hear guidance?** What do you think guidance can and cannot do for you? Are you willing to let these beliefs be transformed? Give these beliefs to Spirit and ask for help in letting go of any belief that is in the way of being open to your true connection.
- **Take a situation you would like to have guidance on. First** write out what your fear or inner critic would say about this situation. It's important to hear the voice of your fear. Many times you are listening to it and not realizing it's your inner critic, fear or ego, the part of you that feels separate from God. You might think of it as the part of you that is just being "realistic." Now write what the "Voice of Love" would say, even if you have to make it up. What would the most Loving Presence say to you about this situation? Listen and trust what you hear. Sometimes it helps to think about it this way: If you were talking to your best friend and they had this fear or problem, what would you say? Or what would you say to your child, someone you wanted to encourage and assist with all your heart? The Voice of Love may feel awkward at first. But with



time and practice, it will feel natural and far more helpful. For continuous guidance, you might try dialoguing back and forth between your **Voice of Fear and your Voice of Love.**

- **Try this meditation from *A Course in Miracles*.** Get quiet and read this:

"We will try actually to hear God's Voice reminding you of Him and of your Self. We will approach this happiest and holiest of thoughts with confidence, knowing that in doing so we are joining our will with the Will of God. He wants you to hear His Voice. He gave It to you to be heard. Listen in deep silence. Be very still and open your mind. Go past all the raucous shrieks and sick imaginings that cover your real thoughts and obscure your eternal link with God. Sink deep into the peace that waits for you beyond the frantic, riotous thoughts and sights and sounds of this insane world" p.78 (W)

- **How do you feel about this statement from *A Course in Miracles*?**

"As the teacher of God advances in his training, he learns one lesson with increasing thoroughness. He does not make his own decisions; he asks his Teacher for His answer, and it is this he follows as his guide for action. This becomes easier and easier, as the teacher of God learns to give up his own judgment. The giving up of judgment, the obvious prerequisite for hearing God's Voice, is usually a fairly slow process, not because it is difficult, but because it is apt to be perceived as personally insulting." p.26 (M)

Journal for 10 minutes the first thoughts that come to you about this.