



CHAPTER 1

 **Directions from God**

There's an invisible organizing intelligence that we're all part of, and we're all here for a reason.

—WAYNE DYER

Everyone, even a devout atheist who believes God doesn't exist, has a belief about God. You've picked up this book for any number of reasons. Someone told you it was great. You may have heard me on radio or seen me on television. Perhaps you feel lost and need some guidance, and this book says it provides you with some "divine direction." You may be one of the 95 percent of people who believe in God. But who or what is God, and what does God have to do with intuition and bettering your life?

The Many Ways to View God

What's your vision of God? An old man in a white robe sitting on a throne in some vast unseen place in the universe? Do you believe that life is an accident, and you just happen to be here by chance and then you die? Do you believe that when others pray, their prayers are always answered? Do you wish desperately that life came with a set of rules?

Perhaps you believe in a God who passes judgment on you and punishes you for your sins. Or maybe you believe that God has a specific purpose for your life if you could just figure it out.

The first word that comes to me about the experience of God is peace. I feel loved, I feel cared for, and peace comes with that — no matter how difficult the situation.

– Bernie Siegel

God exists? You may have read many books on the subject of God and religion. You may have read none at all. My guess is that you picked up this book because you thought it might help you find some answers.

There is no one truth or right way to view God. Many will dispute that fact and claim to have “The Answer.” Wars too numerous to count have been waged over who has the right belief about God. You will find your own truth within you. That’s where God placed it. We often personify what we can’t see or understand. So for the purpose of this book, however you choose to view or experience God is fine. May you find value here even if you’re a nonbeliever.

I believe that God exists as a positive force in all our lives. I believe that it doesn’t matter how you view God: as a source of life, love, divine energy, spirit, life potential, all-that-is, goddess, universal intelligence, or as a wise old man sitting among the clouds and surrounded by angels. I use many of these terms throughout the book. Feel free to change the ones I use to terms you’re comfortable with.

I am not a biblical scholar or a religion expert. I come from a Methodist family that viewed church as a place we went to on religious holidays, which is to say that I didn’t grow up in a deeply





religious or spiritual home. I've come to my understanding of God through over twenty years of being a psychic intuitive counselor.

Musician Kenny Loggins once observed, "Feeling is God's mirror; intuition is God's telephone." I know from personal experience and from working with thousands of clients that intuition is a ready source of direction available to all of us, compliments of the universe, or whatever one chooses to call God. Fortunately, we all have it, and we are all capable of developing it for practical use in everyday life, as well as for discovering and achieving our life goals.

Many people think of intuition as the domain of a gifted few, even though it's now recognized not as a rare, accidental talent but as a natural skill anyone can cultivate. It's true that some of us are intuitively gifted in the same way that an outstanding musician or artist is gifted. But I believe the world will be a far better place to live when we all know how to routinely use the gift of intuition to enhance the quality of our lives.

Webster's defines *intuition* as "quick and ready insight" and "the act or process of coming to direct knowledge without reasoning or inferring." It is derived from the Latin word *intueri*, which means "to see within." It is a way of knowing, of sensing the truth without explanations. My favorite definition of intuition is from a fifteen-year-old girl who said, "Intuition is like when you know something, but like, where did it come from?"

We've all heard the admonitions: "Follow your heart," "Listen to your inner voice," and "Trust your gut." These are some of the ways that we receive intuitive guidance, and those common phrases make it sound easy. But what do you do when your inner voice sounds like your inner critic or, worse, your inner child run amok? How can you learn to distinguish between your own inner knowing (your intuition) and your deepest inner fears?



A Wise, Loving Source

I believe that each of us comes into this life with a mission, a purpose in life. It's often referred to as a calling. It's the thing that brings joy and enthusiasm. The root of the word *enthusiasm* is *entheos*, which means "God within." But think for a moment about what that really means. When you feel enthusiastic about your dreams, it means that God is speaking through you and saying yes to your goals. The feeling of enthusiasm is one of the ways intuition speaks to us.

I've spoken to thousands of individual clients and students about the meaning of their lives and life in general. I've seen people struggle with concern about being punished by an unforgiving and vindictive God, and I've seen others embrace God as a loving, positive source of comfort and guidance. Others I've known have no belief in God and experience difficulty with the idea of finding purpose and meaning.

My intention in writing this book is not to add yet another volume to the many books out there on the bookstore shelves that proclaim, "I have the answer." My purpose is to assist you in finding your own answer. I believe the key to your

*By listening to the Creator
within, we are led to our right
path.*

– Julia Cameron

destiny resides in your heart and soul. The power I call "God" placed it there, and you can access it through your intuition or inner guidance.

Here are some of the basic assumptions I make about God's role in my life:

- There is a wise, loving, and intelligent energy that I call God. This energy flows through me and all of the universe.
- I may not be able to see this energy, but I choose to believe that it exists and that it has my best interest at heart.

