



**How to Pray for  
and Experience Divine Love**

Compiled and edited by Eva Peck

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**Dedicated to  
our Loving Heavenly Father  
and all His children  
on the way to His Divine Kingdom.**



# **Acknowledgements**

First and foremost, I acknowledge the inspiration of God and the angels to make this book possible.

It has been enabled through the technology available to connect from all around the world to share our spiritual journeys, specifically about praying for the Divine Love.

Thanks need to first go to Beth Mazur and Jesper Sørensen for initiating and setting up this group.

And then of course, thanks are due to all the participants who have shared their experiences – including their struggles – with praying for and receiving the Divine Love.

In order to preserve privacy and confidentiality, all names have been deleted.



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# Preface

The conversations in this book come from the Divine Love Sanctuary Facebook group. The group welcomes all faiths, creeds, nationalities, and spiritual beliefs. Members believe that God exists and that every soul in the universe is loved by God. God's Love is substantive and can be brought into our souls with sincere prayer. This energy is transformative as it purifies and awakens the soul.

The group's focus is to inform and inspire others to pray for the inflowing of God's Love into their souls. The hope is that those who become members might share some of their spiritual experiences and/or ask questions about their journey and soul awakening that others will in turn comment on and everyone can learn and be edified.

This volume contains chapters that focus specifically on praying for and receiving the Divine Love and the struggles and uncertainties that some are facing in this pursuit. Most of this material is also found in one of the four volumes entitled *Experiencing Divine Love*, which in addition contain other more general topics relating to the Divine Love path.

May this book help those who are new to praying for the Divine Love and in the absence of physical feelings, feel unsure about receiving it. May the insights gained from sharing these experiences accelerate everyone's progress

**on the Divine Love path as we all walk, both collectively and individually, toward our heavenly Father's Kingdom.**

## **What is Prayer**

*Question:* What exactly is meant by "prayer"? Do we merely ask God for His Love into our souls, or is there a different definition of prayer? Are there any Padgett messages that define what prayer is?

*Response:* There is a prayer that Jesus gives in the Padgett messages. He says it's the only prayer you'll need but it's also stated in the messages that a short moment of prayer from the heart is better than a long recited prayer. It's more about being present and earnest in your asking God to fill your soul with Divine Love.

Personally, I just talk to God and ask Him for the Love. I find it hard to recite prayers because I find my mind wandering as I do, or just reading words on a page without any feeling behind it. I believe that God would prefer that His children just get to the point and ask Him for the Love rather than flatter Him with pretty words. From what I've read, He wants you to ask Him but you don't have to beg for it. He wants to give it to you and has been waiting for you to ask! It's the best and highest use of your free will, in my opinion.

*Response:* Any request for the Divine Love, be it exhortation, thankfulness, just talking to Him, listening to music, anything that stirs the soul toward Him can be considered prayer.

*Response:* A desire to be impregnated by God's own substance and being prepared to change and be used in His service, knowing that you are valued and loved as His child, whatever baggage you bring with you.

Are there any words which will be enough to encapsulate that great desire to have Him within you? If you need to use words, then let them flow through you. If you wish to inhale His essence with every breath, then breathe deep. If you want to act in His place, then embrace His Love and bubbling joy and share it from the depths of your soul.

*Response:* Prayer is at its heart intention in whatever way that is expressed. The intention of your soul, those deepest of desires need to be focused like a beam of light towards God. If you truly want to receive God's blessings, whether it be healing, peace or that highest blessing of the Essence of God's Soul, then the desire must come from deep within. That is true prayer. Words spoken without

intent and desire do not constitute true prayer, although words may be the outward expression of a yearning soul.

*Response:* For me, it's delving deep into my soul. Really allowing the active energy of my soul to be experienced by my material mind. Knowing who I am, understanding where I've been, and seeing the light of God's Love leading me to where my destiny lies in His Will.

Prayer is where I leave myself fully vulnerable and open, but all the while, feeling fully secure, where I find myself in a state of much higher vibration.

Prayer for me is less about words and more about realizing the connection of Love that is as eager for me to acknowledge as I am to receive. It's a tough feeling to put into words really, but if I had two words to describe it, I suppose I would say prayer is 'holy communion'.

Some days my condition isn't so good, and on those days, I seek prayer in my words, allowing my mind the gratification of thanking God for everything in my life.

*Response:* I believe that prayer is any communication with God. This can be asking for God's Love, praising God, thanksgiving, praying for our needs, or interceding for

others. It needs to be heartfelt and sincere, and can be expressed in words or silence. My website has several [articles on prayer](#) based on Padgett, contemporary messages, or other sources. The Bible encourages us to pray without ceasing, to give thanks for everything, and to praise God with psalms, hymns and spiritual songs.

## **Connecting with God**

*Question:* What in your life holds you back from connecting easily with God?

*Response:* Over the years, many things in my inner and outward life have posed a challenge to my prayer life. Certainly an active mind obsessed with material or emotional issues is top of the list. When life is good, prayer reflects this. If I am upset about something, I feel distant. Sometimes such upsets bring me to prayer. Certainly when I am grief stricken because of a traumatic event, I find great solace in prayer. It is more the day-to-day distractions which pull me away. I try not to make my prayer times the bottom of my priority list, but rather they are first thing. When I set a consistent time and routine for prayer, I am more successful in connecting with God. Of course, asking for the blessing of His Love is foremost in my mind. More than one prayer per day also keeps the connection going. It is when I ignore that inner desire to be close to God, the result is distance. Consistency is very important as is intention.

*Response:* I get distracted by the activity of normal life. Certainly when I'm away from home and helping out my

daughters, I get consumed with the busy life with children. I get distracted when some injustice happens to a family member and upsets them – I get upset along with them. The biggest distraction are the injustices and tragedies occurring daily in the world. In all of these cases, I try to turn to God for help and also return to my prayer routine when I get back home, but it is a constant struggle.

*Response:* My job distracts me from prayer. I have two very busy seasons with work – Spring and Fall. Insanely busy at those times. But I love what I do and have already made plans to scale back.

*Response:* What I really need is a big green light which flashes every time I make contact and a red one when I lose it. I could wear it on my head. Being the sort of person who prefers a smack between the eyes to a tickle, this would definitely help me to retain a connection.

For example: “This is your Maker calling!! Knock, knock. Anyone in there? Knock, knock!” That would be perfect!

*Response:* I used to say years ago, I’d really appreciate a telegram from God.

*Response:* When I lose faith or fall victim to my limitations or limiting beliefs, it is a reminder that I am falling out of grace and reminds me to stay present in God's Light and his Power and Glory.

*Response:* I feel the upbringing in this world, the one that says 'seeing is believing' has a decent amount to do with my obstructions (but happy to report, dwindling obstructions).

Yet, contrary to that, I truly do feel there is much more reality and truth in what we can't see, and still yet, the world perceptions seem to create a force of sorts, or maybe a cumulative deviation, driving a wedge between my inward connection to my true self, and subsequently, to God at times.

I dread to say this is where the 'doubt' (that the angels implore us to graduate from) lives, but I suspect it's a big part of it. I think 'believing is seeing' is where I'm trying to graduate to.

*Response:* I try to stay connected with God whenever I can. Waiting times or times between activities are good times for me to fill with connecting and asking for God's Love in my soul. My challenge is in getting busy and

involved in tasks (being a rather task-oriented person) and then breaking away to pray. I always pray before starting on things in the morning – sometimes even before getting up – so that part of my day is covered. It is the evening that is sometimes difficult, and also when I am getting tired.

*Response:* My denied and unacknowledged emotional addictions and also self-reliance are hindrances to prayer for me.

*Response:* My ego and exaggerated sense of self - importance.

*Response:* Family life can be both a hindrance and a help in so much as the challenges that it can throw up if the other members are not likeminded. However, lessons we learn in life are generally best learnt under fire where everything is put to the test.

When one lets oneself down, however one might regard that to be, then prayer can suffer as one may not feel good enough. Of course, this is the precise time to bring God into the equation as He is there to help in need – not only when everything is perfect.

## **Prayer Practice**

*Question:* What is your prayer practice – how many times a day do you pray and for how long? Do you have a routine of praying at a certain time every day? How long are your prayers? Do you have short ones all through the day, as well as one or two longer ones? Do you find prayer a chore or a pleasure? Can you tell us more about your prayer life?

*Response:* My goal is to pray unceasingly! To commune with God with every breath, every heartbeat. I have a morning prayer with my husband every day, then we typically host in-person and online prayer circles three to five times a week. We have visitors from many far-off places who come to pray with us on retreat. We also have friends and neighbors who drop in and pray with us. We speak at the First United Spiritualist Church once a month and lead a prayer as part of the service. And of course, we love to travel and pray with whoever invites us to come and pray with them! We are actually prayer-holics. Our next book is a 12-step book on prayer! Definitely an addiction. I love the WhatsApp LIGHTBRINGERS chat line to pray with others simultaneously. It's amazing how powerful simultaneous prayers are in online prayer circles!

*Response:* All of life lived consciously is prayer, I believe. Living in unison with all. As one. Breathing life into life itself. Experiencing the world AS God, looking upon our own creation and admiring it all the same.

*Response:* I pray first thing in the morning before the family wakes up in a separate area of our home. And the second prayer time is actually in bed before sleep. Both these prayer times are intentional and filled with the glory of the Divine Substance of our Heavenly Father's Love, with the help and assistance from loving Celestial angels.

Additional prayer times are throughout the day when longings occur spontaneously. These last only a moment.

*Response:* I have my first prayer session for about an hour early in the morning before anyone is awake. I continue later when I am lying in the bath, soaking.

This sets me up for the day and I have heart awareness whenever I have a moment. Driving is a good time and any short moment when I am seated, my mind will turn to the seat of Love and I will ask for more. I work full-time through the week, but there are always moments. When I get back home at the end of the day, if it's warm enough, I will go to the outside conservatory and escape into prayer

for as long as I can. During the weekend there are other opportunities to breathe God in and feel the presence of Love. It is my last thought as I go to sleep.

However, I am not perfect and often miss opportunities especially if I am not feeling so good about myself for whatever reason.

*Response:* I understand desires of my soul to BE prayer. Some prayers are unloving and are out of harmony with God's Love and some do align with God's Love and truth. So I feel that I "pray without ceasing", yet the challenge is to be sensitive to when my desires are unloving. Now THAT fills up somewhat less time than desiring all the time.

But I converse with God like having a running conversation in the background. Interspersed in that is sharing my feelings with God, and receiving answers to my questions via feelings rather than words. And I more and more often remember to stop and let God's input register in my heart, not mind. I look forward to the 8th sphere [Celestial Heaven] where continuous conscious connection happens!

*Response:* I pray first thing in the morning, which sets the tone of my day with prayer and gratitude, and then again in the evening.

*Response:* Prayer is a cornerstone of my life. Since being at it for so long, it has become a reflexive expression to God which is conveyed several times a day. I don't breathe prayer as some do. I certainly do not pray as much as my wife does. A real prayer is settling in for an hour in prayer and meditation, expressing my soul-felt longings and listening to what comes from this. I have good days and bad. If something is really bothering me, it can interfere with my prayer. Sometimes I overcome the distraction and sometimes I do not. Every day is different although the routine remains pretty constant.

