

A New Awareness

I have been working with a new spiritual insight, well, not new, but very vivid and present in a new way. I am opening to awareness of God inside my body and mind, as well as in my soul. It's not easy to distinguish between those aspects of self and it's not really necessary, it's just happening right now.

Sometimes it's a physical awareness: God is healing the little wounds on my hands. God is in my cells, God is in my bloodstream. God is bringing healing energy into my lungs with every breath. God is inside my beating heart.

Sometimes it's a mental awareness: God is the source of all intelligence. God is in the electrical currents of my neural network, in the grooves of my brain, in the sparks of sensation, in every thought, emotion, memory and inspiration. God protects and informs me by concealing some memories and revealing them when I am strong enough to know them. Consciousness is my connection to God. God is Love. We love because God loves us. Our love for each other is God's love.

All these thoughts I have felt in different ways over the years, and now they are coming together in an awareness of the presence of God in all of me, in every part of my life. Its almost more than I can hold all at once. I find myself trying to edge away from this awareness, this knowledge, and then I feel God smiling indulgently, lovingly at me, knowing me better than I dare to know myself.

This has changed how I pray. It feels like settling into Mama's lap, being held and loved and caressed; listened to, encouraged, inspired and acknowledged. God is inside us. God loves us. God is everything.

Just as visible light is only a tiny fraction of the electromagnetic spectrum, all the forms of energy in the Universe known to the human mind represent only a tiny fraction of God's Energy. The Creator cannot be known by the creation, but the Creator is in every part of the creation. And that means in my fingers and toes, my heart, lungs and brain. Yours too.

Thank you. Amen



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