- I believe that God informs me through my intuition about my best and highest direction. This guidance, if followed, will lead me to greater peace and harmony in all aspects of my life.
- When I feel confused and uncertain, I go to this source of wisdom and choose to trust the guidance I receive.
- I believe that God and God's wisdom are hard-wired into our genes and our reason for being. From time immemorial, we have in some way worshipped a higher power. For as long as people have inhabited this planet, there is evidence that they believed in some greater energy, deity, God, or force.

Psalm 46 in the Bible says, "Be still and know that I am God." It's a concept echoed many times throughout the Bible and in other spiritual books. You're asked to wait, be quiet, and listen within to hear the wise voice of God guiding you. Spiritual guidance — intuition — is your soul's compass. It's always there, whispering answers and giving direction. It can guide you to peace and harmony in your life.

We all lead busy lives. We're on our phones, sending e-mails, tweeting, creating "friends" on Facebook. We go into the office early and stay late so we can keep our jobs. We're parents of little kids, and we're trying to make ends meet. Or we're the children of aging parents and so have no time for ourselves. We may tell people with some pride that we're "crazy busy." We have endless to-do lists. So where do we find time to be still and know God?

Take a moment, and think about any significant and important relationship in your life. You make time for it. It may be just a quick check-in by phone or a cup of coffee together. Friendships don't thrive and grow on neglect. That's where finding time to listen to God's voice comes in. Find your stillness in any way you can, and tune in to that still, small voice of God. To do this, take a few minutes throughout the day to stop, breathe, and

listen. Or take a walk and imagine God as your walking companion. Perhaps you might enjoy a daily inspirational message, book, or e-newsletter. Sit quietly and contemplate the message and its relevance in your life.

Prayer is when we talk to God. Intuition is one of the main ways God answers. You'll read in this book about the many ways we receive this wisdom. I would be honored if this book inspires a dialogue between you and God. If you haven't visited with God in a while, consider this a reintroduction. If God has been a constant source of guidance in your life, perhaps you can use this book to go even deeper into this relationship.

Silence is the language God speaks, and everything else is a bad translation.

– Father Thomas Keating

We live in a time of monumental upheaval and change, and many of us are frightened and feel lost. The media have an incredible focus on negative news — the bad things happening everywhere. We're no longer able to trust in the

external powers that we once had blind faith in — our governments, our corporations, our religious leaders and politicians — and we're forced to go within and find the answers for ourselves. When we do, we have the power to transform this world from one that appears to be fueled by pain and suffering to one offering joy, solace, and love. But where to begin? How can you as one person make a difference in this world? You begin in these ways:

- Going within
- Praying
- Meditating
- Visualizing and imagining a world at peace
- Living from a place of love and trust, not fear



- Treating yourself and others with respect, kindness, and compassion
- Listening within for the answers you seek
- Knowing you have the power to transform this world

Divine intuition is within you and responds to your desire for peace in your life and peace in your world. Your job is to listen and take action on the wisdom you receive.

Intuitive Answers

My hope is that you will find comfort and direction in this book. Whatever your belief is about the divine source, you have access to a deep inner wisdom that resides in your soul. Your intuition can summon the answers from this divine wisdom and help you live your life fully with your heart open and your arms flung wide.

The commonality I have found in world religions is that we are counseled to love others, forgive, be of service, and act with humility and compassion. People have experienced God in the wind, in a church or temple, in the trenches of a war, on the street, in a baby's eyes, in the last breath of a loved one, in their cars, offices, and even a bar. God is an energy, an all-pervading spirit. God is truly everywhere — in our waking, our sleeping, and our dying.

Many of the more logical among you will point to the fact that I can't prove God is "right there." Yet I see signs of God everywhere. Universal wisdom resides in the daffodil that knows to blossom in the spring when the earth is warming. God's love is in my neighbor's heart when she arrives with dinner after I return from a long trip. I feel the presence of spirit when I hear children laughing as they ride their bikes outside my house.

I witness the protection of God when my friend gives birth to her son.

Most important, I know that divine wisdom resides in you, my readers. Through your intuition, you can gain enlightenment and direction from all-that-is, which is God. That wisdom is part of you, and though you can't touch it or see it, you can experience it. It's there, and it's real. In each chapter, I've included exercises, techniques, or journal writing ideas to help you access your own fabulous inner wisdom. My hope is that through this book, divine energy will become alive for you, and you may use it to create a life and a world you love.

Ten Questions About God

You may find it helpful to have a journal or notebook to use as you do the exercises. I find it more effective to use paper and pen when receiving intuitive answers. That may simply be personal preference. If a computer or other device is more your style, feel free to use that.

As you begin the book, ponder these questions so that you gain some clarity on your thoughts and beliefs about God. Some of the answers may be clear to you now, and some may become clearer as you read further:

1. What is God? Describe your belief (or lack thereof) in God.
2. Have you ever experienced God's presence? If so, describe the experience.
3. What were you taught about God when you were a child?
4. Are your beliefs the same now that you're an adult? If not, how do they differ?
5. What practices (such as praying, meditating, or going to religious services) bring you closer to God?
6. How do you envision God?

7. What takes you away from God?
8. What is the purpose of life?
9. Do you pray or ask for guidance in some other way? If yes, how do you receive the answer?
10. What do you think God wants you to learn in this life, if anything?