A good prayer is when I feel my soul opening to God's Love and the angels feel close. At times I get guidance, visions and downloads, as well as a true sense of peace. There is upliftment always, but not always sustained.

I keep coming back to the well of prayer for God's Love because this is where my soul is truly nourished. For those moments, the flaws of the human condition inside and out disappear in communion with the Divine. It is the

experience that shapes my psyche, informs my day and gives meaning to my life. Without it I'm lost and misguided by my own mind-driven sense of what is. My soul speaks and clarity comes.

*Response:* My current prayer practice comes from having had a Centering Prayer practice for the last year and a half. So I plan for two 20-minute prayer periods, although I have been finding myself doing more recently – sometimes for longer, sometimes an additional formal prayer session. I am still in the place where my prayer is more dry than anything else, largely because I seem to be unable to connect to my own soul perception. In the Centering Prayer tradition, this connection is written about in [centuries-old writing](#).

I've been thinking recently that it's a bit like learning to ride a bicycle. You can intellectually understand balance, but learning to do it is a practice of trial and error. Once you get it, then you can easily return to it. I'm wondering if that's the difference between those who need silence to pray and those who can pray in an MRI machine.

*Response:* I think you were more connected to your soul knowings than you realize! I think your mind and your soul

have been working together for some time. Too bad they don't show us name tags or something!

*Response:* The bike riding theory sounds right to me. Practice and digging deep into soul fervency is the ticket.

*Response:* My normal practice is at least twice per day for 45 min to an hour in the morning and at night, but I also pray any time I have through the day when walking, driving or sitting or even while doing chores. I also feel I am in a state of listening prayer when transcribing or editing. I also pray to meet angels during my sleep state.

*Response:* My goal is to pray without ceasing. The angels pray 7/24. Perhaps we need to rethink what is prayer. Prayer can be praising Him, singing to Him, thanking Him – anything having to do with Him is prayer. It need not be formal – Jesus said in Volume 1, p. 3: “A long prayer or even one formulated into words is not necessary. A prayer may be as rapid as unformed thought, it is just as effective for the Father to catch. The longing is quicker than the thought.”

*Response:* My prayer practice has evolved over the past few years. Currently I've taken the advice guided to me to spend singular time with God, to grow closer in our

relationship. I do this each morning around 5 am, before I leave for work. I come back to our time together again around 5 pm, each session lasting around 30 minutes. These are my deepest soul moments, where I feel the connection and alignment growing with God in a sweet and joyous beauty.

Throughout the rest of the day I find moments while driving, while walking a job site, or while enjoying nature where I often feel inspired to be in prayer.

Prayer has evolved in my life, and will likely continue to as more guidance comes. God's Love has opened up many new doors for me, and as I learn more of Him, I learn more of myself. Such an amazing journey is life, and prayer it seems is the high-speed connection to all that could be.

*Response:* Daily morning and evening before I go to sleep. Also random times throughout the week.

*Response:* My most serious prayer is for one hour every morning. I say little prayers during the day and do Circles of Light usually three times a week. Lots of time devoted to prayer and it brings beautiful results. If I miss prayer for a day, I feel it. In order to be uplifted in the Love, I need to be consistent in my prayer life, otherwise the "human

condition” crowds in and I am a bit on edge. We jokingly call ourselves prayer-holics, but there is some truth to that. The only addiction that is truly good for you. I look forward to my prayer time each day and it is often the highlight of my day. My wife and I sit quietly on a comfortable chair together, play soft music and sometimes say a prayer out loud. We unplug the phone and avoid any distractions. It’s our time with God.

*Response:* Here is what we have on our website under the title: “What is Divine Love? – The Great Experiment”

You cannot truly know what Divine Love is until it becomes a personal experience. Words can’t come close, and descriptions of any kind are inadequate because being touched by God is unique for each individual. It is the most refined form of love in the universe. Everything else, including our own capacity to love, comes up short in comparison. After all, this is God’s own love given through prayerful longing.

God’s Divine Love changes you. Once you have some of it within your soul, it can never leave you. In fact, as you continue to pray for it, it will accumulate within and not only heal your inner wounds and bring you profound joy, it

will fundamentally change every part of you. Your soul, that part of you that is your true self, becomes energized and empowered by this love, affecting every layer of your being including the physical, emotional and spiritual. This takes time and effort in prayer, but its effects are felt soon enough.

We invite you to take part in an experiment of sorts that we feel will help facilitate your own experience of receiving Divine Love. Please follow the instructions below and you are certain to come to know the power and wonderment that is God's Divine Love:

The Great Experiment – how to experience God's Love.

It is important to take time at least once a day to be in quiet prayer, even several times a day if possible.

Find a quiet and comfortable place in order to sit or lie down in prayer. If there is no private place to pray, one can recite this prayer wherever you are and it will have some effect.

Make yourself comfortable. Quiet your mind and ask God to be with you as you relax and focus.

The following prayer may be used as a helpful guide:

Dear God,

Please open my soul to an inflowing of your Love. I am here to be with you and I know that you wish to be with me. Put your light and cloak of protection around me from all spirits and influences that are not Celestial. Bring your angels close and lift me up into your arms of Love and may your Holy Spirit convey your Love into me.

Help me to know and trust you like the child that I am within my soul and help me to go beyond my earthly thoughts to a place of longing and connection with you. May I come to know who I truly am and who you are. May all that distracts me and keeps me bound to the earthly conditions melt away into the light of your presence. Show me the beauty and glory of your being and your Love. Bring me to that profound peace which comes with your presence.

I desire only the highest and deepest touch from you, my dear Creator. Open my eyes and my heart to the truth as only you can give with the blessing of your Love. Change my heart and heal all that is out of harmony with you. Oh gracious God, show me how to truly love and bring me to

sweet at-onement with you. I am here to receive all that you wish to give and that I am able to receive at this time. Amen.

You may wish to add to or edit this prayer to something that is more personal for you but it is important to ask for the inflowing of God's Love into your soul in order to activate the laws of receiving this blessing. Because we have been created with free will, God will not force this Love on anyone but will give it to anyone who sincerely asks for it.

Honest and sincere prayer is vital. The beginner may feel shy or awkward when praying, but if you persist and are consistent in your efforts, the blessings will begin to flow... in as much as our souls are able to receive. Once you experience receiving this blessing, you will not turn away. It is bliss and liberation and much more. Ask from your heart and you will know this Love to be real and powerful. It is there for the asking.

Many feel nothing at first because it takes time to break through the mental barriers most of us have towards this experience. Our consciousness is most often riding on the surface of our senses-oriented mind. In order to connect with God in this way, one must "let go and let God" and go deeper, and that takes practice. That is why it is so

important to keep praying even when it becomes an inconvenience or a chore.

This blessing is worth every effort and soon enough one's personal barriers to God will fall away. Then, rather than a chore, these times of prayer and communion will become the highlight of your day. The angels will be praying with you, always by your side, to help you open your soul and experience an inflowing of Divine Love for yourself. Please try this experiment. It could change your life. God's Love is waiting for you.

*Response:* My most important prayer time is in the morning. This can take several forms – in bed before getting up, in my room enjoying the early morning sun, or on a park walk inspired by the nature around me. I also try to be conscious of God and asking for His Love whenever I can throughout the day. This can be times of breaks between activities, while waiting, or while doing an activity that doesn't require mental concentration. I like to end the day with prayer sometime in the evening or before going to bed or falling asleep.

*Response:* I get up at 5:15 every morning to meditate and pray. It's the only quiet time I can find between work and

family. I soooooo look forward to it! And just talk to God and angels randomly all day long.

*Response:* I pray for an hour every morning and small prayers during the day. I am a “prayer-holic” and love the experience of prayer. It’s become the focus of my life. When I was younger and busy with jobs, kids, etc., I was not so involved in prayer. Twenty minutes every morning and some short prayers during the day. My wife and I now inhabit that sweet spot of choosing when to pray and how often. We often pray in groups, retreats and online. Never get tired of prayer.

*Response:* My prayer time is always short – I can't say it is much more than five minutes – but beautiful. For me the distance between my prayers is very short. My prayer is as simple as the Lord's Prayer or like, “God is Good, Good is God, Hosanna Halleluiah, Love is Life, Life is Love, Halleluiah Hosanna, God is Glory, Glory is God, Hosanna Halleluiah.”

*Response:* I practice a prayerful meditation first thing in the morning around 5 am for an hour to an hour and a half. I combine prayer and yoga so that some of the time I am praying silently, other times I am following my breath and

feeling and following God's creative energy either rise in me from the earth or fall through me from above, and at other times I'm dropping deep into the quiet peace in my heart.

During the day I have thoughts of God whenever I have time and seek opportunities to pray together with others for the greater good.

*Response:* I try for twice a day and anytime I am riding in a car or walking.

## **Use of Music with Prayer**

*Question:* Do you pray silently? Out loud? Or with music, and if so, share your favorites.

*Response:* My latest favorite for when I use music is [Liquid Mind's Meditation album.](#)

*Response:* I usually pray aloud without music. I find using my voice and opening the flow of energy in the throat chakra actually helps to open the heart chakra as well and just helps my e-motion to flow to God. It is similar to the difference between

1. feeling silently my love for a person and
2. speaking the words of love TO that person.

I have also tried voicing prayer with others when they feel stuck or unable to connect or feel they have a very mild connection to God and it works a treat. Even just speaking the Truth of how you really feel in that moment greatly opens the connection from my side to God. For example, “God, I feel unable to connect with you right now ... please help me to feel my block to you.”

The other reason my voice opens the connection is that Truth opens the Soul to the inflowing of God’s Love. So I’ve

found that rather than just using tones, actually speaking your personal truth to God opens your throat, heart and crown chakras. Longing is an emotional condition and emotion is E-motion – energy in motion.

*Response:* For a while, I was chanting with [this](#) before my prayer, but got out of the habit.

*Response:* I play a list of hymns I have learned throughout my life that bring me into my soul.

*Response:* I can't find appropriate music. What do you suggest?

*Response:* I found that anything that stirs my soul/emotion will help me get into a more open emotional condition for prayer. For me that's anything from bagpipes to John Farnham's "That's Freedom" to Judy Collins' "Amazing Grace" to Garth Brooks' "We Shall Be Free". I've created a Soul music folder to listen to – not while praying though.

*Response:* I do love Jimbeau Walsh's music. I listen to it or use it as a mantra until I find a connection with God and then sit in silence. I tried swimming and praying yesterday and loved it, but need to be careful of distractions.

*Response:* I enjoy the "soul stirring" stuff, but when in good condition, I don't find a need. It's for those occasions when it's feeling hard that it's very useful. I have a playlist on my phone that is an hour long and closes with a "soul stirrer" that is also a vocal and thus typically pulls me out of trance, but not always. For the bulk of the tracks I use "Healing Touch" by Nadama which many of us use. It's instrumental, nice enough nothingness to shut out the world, but not intrude. The closing track is awesome – "Blessed Always" by Donna De Lory.

Nadama has a few albums, but we like that one best. I use my phone as I can manipulate playlists and create playlists for shorter meditations than an hour.

*Response:* We use the Nadama Healing Touch CD. Every day, maybe three times a day. It sets the mood and since the CD runs for an hour, we know when an hour of prayer is up.

*Response:* I usually pray outside and out loud, whether in rain, storms, sleet, snow, 20° or 98° temperature. But that's where I find God.

*Response:* My apologies to all the pray out loud folks! You know what they say about learning something new.

*Response:* No, apology necessary. I'm not sure why I feel more comfortable praying out loud. I was going to give you a good reason why, but can't think of one. Maybe because I have few human people to talk too, so just talk to God out loud.

*Response:* Don't know if my heavy breathing from time to time equates to music!

*Response:* Heavy breathing during prayer is probably music to God's ears.

*Response:* I prefer praying silently. I may be wrong but I think the best form of prayer is quiet prayer and that is what is recommended in Matthew 6:6-7: "But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words."

*Response:* They didn't have MP3 players 2000 years ago!

*Response:* So now you need one to able to focus when you pray – lol!

*Response:* No I don't. I don't "need" anything. But I prefer a consistent non-interfering background to block out the world around. I regularly pray an hour at a time and have been known to go over two hours. If it's not for you, fine. But I have been doing this for 20 years now and it's my preference because it works best for me.

*Response:* Beautiful. People should always do what works for them and possibly gives them joy.

*Response:* There is no right way, but only what works for you, my friend.

## **How to Effectively Pray for Divine Love**

*Question:* I have read Vol. I and begun Vol. II of the messages [*True Gospel Revealed Anew by Jesus*] and so gleaned a bit about how to obtain the Divine Love. However, how does one pray earnestly, with soul longing, etc.? I've been praying the Prayer Perfect and others, but it's more like a recital than what the Father requires. I've never been any sort of prayer warrior and my prayers have always been of the sort that never rise above the top of my head. I fear that I will miss out on the greatest gift in the world. Sure, in my "mind" I'm seeking this Love, but lip service won't make the grade, so to speak. I had an experience yesterday and cried like a baby in prayer, however it was more like a release of some old baggage. I've read that "you will know" when you've received it. However, I also read that it can come incrementally. Does anyone have any constructive advice?

*Response:* I am no expert and indeed I don't know for sure that I'm receiving Divine Love but here is my practice: I put on ear buds and play hymns that bring me to a place of peace. I then mentally ask God to open my heart and soul

to His Love, to protect me from bad spirits, to fill my soul with a great inflowing of His Love, and if I have blocks to guide and help me to remove them. Then I focus on God's energy and Love coming toward me as I continue listening to the hymns with my eyes closed, usually for 45 minutes to an hour. Everyone is different and finds what works for them but that is my practice.

*Response:* I believe soft music that sings to your heart opens you up to such love and the door to God's heart.

*Response:* I always listen to gospel after I'm done with my devotionals, then I listen to it in my car on my way to enjoy my day. Sometimes I will sing of my love for Him.

*Response:* From my experience, there are two requirements to receive Divine Love: 1) A *pure* desire for it and 2) Being aligned with truth as much as you understand it.

God responds to what's happening at the feeling soul level, not the head affirmations. So the elements of authenticity, sincerity, desire, and intention are very pivotal to receiving God's Love.

It took me a couple of years to grasp what “pure” meant. It means untainted with demand or entitlement or unloving motive. For instance, if you desire God’s Love to help you not feel your blockages to love, feelings like grief, anger, impatience, etc, are examples of emotional addictions that we are trying to get God to meet when people won’t. God created the Law of Attraction to *require* us to feel our suppressed “old baggage” feelings.

I would venture to suggest that your releasing the old baggage came about because you have awakened a desire in your soul to be free of those limiting beliefs.

Beliefs are not thoughts. They are emotional. And once an emotion enters your soul, the only route out is to fully experience the feeling.

I feel the soul is a torus form made of emotional energy which will outlast the physical body *and* the spiritual body. Feelings enter this torus and the original design is for all feelings to make the full circuit of the torus flow. (You can find an animated illustration of this flow on YouTube.) Then they expand us with added wisdom.

What this torus is *not* designed to do is to store feelings. So if we desire to not feel our childhood griefs and terrors,

the torus creates what I think of as energy clots, tied off with limiting beliefs. These become infected and toxic with unloving layers to keep them from returning to the natural flow and release.

So getting emotionally sensitive is the prerequisite to getting aligned with truth. If I have a pure desire but am not in alignment with truth, then I will not receive more Divine Love until I keep experimenting and find out where I'm out of alignment.

For instance, once I was desiring what I call a God's Love Supplement (better than an energy drink, by the way). Yet I was harboring resentment towards a family member. I had to feel the lesson of how I wasn't going to get a waiver to avoid emoting out *why* I was holding onto resentment. Once I freed up that particular energy clot, I then received the dose of Love. And if I desire it, that dose of Love can contain God's Truth about that particular topic.

I still have literally thousands of these energy clots to address. So technically I am out of alignment with God's truth on many topics. How can my soul receive Divine Love? Because God is aware of the mathematical equation of my soul at any particular moment, and every emotion

like intention, desire, error, faith, humility, etc, has a mathematical measure. His Way is to make me aware of where I need to get back in alignment with love.

Yet my soul would not survive if He demanded that I deal with all of it in one episode. Like babies developing into toddlers developing into children, we incrementally learn to roll over, crawl, toddle, walk, run, with a loving parent giving us assistance as we need it.

I find that the feeling of entitlement is a big barrier to receiving Love. Entitlement to holding onto anger, fear, demands, expectations, investing in the facade self, pandering to the damaged self, pandering to other people's emotional addictions — these are out of alignment with God's Truth. Desire Truth above all other things and be humble to emoting out whatever surfaces to your consciousness. You are in a partnership with God and your guides. Develop reliance on doing things God's Way.

Here's a scene my son sent me of [Hook clock-smashing scene where Jack destroys his father's watch](#). To me it demonstrates the authenticity required to get aligned with truth. Jack is breaking the spell of his facade self of being a "good child", admitting what actually hurt him as a young

child and getting it *out*. One caution: express feelings without projecting them *at* anyone. Your grief is your grief; your pain is your pain. Ask God to help. He's the expert helper.

*Question:* Why when I pray to God for Divine Love do I feel like a child begging for a piece of candy?

*Response:* Well, if it were me, this is what works for me: admit to God that's what you *really* feel even though you *think* you are supposed to be feeling something else. And how do you feel about God's system? I had to fess up that I felt it was an unfair system that had me being born into such a dysfunctional family. Once I got that out, I could start to sense God's truth about His system.

God desires a relationship with our *authentic* self, not the facade self, even when we judge the authentic self to be undesirable.

Truth will set you free. Literally. Especially ugly truth when we first get on the Divine Love Path. There's a backlog of feelings we've suppressed *because* we put them into the Pandora's box of "not allowed" feelings. You got to start letting those out, experiencing each one, getting the gifts locked inside them. At first it seems that all you get are

unpleasant ones. It took me about 15 months to start emoting out the joyful feelings I'd been suppressing.

*Response:* I'm starting to suspect that if you don't feel like a child begging for a gift from a loving parent, it's either your ego thinking that you can do this without God's help, or it's shame or fear that you don't deserve the gift. I read in a charismatic Catholic context something very close to 'desperation + expectation = space for the Holy Spirit to act.' I think that you could substitute 'desire' for 'desperation' in the first part, but I think that you really have to work on the 'desire' aspect. I don't suspect I'm alone in finding that material comforts here on earth can distract one quite a bit!

*Response:* I just joined this group, and through the messages I've read, discovered that I really know very little about anything. My grandmother taught me prayer to God and I've always had God in my life. But very rarely went to church, never read the Bible, and never really knew Jesus.

All I really knew is what I would hear from the Christian group. That there's one heaven, one hell, the Bible is the only truth, don't ask questions, just do what the Bible tells you. With a busy life, I never took the time to discover

anything else. Just thought it all simply as if you're good, you go to heaven, if bad hell.

Six years ago, I discovered Sylvia Browne, and did my eyes ever open up! Then my husband in life came to me in spirit. This was unimaginable just last year. Looking for some truth why all of this was happening, I discovered Divine Love. A few months before this, I went through an ordeal, where I was begging God for help, and although it took a while, God got me through this. With this I really discovered a part of God I really didn't know.

I'm not sure I can explain to you what I feel. But I believe I had to start from scratch, and have. I have asked God to forgive me, asked for healing of my negative feelings. Asked Him to open my heart to seek more knowledge of Him and Jesus. Asked him to prepare me for seeking this Divine Love.

I believe all this is a desire, a sincere desire from deep within the heart and soul. Something that grows within you, as you talk to God. I believe when you cried, you opened up your soul to God, and He has come into your heart. When I discovered Divine Love, I was speechless as to how large [God is] and how God rules this universe. It's

beyond my imagination. Blessings to you. Give it time, you will find your path to God.

*Question:* It seems that Jesus "as God" was easier to relate to having been in human form and all. The Father is like some nebulous being far away and therefore communication with the Almighty God, as I kind of see it, is not quite so approachable.

*Response:* We have deep injuries from when our parents did not love us unconditionally and we naturally project onto God the feeling beliefs we created back then. They function as blockages to being vulnerable to God's truth and feelings. Those injuries need to be experienced fully to be released. Once you've cried out all the hurt caused by your parents, your soul softens in tandem to trust in and receive from God.

However, you need to ask God's help in the healing as well. And part of that healing may well be patience. I found this quote in Glenda Green's book, *The Keys of Jeshua*: "Do not be anxious or in a hurry for the full manifestation. It may come in the twinkling of an eye, or as a rushing storm. On the other hand, it may grow steadily as the grasses of

the meadow. Remember always that your desire, as great as it is, is actually God's desire in you."

This releasing and healing *can* be done self-reliantly, but it takes a lot longer and is less effective. That's the natural love path way. On the Divine Love Path, we must engage our will to be humble to our true feelings and beliefs and do it while desiring and trusting in God to help us. Once we have voluntarily lanced the boil, God will extract as much pain as we are willing to let flow, which often means being overwhelmed with that feeling.

I'm not referring to effect emotions. It is possible to get stuck in a loop with those and that was my experience with talk therapy. What I'm referring to are the root causal feelings. Effect emotions will alert us that there is a root feeling ready to move from a stuck condition to a flowing condition. We often are frightened of being overwhelmed, so we control it. And oddly enough, many are uncomfortable with being overwhelmed by God's Love when it's entering their soul and so they literally cut it off.

*Response:* From what I read, Jesus told us, that "if you've seen me, you've seen the Father". True or not? I think if you are sincere, from deep within your heart, God

is very approachable. I believe that God wants to see how sincere you really are, how much you really want to have his Love, so have patience with Him as he has with you. If you stop praying to Him, he'll feel you're not sincere.

*Response:* I have spent months going through all my hurts and pains in sincere talk with God. I believe these experiences are helping me to grow in spirit and bringing me closer to God. I've read, "When the soul is ready, a teacher will come".

*Response:* I believe the point is that you cannot pray from the intellect / recite a rote prayer. You need to pray from the heart and soul. And you pretty much just have to keep doing it, even if you don't think you are doing it right.

Here's another quote from Glenda Green's book *The Keys of Jeshua*: "Make no mistake. The yearning you feel is because the Holy Spirit is already moving through you. The desire enlivening your heart is the same eternal energy that moves the stars and galaxies in their orbits; the same Power that keeps the earth in balance, and the birds in flight. So do not strive, worry, or be anxious for the Presence of God. This is what I mean when I say that you must learn to wait on God. You cannot force the inner revelation, for it will

come of its own power. It will come from on high, in its own time as the descent of the Holy Spirit. Therefore, prepare yourself in silence, in cleanliness, in listening, vigilance, and patience. The Spirit will come and teach you all things.”

*Response:* I started with the prayer I found in *True Gospel Revealed Anew*. I'm with you in feeling like this prayer seems so much like a recital. Now, the Lord's prayer brings me to tears and opens me up completely. I mentioned this in a post not too long ago, about my feelings with the Divine Love prayer and was told to use whatever prayer I felt deeply about and then ask for the Divine Love to come into my heart.

I think we each know what prayer, whether a written prayer or just one from our heart, will bring us to God. I think you're trying too hard – take it easy. From what I heard, it takes time for this Divine Love to come to you. But maybe you need to be more alert with your feelings to discover it, you may have already been given a titbit of this Love.

I had an experience that tells me that whatever prayer you use, if it's sincere, really sincere, God will come to you, with all you ask for.

*Response:* The best stuff is the things that have no words to describe. We try, and that's good, it motivates others to have the same experience.

*Response:* This question was top of my mind during my early steps in the journey too. I'll share my perspective on it, and please understand it is just my perspective, and to each soul that offers perspectives, the guidance may be somewhat different.

I too felt at some point that merely reciting the Prayer Perfect began to feel more routine and habitual, than a sincere and true longing. It was at this point that I realized that this Prayer was more of an entry point for my soul to begin to receive God's Love, and as time progressed, my prayers to Him became more personalized and intimate.

For me, the big question I seek to answer within is 'why do I want this Love?' From that simple question, I'm able to see myself in all the flaws that I carry with me, and if I'm ever to be a true child of light and to serve in the greatest capacity possible, I need to be cured of my disharmonies. So in answering 'why I want God's Love', I learn that I truly 'need' His Love, and it's the combination of wanting and needing that opens me up to the longing. With the gift of

free will, we must first decide we ‘want’ to live a life of service, and after that decision, we come to understand we ‘need’ His Love to fully come into the light.

I truly want to serve our Father’s will, and I truly need to receive His Love to achieve this goal and reach the extent of my destiny potential.

The key for me with longing is knowing who I’m trying to be, and realizing that I’ve found the greatest Love of all that can help me get there.

*Response:* Pray without ceasing, praise Him constantly, let the words of thy mouth be the meditation of thy heart. Tears are the soul's way of washing away all the dirt and sin of the past. Being emotional means your soul is awakening.

*Question:* Too often I feel like I'm just talking to myself.

*Response:* Don’t talk, just yearn. The language of love is silence.

*Response:* God hears you. He knows what you’re going to say before you say it in words.

*Response:* The soul expands through “overwhelmment”. I’ve still got plenty of error-feeling-beliefs stuck in

me that will have their turn overwhelming me, yet in the span of a day I now have many more pleasant emotions overwhelming me. I feel it is God's way of coaxing His children to mature, stretching the soul's desire and will for the next increment of growth. Overwhelm melts the barriers so we can pass beyond them. It increases our sensitivity to the nuances of beauty, truth, imagination, etc.

*Response:* It's been a long tough haul for me, but I now count it all joy for I believe that it was the terrible pain that led me to Him. The joy the Divine Love has brought is inexpressibly sweet.

*Response:* I feel for you. I, too, was deep in the hells, in intense emotional pain, suicidal, and I credit that experience with being the impetus that keeps me launching myself each day into the next lesson, the next freedom. Sometimes my intensity is "off-putting" to other people, but I just figure they didn't descend as far as I did. I pray for grace, tenacity, and sensitivity to the love coming toward me. Let it in even if it makes you bawl.

*Response:* In the case of finding the Divine Love, the end will justify the means every time – as long as the means is loving to yourself! Being in truth is the most loving thing!

*Response:* I don't mind going through hell if it leads to Heaven and hell makes me appreciate Heaven all the more. Only those who have gone through hell can understand this! "I will look to the hills from whence cometh my Help. My help comes from Him." (Psalm 121)

*Response:* Back to the original question of this thread, how to effectively pray for the Divine Love, I do not believe that God withholds His Love from anyone. It is not a matter of worthiness but of receptivity.

We all start on this path from a place of, to some degree or another, a mental understanding. Our expectations are formed by the information gleaned from Padgett or elsewhere and the sharing of others. It all becomes a pretty steep order to fulfill and most feel inadequate to the task. So recriminations come up, a sense of unworthiness, etc. These are all reflective of our mental machinations and doubts that come when trying to accomplish something new and challenging.

*God never holds back*, however, it is our struggle to get through the concepts and restrictions of the mind which, for most of us, is blocking the intuitive flow of the soul. The consciousness of soul is a very foreign awareness to many

of us brought up to revere and cultivate the faculties of the material mind. The world rewards us for this over and over again. The world does not reward us for our feelings and spiritual life if they do not fall into well-worn paths of understanding.

So, on many levels we find resistance and doubt whether we are aware of it or not. Your heartfelt plea is a reflection of how we all have lost our way to God. Yet we know within ourselves that there is something out there worth struggling for. We have felt some inkling of what is waiting for us. And yes, in this wayward world, such treasures can be exceedingly hard to obtain.

A precursor to the experience of Divine Love is everything that you describe about getting there, and usually only the strong and persistent make it. It's not because God makes it too hard to receive His Love, but we are so caught up in the material plane that these earthly conditions draw us away time and time again.

I believe that we have all been there. The struggle is personal and internal, but it is never because you are unworthy. It's because we have all kinds of diversions like

making our way through a maze of our own making. You have the assistance of the angels to help you through.

Your intense feelings indicate a strong desire and longing to go there. It is now a matter of persistent prayer and patience and this is what faith is. I guarantee you that that hoped-for breakthrough will come in time. You've set the wheels in motion but on this earth plane, the most common response is that it takes more time than what most of us want to invest. The Laws of Love always work in our favor if we exercise our faith in prayer.

*Response:* I will just add my personal experience when I started on this journey about 20 years ago. I gave myself three weeks. I tried three times a day using the Prayer. I was not getting anywhere till I had an inspired thought. I recognised that my "attitude" to God was wrong. You have to extend *love* to God, and for many of us that's hard because God seems very distant and an unknown.

So I spent five minutes thinking of what I love more than anything in the world. After getting a lovely warm feeling about it, I switched to thinking of God. It worked immediately. In point of fact, no words at all were necessary for me to feel the Love.

Later I realised that you have to train yourself, probably the mind, to allow the soul to do what it does naturally – reach out to God. Once you have learned this, it's easy.

*Response: The Cloud of Unknowing* (a work written by an anonymous monk in the 14th century in England) has these instructions:

“This is what you are to do: lift your heart up to the Lord, with a gentle stirring of love desiring him for his own sake and not for his gifts. Center all your attention and desire on him and let this be the sole concern of your mind and heart. Do all in your power to forget everything else, keeping your thoughts and desires free from involvement with any of God's creatures or their affairs whether in general or particular. ... And so diligently persevere until you feel the joy in it. For in the beginning it is usual to feel nothing but a kind of darkness about your mind, or as it were, a cloud of unknowing. You will seem to know nothing and to feel nothing except a naked intent toward God in the depths of your being. Try as you might, this darkness and this cloud will remain between you and your God. You will feel frustrated, for your mind will be unable to grasp him, and your heart will not relish the delight of his love. But learn to be at home in this darkness. Return to it as often as you

can, letting your spirit cry out to him who you love. For if, in this life, you hope to feel and see God as he is in himself it must be within this darkness and this cloud. But if you strive to fix your love on him forgetting all else, which is the work of contemplation I have urged you to begin, I am confident that God in his goodness will bring you to a deep experience of himself.”

This text is what the monks of St Joseph's Abbey in western Massachusetts used as the basis of Centering Prayer – after they tired of westerners stopping by looking for directions to the nearby Buddhist meditation center!

*Response:* I appreciate your humility and honesty in asking this fundamental question of how do we pray earnestly with soul longing. The wonderful responses are valuable to me, too, though I am not a “beginner”. But every day I find I must renew my relationship with God through prayerful reconnection with Him, so the distractions of the world, the error of my thoughts, and the turmoil of my emotions do not become more “real” to me than God’s loving Presence.

I do this by feeling my yearning for God, my love and gratitude for God, my desire to feel His Love. Sometimes it

takes me a while to let go of the mental/emotional stuff and truly listen for God's Presence and guidance. With every prayer, my faith that God truly is with me (and everyone) grows, even when I am not fully successful in reaching the peace and stillness in which I feel God (and/or His angels). Even after years of praying, I feel my spoken prayers never capture or convey what is really in my heart and soul. But I keep at it, as a practice in talking to God.

*Response:* Here's a [prayer Confucius suggests in one of the messages received](#): “My Heavenly Father, you can heal me, I know this. I know this from the very depths of my being. You can heal me with Your Love, touch the very center of me, those tender and hurting places within me and heal me, bring relief, your soothing Love wiping away the pain, and the tears, the wounds and the fear. Bring me joy, dear Father, joy that is boundless, joy that is everlasting. Redeem my soul, bring me into at-onement with you, beloved Soul, my Father, and may I know the peace that passes all understanding, that deep well of peace that I may carry wherever I go.”

## **Commitment to Praying for Divine Love**

*Question:* How strong is your commitment to receiving Divine Love? It seems that in order to really benefit from this prayer practice, one needs to be consistent and dedicated to it. It's not a casual thing, or at least there needs to be a strong desire to receive the Love and feel its effects. I'm not suggesting that one needs to think only about Divine Love, pray for hours of the day and be holier than thou. Rather it becomes an integral part of our day and a pleasure to our soul. Do you agree that the Divine Love reflexively becomes a living part of our daily life and easily entertained in thought and prayer? Have you found it to be a true pleasure and gift to your lives and do you recognize that you have a deep soul commitment to it? If so, how long did it take you to get to that place of integration and joy? Did this recognition come slowly or as a sort of revelation? Do you think that you could ever turn back from that place of soul recognition of this truth?

*Response:* So many questions! I dedicate the early morning to my meditation and prayer every day for at least

hour at least. It is something which I now look forward to and enjoy.

I knew I would if I made the commitment and created the habit and it has been so.

Aspects of this search have permeated my life, but over the last few years it has become much more focused and sustained. Whenever I have a quiet moment, it is on my mind in one form or another. This is assisted by the energy I have running through my system which is a continuous reminder to me of a growing potential.

I am trying to remember when this last effort began, maybe five years ago, and half that for Divine Love.

So would I stop? I hope not. I think I am in for the long run, or as long as I am given. Let's hope so.

*Response:* If you have but a drop of Divine Love, your soul has all eternity and will never stop seeking more (although efforts may slack off for a time.)

*Response:* I was reading a [message](#) on this very thing today: "But when the Divine Love enters into [the soul], and it becomes permeated, as it were, with the Divine

Essence, then it takes on the Divine nature of the Father, and to the extent that it receives and possesses this Love, it becomes at-one with God and ceases to be a mere image, and becomes transformed into the substance.

The soul in this condition is altogether a different entity from the soul in the condition in which it was created, and no longer is subject to the dominion of either the mind or of the animal appetites and desires, and, hence, the spirit possessing such a soul is, in essence, a part of the Father, or as Jesus said, is in the Father and the Father in it. ...

But when once the inflowing of the Love commences, it continues eternally. Although there may be times of stagnation and apparent loss of this Divine Essence, yet always is the transformation taking place, and at certain stages in its progress, the possession of this Divine Love will be so great that the original soul, or its original qualities will entirely disappear and leave only the new qualities which the Divine Love has implanted in it. The leaven when once deposited never ceases to work until the whole shall become leavened."

*Response:* I know I have discovered it needs to be daily, even if my prayer is only 10 minutes. When I drift, I feel the

difference. I am a much better person when I pray and ask for Divine Love daily. I miss the connection when I don't.

*Response:* My prayer commitment is daily, usually an hour in the morning and other commitments. We call ourselves prayer-holics. I am committed to this path, it came with a knowing and burning in my solar plexus when I was told about it, but my mind took more time to accept it. That was many years ago now. It took some time to fully integrate these truths but when I got it, I was fully committed. There is nothing like God's Touch of Love in all the world. I settled for the highest and best.

*Response:* I believe that daily commitment is essential - for me, formally morning and evening at least 15-20 minutes, with very short prayers throughout the day as opportunities arise. I have been in a Christian prayer practice for 50 years, though not always specifically for Divine Love.

*Response:* I can do with a lot of natural love first, despite all the imperfections of the participants.

*Response:* Actually the two paths are pretty well parallel as far as outside appearances (there is a message that says that to follow the Divine Love path, the natural path has to

be followed as well.) Praying for the Divine Love while making conscious decisions to be kind and generally making right choices, you will grow in both the natural love and Divine Love. For the Divine Love, the growth is from within by soul transformation and becoming a new creature/person. For the natural love path, the growth occurs through striving, exercising our wills, in other words, largely our own effort – with God's help.

## **Longings of the Soul in Prayer**

*Question:* Do you sense the longings of your soul in prayer? If so, can you describe those feelings and sensations that accompany this longing? Are they tangible and clearly evident to you?

*Response:* We all experience prayer in our own ways. How we pray is often unique in words and desires, although we all share in our desire to receive the blessing of God's Love. The angels are always stressing that our 'soul longings' are the key to connect us with God. Yet delving below the surface of our mental chatter to unleash these longings heavenward is often a challenge.

Having the mindful intention to go to God does not guarantee success in receiving this blessing. It must be felt deeply. A soul longing is the emergence of heartfelt feelings which may or may not be accompanied by words. And words are not so important but can help us shape and direct what are essentially energies from the soul expressing itself to God.

The soul is drawn, as if by a magnetic force, to God. In my own experience, this inner force feels almost physical.

In prayer I feel as if my soul is reaching for God like a hand emerging from my soul in an effort to grab onto God. It's that palpable. My soul feels a need to connect. Somewhat like the toddler who reaches for their mother or father to be lifted up. It is that primal desire and need to be acknowledged and loved. It's not sophisticated, or even mindful, just pure desire for love, Divine Love.

No wonder Jesus called God Father, because the soul, like the innocent and vulnerable child, knows what it needs and longs for it. The Love of God is the thing that completes the soul. It thirsts for the perfect living waters of God's essence. Longing then is beyond thought or even most emotion, it is that intense need to be loved by the source of all Love, and the only thing that gets in the way of that natural desire is our mind. We've got to go deep, stripping away the veneer of thought and find that core place that is raw, vulnerable but wise at the same time.

*Response:* In the late 14th century, an anonymous monk wrote this in a guide to contemplative prayer: "Lift your heart up to the Lord with a gentle stirring of love, desiring him for his own sake and not for his gifts." That expression – gentle stirring of love – resonates a lot with me and seems to fit with your concept of 'soul longings.' I've also read the

suggestion that some beginners may find it helpful to start feeling this love in a more material way (i.e., feel it towards a loved one or pet) and then transfer that to God.

*Response:* I have always been amazed at the Master's message in the Padgett volumes that the great majority of souls will never seek God's Love. Wow how tragic. How sad.

*Response:* In the same work referred to above, called *The Cloud of Unknowing*, in Chapter 8, the writer traces the progression from active life – largely of the mind and cares of this world, though including good deeds and works of mercy – to a more and more contemplative life – starting with meditation on the things of the spirit and God's gifts, kindnesses and wonderful works in creation to eventually "turning to God with a burning desire for himself alone and resting in the blind awareness of his naked being."

As this happens, the person "becomes increasingly interior, living more from the depths of himself and becoming therefore, more fully human. But in the higher degree of the contemplative life, he transcends himself because he achieves by grace what is beyond him by nature. For now he is bound to God spiritually in a communion of love and desire."

Even though the writer doesn't use the expression "Divine Love" or anything similar, I believe that that is what he is referring to. The same happens in other spiritual writings – they refer to the Divine Love in different words or expressions.

*Response:* The progression from mind/action to soul/contemplation is also reflected in this message from Mary: "The lack of love that is present within your soul and mind that causes you to doubt and fear, will be healed with such subtlety that it becomes absorbed by the greater presence of the love and the change will occur over a time, so that you may not even notice it. This change will become noticeable to you as you begin to feel free from the limitations of negative thoughts and feelings and you employ the qualities of love and faith more in your actions toward yourself and others."

I suspect that the quote from chapter 3 of *The Cloud of Unknowing* ("Lift your heart up to the Lord with a gentle stirring of love, desiring him for his own sake and not for his gifts.") is not an instruction as much as it is an inspiration. By sitting in prayer, eventually we achieve "by grace what is beyond [us] by nature."

*Response:* Words fail me when it comes to describing what I experience. All I can say is I feel a longing place alive in me. This place is in my chest, it is intense, expansive. When I tune into it, which is more and more throughout the day, I sometimes weep with the joy of feeling this connection with God, this longing for more intimacy with God.

Sometimes I feel bereft of closeness, though I feel the longing for it, I want more. At the same time, I feel my longings bring my guides and teachers close because I feel their presence as energies around my head and heart. I become more, sense more, than my physical boundedness. The gratitude that comes with soul longing is great, for together with my soul reaching for God comes the awareness of God's Presence. This is probably what accounts for my frequent tears!

*Response:* I weep all the time with gratitude – for all He has done for me and continues to do for me. He raised me from the pits! I will forever praise Him!

## **Are Soul Yearnings Acts of Will?**

*Question:* When praying for Divine Love, we are told to put our soul yearnings forward in prayer. Are soul yearnings an act of will? To me, these are two different things. Soul longing feels different to our willful desires. The mind expresses itself in a different way than the soul. Would anyone like to comment on these ideas?

*Response:* God's Love is available to the soul. The soul exercises its free will through emotions. God in turn sees the soul longing with emotion and free will and the Love is delivered unbeknown to the mind. But your soul longings must be the key to unlock and visualize and possess the Love. Thus Divine Love and faith go hand in hand.

*Response:* I believe that “will” and “willful desires” are not the same. To reach out to God requires an act of will. To reject God is another act of will.

I believe the soul yearns in a similar way to hunger. You can choose via will to feed the soul with God's Love or you can try and feed the need with something material instead by not understanding the difference. In the material world this is what is happening, I think.

*Response:* For those of us who don't believe we have conscious awareness of our souls, yearning in prayer sure seems like an act of will ... there's something that's mindful, but there's also a feeling that (hopefully) involves the heart and/or soul. I am a big fan of this line, written by a 14th century monk in a book called *The Cloud of Unknowing*: "lift your heart up to the Lord, with a gentle stirring of love desiring him for his own sake and not for his gifts." Maybe some of us DO experience these soul longings, but not knowing what to do with them, feed them (or suppress them) with something material.

*Response:* Sometimes I find myself trying too hard in my yearning for God's Love, i.e., mind getting in the way. Often if I 'back off' a bit and just place myself in God's presence and relax, it is easier to connect and find the flow. I really loved the above quote from *The Cloud of Unknowing*.

*Response:* Yes! I very much relate to what you say. When I have tried too hard, my mind and wilfulness became engaged and it began to dawn on me that this "straining" to receive the Love was based on a false belief that I might not deserve it or wasn't trying hard enough or wasn't doing the "right thing". At some point, I had had

enough of God's Love to trust it was always present and all I had to do was open to its presence. That works much better than straining as if the Love is elusive and unattainable except through exertion! The Love is real, substantial and always available when we manage to get our minds/thoughts/false beliefs out of its way!

*Response:* I came across this comment in another FB group. Apparently in the original Hebrew for Psalm 46:10 ("Be still and know that I am God"), "the command to 'be still' comes from the Hiphil stem of the verb *rapha* (meaning to be weak, to let go, to release), which might better be translated as, "cause yourselves to let go" or "let yourselves become weak." I'm not a Hebrew scholar and am suspicious of stuff on FB, but I love the sentiment!

*Response:* I have felt what might be called the "ardour" of my soul when in deep prayer. It feels very different from that straining wilful desire of wanting to receive. The opening, reaching, joyful affirming of God and His Love is a more accurate description of the experience.

"Will" denotes mind which is part of the process but a very small part in my estimation. That state of connection and exchange of loving expressions of our soul to God's

Great Soul and back again is the most blissful spiritual experience that I know of. Often though, I will stress and strain in earnest wilful desire for this Gift. Engaging the mind and not successful in bringing the soul into the conversation is what leads to this situation.

Sometimes one can melt into God Consciousness while at other times the density of the material world gets in the way. I live for the former and at times experience the latter, but mostly my experience is a combination of the two.

*Response:* Beautifully expressed genuine “soul-knowing” of the differences between soul and mind in relationship to our Father.

*Response:* For me soul yearnings are an expression of my "desire". Yearning and longing for me are emotional states as opposed to intellectual states. This emotional state is generated from the soul, while an intellectual state is generated from the mind. Having a strong proclivity for the mind and intellect comes from a place of being "mind dominant" rather than "soul dominant". Mind dominance is self-reliance and the natural love path, while soul dominance is God reliance and the Divine Love Path.

Will, in the sense of free will, comes from the soul. Will, in the sense of willing myself to do things, comes from the mind.

Desires are either in harmony with love from God's perspective or not. Wilful desires are definitely out of harmony with love and so if/when I have them, I dive into the emotions creating them and when I experience those driving emotions fully, my desires come into harmony with Love and Truth.

The mind certainly expresses itself differently to the soul. The mind is just a tool of the spirit body. The spirit body, with its mind, is merely an appendage of the soul. Or, as AJ Miller calls it, "the stupid servant of the soul".

*Response:* My best response to this question is that I always pray for the Divine Love when I feel I should. And then it does take a little bit of will/effort to pull myself together and form a prayer to our Father. But oftentimes what I plan to say to Him doesn't come out. It is as if my soul guides what words to use and then I can't really use my will for the prayer. My soul seems to take over and in that moment I start my prayer.

## **Different Consciousness in Prayer?**

*Question:* When in prayer for Divine Love, are you in a different state of consciousness? Do you see and hear things as you are praying and meditating? Is this a rare experience or common? Can you describe what happens when you have a special awakening or insight? Please share your spiritual experiences.

*Response:* Sometimes I'm just making my grocery list, but when I get an insight, it is usually auditory. I hear a word or words that are not my own thoughts. I've learned to tell the difference. I'd say it's not rare, but not usual either. Somewhere in-between. Mostly when I'm most relaxed and not much is going on.

The other night I was praying and asked what my guardian angel's name was and the name "Jeremiah" came to me from nowhere. I asked for validation, thinking I don't know anyone by that name! Our Vice-principal came in the next day telling us a story of how she taught her grandson the song "Jeremiah was a bullfrog..." and sang it all day!

*Response:* Going to massage school allowed me to explore the energy side of things. I also realized that I may be an empath as well because I can usually sense people's emotions. Since discovering the Padgett messages I've made a connection between prayer and the energy of God's love. I remember feeling it as a child, but always thought it was my own mind creating it. When I pray sincerely enough, I usually feel the energy being drawn through me, accompanied by a sense of love. I was always waiting for a more auditory or visual response, but now I understand how I connect with God.

I have also realized (hindsight being 20/20), that God uses many different types of people that help me to understand different perspectives. Not to mention that I was always interested in the spirit realm and had some pretty interesting ghostly experiences when I was young. Oh, and an out-of-body experience when I was four that looking back, and after researching astral projection, probably actually happened and was not a dream. Still so much to learn and experience.

*Response:* At first I felt nothing different, but now I have periodic feelings of energy flowing into my upper body. I know it happens when I am able to turn off my mind

completely, but as soon as I feel it, my mind reacts. Then I'm back to trying to disengage my mind. I have ways to go before I can be in a true meditative state, fully in touch with my soul, but I try every day, multiple times each day.

*Response:* I try to feel His Love 7/24. I have to – without it I am lost.

*Response:* When I pray for Divine Love and close my eyes, I naturally and quickly enter a different state of consciousness. I don't see anything with my visual senses, but I feel a lot and would say that I see through my feelings. I feel the Love very strongly and sense the spirit close by. It's more of a knowing than of seeing, but then again you also see through your knowing. It is always a beautiful experience as the Love is the main experience.

So visually I don't see anything, but feel and know a lot. I am learning to follow my feelings in life, and spirit have told me that our feelings are what we need to follow. This is because they guide us through our feelings, heart feelings. Often when I have prayed for Divine Love, I get a feeling to do something or contact someone. That's when my guidance is the clearest, but following my feelings (heart feelings) on a daily basis, I believe I am guided.

# **Approaching God Like a Little Child**

*Question:* Jesus is quoted in the Bible as saying: “Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven.” How do you see this in practical terms – what does it mean for us and our actions?

*Response:* St Thérèse of Lisieux is known for her "little way." She explains:

"...think of a little child that is learning to stand but does not yet know how to walk. In his desire to reach the top of the stairs to find his mother, he lifts his little foot to climb the first step. It is all in vain, and at each renewed effort he falls. Well, be like that little child. Always keep lifting your foot to climb the ladder of holiness, and do not imagine that you can mount even the first step. All God asks of you is good will. From the top of the ladder He looks lovingly upon you, and soon, touched by your fruitless efforts, he will himself come down and, taking you in his arms, will carry you to his kingdom never again to leave him."

I think this idea of desire without earning (fruitless but still an effort) seems to be reinforced in the messages we receive about Divine Love.

*Response:* What do children have that most adults do not? Have a totally open mind ready to embrace the new. Possess a natural belief in the imaginary. Trust. Have no mental encumbrances and no religion. Play and investigate to learn. Take help for granted.

*Response:* Spending time with my grandkids has helped me to become as a little child, being completely present and enjoying every moment.

*Response:* I had an experience while we were praying in our last retreat that reminds me of this topic. I saw my eldest son as a toddler next to me with his arms outstretched saying, “Daddy up!” This must be a memory as he did say this when he wanted to be picked up. In this context it seemed that I was the child and God is the Dad. In the scene I sensed such trust and love in this simple request. “Daddy up” is close to “God, lift me up”.

The innocence of the child seeking to be elevated and close to God is what we need in our prayer times. This simple experience made me cry for some reason. I felt the

intensity of my love for my little son and savored that remembered moment. Maybe God savors our moments together in our prayer times in which we say with our child-like soul “Daddy Up”.

*Response:* Children are full of innocence and trust in their loving father and mother, trusting them to take care of them completely, to provide for them, to protect them, to correct them when they are wrong, and to love and cherish them. I remember reading this somewhere: “Childlike faith, along with childlike love, are an open road to God’s heart.

*Response:* We are all just children, so we shouldn’t get excited when one of us throws a tantrum. Give that child a hug instead of a lecture! Really, I am not trying to be funny here. We are children – His children, and we must obey our Father and love Him as He loves us.

*Response:* This reminds me of “Blessed are the pure in heart for they shall see God”. This has always been my focus.

The child and the pure in heart have a common characteristic. Humility. They have no beliefs that separate them from the experience of Father God. We are arrogant

when we think we know what God is and create beliefs about what we think.

Humility, a willingness to feel each and all emotion, is what we take away from children. We imprint beliefs. Letting go of that which separates us from God allows us to experience our emotions and feel God.

*Response:* Perhaps the only thing I can add is the willingness young children have to accept and play with others. There is a certain openness in their demeanor to connect with people.

*Response:* You are already a child of God.

*Response:* Indeed, we all are children of God, but as ‘adults’ in this world, most have lost sight of our innocence long, long ago. This worldly notion of grownups ‘know’ best leads many down a closed road to learning and/or being open to new things (i.e., can’t teach an old dog new tricks). Even when we say we believe, in our hearts of hearts shadows of doubt linger longer than we like them too. This doubt can be seen through the eyes, in my experience.

Some are much closer to their innocence of youth than others, and maybe then they still have that second-nature,

childlike innocence that genuinely yearns for truth and growth, without the obstruction of a mind that has been programmed in a murky distortion of truth.

*Response:* I wonder if the belief that we have lost our innocence is something we tell ourselves. If you claim you are not innocent, who is judging your acts? Are we to deem right and wrong? Has God judged you? And if God is in all of us, have you perhaps judged yourself?

*Response:* I don't believe losing our innocence is an act of judgement by anyone, even ourselves. It's merely a reality of spending longer time in this world that has much to skew us away from that purity.

It is not a 'bad' thing to lose something (even innocence), as lost doesn't mean gone. In God's Kingdom, truly nothing can be lost for ever. Like innocence, even souls get lost, most do, I would suspect. But in time, I believe all will find their way back to their Creator.

So, while this post was intended to be somewhat rhetorical (and not necessarily a perceived shortcoming of my own), I'll embark on a response to my original question.

When I pray to God, I try to see the 5-6-year-old me reaching out to our Father's Loving arms. I see the light of wonderment in my little eyes, the child that is longing for a Father's teaching, the true innocence that existed before schedules dominated a day, before money became required to meet needs, before violence was the daily top story, and before I saw what an imposition humanity has put on love and God. That's the innocence that has been lost. But the great news is that in this flow, I can feel it returning like a blessed breeze on a hot summer day.

*Response:* I think in this society yes, it's easy to be distracted! However, the losing of innocence as you stated (schedules, bills, news, etc.) I don't necessarily define as lost innocence as I have worked to position my life so that my schedule, my business, and of course, lack of watching the news, have oriented my life in a way that doesn't give me an excuse to be of lost innocence.

Down here on earth we like labels. Once we strip those all the way back, we are still a child of God underneath it all. Perhaps that is what you mean by innocence, and I agree that we pick up a lot of those along the way. Prayer is a time to drop the labels and be what we are in the soul.

Personally, I think we have to be careful when we claim we have lost innocence, or need to be “child-like” to pray, or any other “rules” of connecting with God. It becomes a story we tell ourselves and ultimately separates us from something we never were separate from.

*Response:* For me, this is a process. One that requires me to awaken to all within me that blocks me from fully trusting God’s unconditional Love (overlays from experiences with my human parents). Plus deepening in humility as I yield more fully, completely, to discovery of myself as a spiritual being, a soul. It means a shift from my reliance on ego/mind, to reliance on soul as my guide and source of knowing. I feel in my infancy – slowly growing into childhood!

*Response:* This 'presenting as a child' was the approach that Therese of Lisieux took (the 'little way') and it eventually led to her being recognized as both a saint and a doctor of the Catholic Church! I'm not very good at it, but I believe it's largely about being open and trusting that God, like any loving parent, will not view us as harshly as we do ourselves for our inability to be perfect loving creatures here.

*Response:* I agree we as adults have lost our innocence. I think most people lose it early on due to programming, and in a sense, we grow up forgetting who we are. This is probably also why at some point we become interested in spiritual matters, namely so that we can find our way back to our true selves, who we really are, and live from that awareness.

*Response:* I try to present myself to God with authenticity. Innocence, as mentioned, is long gone after so many years of experiencing life. Sometimes my soul comes forward in a big way and there is a sense of innocence. Maybe what Jesus means when he implores us to be innocent as a child is to come from that place of soul, not mind.

*Response:* I had a long-standing block against God's Love because of my childhood beliefs and stuck feelings caused by my very damaged parents. They inherited the same and on back for many generations. So I had to first acknowledge what my soul self ACTUALLY believed was true and grieve out the sadness of that. Once I did that, then my soul became logical and could recognize it was unloving to believe that. That's what I think the word "encrustation" means.

It took two years of acknowledging a lot of various versions of that untruth that was abiding in my soul, blocking my reception of God's Love because I had no faith in God's Love. Surrendering to grief is one way I become as a child, trusting that God is different from my parents, always patient and never in a rush.

I'm in Navajo country now and came across the concept of "*Hozho*", the overarching belief that the universe is ever leaning toward beauty, which means much more to the Navajo than it does to westerners. The arts are used to maintain or restore *Hozho*. Awareness of and embracing *Hozho* (forms of emoting) are other ways I feel childlike and openhearted to God's gifts and care.

Transparency is another way to feel like a trusting child. I tell God everything, all my feelings. It's amazing that He is actually interested in all the many details that meander through me! We've never had a human parent like that!

*Response:* Being a little silly might do it. We can all be so serious about ourselves! Why not try on a party hat next time you pray! Being the Fool, the Joker in the pack is a great way to approach God.

*Response:* Humility, surrender to God's will, trust, and faith that God wants the best for us would all help to make us childlike. Pride and its relative, arrogance, which are opposite to humility, was the main sin of the first parents. They thought they knew better and didn't need God and/or His offered gift. They lost their innocence right then and there and that attitude is still very prevalent in the world. We soon absorb it as we grow up.

The Bible contrasts human pride and humility in one verse at least three times:

Proverbs 3:34 – He mocks proud mockers but gives grace to the humble.

James 4:6 – But he gives us more grace. That is why Scripture says: “God opposes the proud but gives grace to the humble.”

1 Peter 5:5 – Young men, in the same way be submissive to those who are older. All of you, clothe yourselves with humility toward one another, because, “God opposes the proud but gives grace to the humble.”

Pride puts a block between us and God while humility, which acknowledges that we are not self-sufficient, but

need our heavenly Father and want Him in our lives, will open us to His Love and grace.

*Response:* The Beatitudes are all about choosing humility, to feel the emotions of sadness, lack, etc. “Poor in spirit” is not, as I heard someone say, about God’s wanting His children to be poor. It’s about surrendering to feel what I really feel and believe at the soul level, no matter how many affirmations I repeat. The mind is not the aspect God has a relationship with. God values the heart, no matter how many errors and encrustations are weighing it down. This is a system that children operate in without thinking. They just feel. Just feel the actual beliefs and stuck feelings in the soul. This is the release valve, not a thought-controlled process.

## **Releasing Things That Come Up During Prayer**

*Question:* When you pray for Divine Love, and things come up, how do you release them?

*Response:* I open my heart toward God's heart and ask His help to be sensitive to what stuck feeling is ready to become unstuck. Then I surrender to whatever feelings arise in both my spirit body and my physical body. Because I'm emotionally trusting God to choreograph the sequence and because I have faith that God designed the soul to feel any feeling that comes into it, I allow the overwhelm and don't try to stay in control or manage where the release goes.

It's better to do this in the company of angels because earth-dwelling humans who have not yet released their own fears are triggered and challenged by emotional release. God and our guides, however, can fully appreciate the shift to more freedom and truth. And as I receive more Divine Love, I become more sensitive to the personalities of the spirit friends who are supporting this work and so I don't feel alone. Plus hanging out with the CEO of the universe, no less!

*Response:* The Centering Prayer tradition has a practice called the welcoming practice that I like for this (although I'm not particularly good at it yet!). There are three steps: 1) become aware of the things that have come up, 2) welcome them, and 3) let them go through awareness and response. There are slightly different versions out there, but here's [one](#).

*Response:* There are more and more versions of understanding that once a feeling enters the soul, the only way for it to exit is to fully experience it. Many do not include God in the process so they are doing it self-reliantly. I personally do not know how I could have gotten through some of my releases without God's help.

*Response:* When 'things' come up, it's time for more focused prayer. I pray for insight, honesty and guidance. Forgiveness often plays its role too. Letting go of emotional stuff is not as dramatic for me as it is for some others. I don't believe that this is a control thing, but rather my emotional nature is not so high-pitched, if you will. I often get replays of hurtful episodes in my life and a sense of letting go of the emotional charge around them.

Of course, daily concerns still play their part in enhancing or detracting from my spiritual condition. Rather than focus on these things, I let them come up in an organic way. The Love in my soul ensures that expiation will take place and I have no desire to push it through but rather let it come. Pain seems to be part of our lot in life, but having the power of God's Love assisting us and uplifting us is a Godsend. Coping with the dark side of life requires patience, faith and a willingness to look at our mental patterns. All of this is a choice and all can be overcome with an awakened soul.

*Response:* Forgiveness definitely is a freeing thing! It's the moment when I love myself more than being right about something. The more I love myself, the more I understand what loving others in truth is.

*Response:* Oh, and things do come up! Those things have gotten less intense and frequent for me during prayer as time goes by. Now I acknowledge whatever has arrived, feel the feelings that surfaced, trust that this is what's needed now, cry soft or hard as it comes, and continue until it feels finished. I know/feel the angels are present, understanding and supporting, and that this will pass and

my soul will be more aware and loving for the experience, and I give thanks and love to God for my life.

*Response:* I find myself asking God to lift me above the condition. To bless me with the strength to see past the hold that inharmony has on me, and to break the chain that holds me to it.

I've also found that when these conditions become clear, I move my focus to the power of His Love to bring expansive light into my soul. I push the particular inharmony to my extremities, where I pray that His Winds of Change will take these fleeting attachments away and purify them in His Divine Light.

*Response:* When things come up, you can release them by praying for Divine Love.

*Response:* God gave me the gift of another imagery for this emoting work. It applies to the many small hurts I've minimized from my childhood using rationalization, denial, distraction, etc. God showed me they are like thunderegg that on the outside blend into the dirt ground, yet inside hold a living crystal, a bit of my soul that stopped developing at the age I originally suppressed it. I cannot pass over the Gate into the Celestial spheres until every last

thunderegg is cracked open by emoting the pain I've held back because "no corruption enters Heaven". My level of desire determines the speed of transformation. I now look for the thundereggs even if my law of attraction hasn't yet gotten intense enough to throw them against my head.

*Question:* Is this process of emotional release like the much dreaded (by society) "ugly crying" or a more gentle acceptance of the emotion?

*Response:* It can be that but not always. Sometimes it's just a vision of some past memory or trauma that feels resolved in my soul. This is often accompanied by a deep sense of self-compassion welling up from within. Every release doesn't need the 'uglies', but that certainly can be a part of the process of release. I find that one can get into the emotional merry-go-around and not get off it believing that all the emotion is the process rather than the letting go which is the objective.

We all have our own way of dealing with expiation and it is not a formula. It is deeply personal and given the sincere desire for healing the wounds of the soul and replacing the hurt with God's Love, then whatever

approach is taken is bound to work as long as we are willing to look, acknowledge and release.

*Response:* First I will have to get past my dreadful memory. Forgive and forget? I've normally forgotten before I've got to the forgiveness bit! I shall probably have to wait till those things come back and bite me and get my full attention!

I don't think that was a lot of help, but I live in hope that divinely orchestrated forgetfulness will sort me out?

*Response:* I have always talked to myself since a child being left alone a great deal. I'm my own best therapist. The last three months, asking God for the desire, to have the desire to pray for Divine Love, my past has jumped up in my mind, sins, unworthiness, guilt, forgiveness, etc. I just discuss these things with myself, like I have always done and keep on discussing these things until I have either forgiven myself, just drained my energy talking about it, or decided I need to have God's help to get through it.

*Response:* Pray. Done. Most people don't know how to pray.

We have treated God as a mail order system and this is taught in virtually every religion and business course. Just ask. As if God was sitting there waiting for our demand. In fact, this should have been observed by now as not having influence.

Prayer is a deep longing from the heart. In other words, an emotional signal, not a mental signal. Prayer starts with a deep longing of the heart for a relationship with God, an emotional relationship. Exercising one's will to receive information from God. Desiring Love from God starts the relationship. This is always the beginning.

Like in most new endeavours, we're not good at listening with our heart in the beginning, but with consistent growing desire, a relationship grows. Prayer is mostly listening as God instructs us in His perspective on human matters. Then the process of clearing injury becomes a matter of bringing the injury to this relationship.

*Response:* Your words yanked me into some reality that I never recognized. So I had to think on this a while. Not sure I can explain how I feel. Although I never had any religious background, I was always around Christian Bible believers. I now realize that they live in a fantasy world as

far as their beliefs about heaven and God. I believe I was led into the same belief.

I am having the hardest time, even though I have a spirit with me trying to convince me, that life on the other side is pretty much as life is here. That we continue with our life here on the other side. I have been in five different religions or beliefs, and they all made going home such a wondrous event. Now I'm not so sure about going home.

It makes sense that God is not there to listen to every demand we ask of Him. That there must be a relationship of real Love devoted to Him. I really thought I was doing so well, just realizing your truth, but now think I need to start over, find reality on the other side and discard my fantasy world. Thank you again, I think you really woke me up.

*Response:* I appreciate all the heartfelt responses here. We are all struggling, each in our own way, to turn back, again and again, to our Father's Divine Love. Here's an excerpt of a message from Jesus to James Padgett (Volume 3 of TGRABJ, p. 88) which can give all of us hope as we turn, over and over again, to our Father, to invite His Love to dissolve any negative patterns of thought or behavior in us:

“I know that you have not been in the best condition of mind as regards your beliefs and doubts, during the past few days, but you must not let such experience discourage you, for such conditions will arise as long as you are in the flesh; and you must not think that, because of the doubts, you are not receiving this love in your soul, for you are, and after a while it will become so very abundant that the doubts will rarely appear to disconcert you.”

"I put this in Your Hands, Father." And turn, with faith, back to Him, knowing He loves us in our so called 'failures' which are our learning opportunities that are essentially our soul development, our soul-cleansings. Then we might even have a sense of being cared for when we notice these bits of 'sludge' coming up into our consciousness. Thank you, Father, for Your ever-lasting Love, that Never Gives Up on Us!! Never!!

The quote above starts with the sentence: "I know that you have not been in the best condition...etc" I bet that is true of all of us at one time or another—that we're not in the 'best condition'!

*Response:* You put your finger on the key – which as I understand it, is turning to God in faith asking for His Love

to lift, cleanse, and dissolve the unloving condition *instead of* using the mind to analyze, judge, self-blame or justify the condition of emotional or physical pain. The resolution comes through Love in the soul to Soul connection with our Creator. Thank you!

Oh, and there is more I learned from your gentle example – and that is to bring whatever in us is unloved and unloving, to the same loving gaze that God holds us in. In being held in love, that within us that cries out for love awakens to its own healing through our self-compassion and the Love of God that embraces all.

*Response:* I suspect that it is equally possible to live in a fantasy world on the other side as it is here.

I suspect though that you are going to be kept pretty busy and not disappointed. Removing old fixed beliefs allows one to experience unique opportunities presented to you in many more productive ways. It means that you are listening and still prepared to learn. For many and maybe most that you meet, this will not be the case making it very hard for them to learn greater truths beyond their own limited judgement.

## **Divine-Human Cooperation**

*Question:* At the risk of sounding perpetually whiny about wanting more rapport with God, I was thinking about progress (or lack thereof) and remembered this sweet commercial\*. It's a good lesson for me. At some point, I just need to stop trying so hard and let go and let God!

[\*Eat'n Park Christmas video showing a star desperately trying to get to the top of the tree before the tree bends to pick it up and then the whole tree lights up with candles.]

*Response:* I just LOVE this depiction! It reminds me of our teachings. It takes our effort and our time, deep longing and true desire. With this enduring commitment comes all the help of the Heavens.

Ironically, I find myself thinking back to my baseball days. Sooo much work went into becoming the player I was. That development into a ball player took great time and effort to come to fruition over a long period of time. Nothing came quick, but the journey was joyfully defining, and oh so rewarding.

So as I compare my life today, every prayer is like a session in the gym, tuning my spiritual body, every moment spent with God, a moment with the Best Teacher, every wall I encounter, a wall that will be overcome with faith. And in the stands, a sea of angels uplifting and encouraging me on my journey. Thank you for sharing this! Play ball!

*Response:* I love what you say here and how it provides a vision of what our journey to at-onement with God can be! So true! So uplifting a description! Thank you!

When I realized that at least some of my straining, trying so hard to receive the Love, was a sign of my feeling that I didn't deserve the Love, plus my overlay onto God of the feelings connected with having an emotionally unavailable mother (for very good reasons, as my older brother was retarded and needed her complete attention), I was able to open more to the unconditional Love always present for me and to let go of my blocks to receiving it.

*Response:* I agree that it is very much a combined effort – we working together with God. We have to do our part but are assisted every step of the way by God's ministering spirits appointed for this purpose (Heb. 1:14). I am reminded of this New Testament verse: Philippians 2:12-

13— “... continue to work out your salvation ... for it is God who works in you to will and to act according to his good purpose.”

*Response:* Yes! I am constantly humbled by the help I feel from our angel guides and teachers in response to the slightest request from me!

*Response:* In reading [this fairly contemporary message on the soul](#), I was very struck by the similarity of this snippet from that message to something Saint Thérèse of Lisieux said (in the late 1800s) to one of the novices at her monastery who was struggling:

2001 message: “This shall be your work: Open up your souls. Pray. It is a dynamic attitude; it is first to give, and then to receive in abundance. Everything is ready for you, but you have to give your small contribution, your will, to reach out with your hands for the light, like children do. We will take you by your hands and guide you.”

19th century message: “You make me think of a little child that is learning to stand but does not yet know how to walk. In his desire to reach the top of the stairs to find his mother, he lifts his little foot to climb the first step. It is all in vain, and at each renewed effort he falls. Well, be like

that little child. Always keep lifting your foot to climb the ladder of holiness, and do not imagine that you can mount even the first step. All God asks of you is good will. From the top of the ladder He looks lovingly upon you, and soon, touched by your fruitless efforts, He will Himself come down, and, taking you in His Arms, will carry you to His Kingdom never again to leave Him. But should you cease to raise your foot, you will be left for long on the earth.”

## **Experiences in Prayer**

*Question:* What sights, sounds, feelings and inspirations do you experience in prayer? Can you discern the difference between the presence of the angels and that of God?

*Response:* I think Chris' guide in the movie "What Dreams May Come" puts it quite well. When Chris asked about God, the guide said, "He's somewhere out there." In other words, this is not really of concern for us. By the way, I am confident the movie accurately portrays many aspects of the spirit world and that it is a celestial gift to humanity.

That being said, I feel God's Love and see it as a download of data to support the activity of the soul which is more complex than we have ever conceived. I would venture to say that all our communications are with spirits ranging from the angry rage-filled male spirit haunting a client yesterday to the Celestials working to help us feel love, education and guidance. God designed the universe to be self-sustaining, not requiring a lot of attention from God to grow and develop. The universe exists in this soul of love that we can reach for with an open heart and a desire to know our loving parents. It's all in the DNA of God's Love.

*Response:* That sounds about right to me. The way up is by helping those below. So who is helping? God is there in the assistance given, but it is not necessary for Him to be there in person as He is personified in the act of good and in the feeling this engenders.

However, when you get up to the higher Christ-like Celestial levels, the interaction must be more direct because it can be. There is sufficiency of God within the soul for this to be possible.

Currently I would class myself as being little more than in nappies within this field of endeavour and do not have the tools or sensitivity to detect the difference. I am unable to predict whether this will change radically or not from a personal point of view.

*Response:* When I hear words, I know it's a spirit. Discerning the soul condition of the spirit requires deeper sensitivity, which is the result of emoting all feelings that have entered my soul. My capacity to recognize different personalities is improving, and I still test whenever I get physical sensations. I use my will to communicate that if the tingles or whatever are from spirits not on the Divine Love path, then I don't want them. Before I knew to do that,

I often got tingles, but now it's more often that they are withdrawn. Sometimes they stay and I allow myself to feel the emotions accompanying the tingles.

Communication direct from God for me has no words, just emotions. I don't mean simple one-word emotions. I mean a block of information that registers as a feeling and that I can translate into words to appreciate the clarity. Sometimes a kind spirit translates if I lack the sensitivity to register the full feeling.

Feelings from God always feel big, and I feel that's because He gives to me capacity and a bit beyond to coax me into a deeper relationship. Sometimes I find myself stopping the overwhelming flow because in that moment I don't want to do the work to get into truth. Crazy? Yeah. Yet I do believe it's a common response. That pesky self-reliance thing!

*Response:* Lots of sensations, good feelings and tangible love in my prayers. I've been doing this for quite some time so my prayer sessions have run the gamut of non-feeling, in-my-head dry repetitive mouthing of the words to ecstatic, connected and visual splendor in every respect. In deep prayer there is a sure sense of God's Presence which

in my experience is “the peace that passes all understanding”.

In the beginning I longed for the presence of the angels and sometimes I would feel them and at other times I would not. But my persistence has paid great dividends in the long run. Now it is rare that I do not feel the angels with me and if I focus, I can discern the presence of God as well.

My prayer life is rich with experience and love because I have made it a big part of my day. At least one hour in the morning and often another hour in the evening. Since retirement, this practice is more easily attended to but even when my routines were very different as a self-employed landscape gardener, I was very engaged in prayer.

Prayer is the way God and the angels communicate with us and us with them. The more sensitized we become to these higher levels of communication through praying for God's Love, the easier it gets. Practice, practice, practice. I feel Jesus' presence quite often and God is always there. It's not a mindful thing, it's of the soul. Discovering the faculties of the soul is what opens the doors to intense and mystical experience.

## **Feelings Connected with Divine Love Inflowing**

*Question:* What feeling/s do you experience with the inflowing of Divine Love?

*Response:* For me there is a variety of sensations and feelings depending on my condition. These include a beautiful warmth in my chest, joy, peace, feeling deeply loved with something greater than human love, cared for, whole, release of fear, knowing, compassion, comfort, and more.

*Response:* Similar to the above. Also a sense of slight pressure in the solar plexus and an overall sense of euphoria. Not every time, but often. I can also sometimes feel my soul opening and expanding accompanied by a deep satisfaction and joy. That's my favourite experience, but it does not happen very often – once in a blue moon, depending on my own spiritual condition and receptivity. Never a dull moment though in prayer.

*Response:* Alas, I am not aware of feeling much of anything. I am unsure whether to attribute it to being new to Divine Love or to having an 'instrument' that for decades

has been mind-oriented, left-brained, bordering-on-dissociated from the body. But fortunately I am persistent!

*Response:* I think my experience is closer to yours! Although with each passing year, I have noticed a great diversity! In the beginning or during what I call my honeymoon stage, I would feel completely enveloped in euphoric love beginning from the top of my head and very strong and powerful enveloping my entire body. After this free spiritual credit card stage in which the angels had come so close during prayer, they began like loving parents to let me find my own way.

In more recent years I still feel the love from the top down rather than from how I think others describe the opening up of their souls! Now I typically feel the presence of the angels in a higher vibration raising me up and it's quite thick in nature I would say! A thick peaceful comforting kind of energetic blissful condition. Sometimes joyful. But I take my prayers and dedication to God very seriously and tend to be more self-critical than joyous!

On the other hand, when I am out in the world praying to be used as a channel of love, that is typically a very magical and strong sense of joy and laughter and love

within me and with whomever I meet! That's my favorite spiritual condition – and being in joyous prayers with others.

*Response:* Over the years it has heightened my joy, my everyday life, everything has become more enjoyable, the movies I watch and even the food I eat. As for the joy inexpressible, I wake up humming how wonderful this Love is and I recommend it to everyone.

*Response:* My experiences are very dependent on my condition, but no matter what I'm bringing to the table each day, what I feel is the blessings of Love from the highest.

Regarding my best attempts to describe the moments, the most frequent feeling is a very unique 'shiver'. Only it's not cold, it's very charging, and it starts in my soul (upper rib cage area) and permeates throughout my body. Very powerful feeling of being touched by His Love. It almost has a soul 'purring' quality to it!

Sometimes I also begin to feel as though I'm entering a bit of a euphoric state, and this feeling is CRAVED by my soul. I feel close to seeing the world through my soul's eyes when I get to this place. I hope to learn how to be in this

state more often, as it is other-worldly. Other times the feeling varies but is always indescribably lovely.

*Response:* Oh and I forgot to add – I guess I've been taking blessings for granted – that most mornings I now wake up feeling bathed in Love and with a knowing that I have been busy in spirit. Recently our guide Matthew told me that I was instrumental in being with my mother when she passed into spirit and I had already known it in my soul, although I did not have a mindful memory of it that I had been with Mom continuously in spirit helping her to prepare to cross over. I love waking up in prayer!

*Response:* Well, I usually begin by crying out to God for release from my mind, soul and body, of all that's not in harmony. Then I feel a tearful relief as disharmonies are washed away with the inflowing of His Love, then tears of joy fall in great gratitude for His tender mercies as feelings of peace and joy fill my heart. Then I laugh with wild abandon because I always suck the tissue into my mouth while weeping. So it's basically a wet and wild experience. I try not to be in public at the time.

*Response:* For me, I love the connectedness, especially in group prayer. Sensations on my crown chakra, and

warmth in my chest and heart. The sense of peace that envelops around me. It woke my soul up. Feeling more happiness and joy.

*Response:* Tears as well as warmth radiating from my chest. Flutters throughout my body that transform into a light feeling, like floating. And an extreme awareness of God's connection.

*Response:* When praying for God's Divine Love, I experience the sensation of goose bumps and yet I am not cold. Warm goose bumps! They are most powerful when I am in a group prayer. What I love about this is that it provides me with a wonderful feeling of just knowing that God is there – listening and responding. It deepens my faith and provides a great comfort to recognize the inflowing of this special gift.

*Response:* It's an exercise just to try to articulate these feelings of Love into words but it is fun to try. So precious is this connection for me now, more and more as I reach to God and ask for this gift of Love to fill my soul in great abundance helping me to be closer to God.

I often feel a slight pressure on my solar plexus, and this is where I feel my soul yearning and longing to be lifted by

God to draw close in at-onement, soul to soul, which brings tears that flow unexpectedly and I feel a great velvety warmth and a feeling of being embraced in light by God. So grateful to know this Truth of God's Divine Love and His love for each and every one of us, His children.

*Response:* I normally wake at 5 am. Before I get up, I place my awareness in my heart and do a short prayer for the receipt of God's Divine Love. I feel an energetic excitement in my heart.

I then get out of bed and after doing some *Nauli* (stomach / gut rotations) and some gentle leg stretches whilst sitting on the floor, I sit cross legged and breathe God's Love down from above into my heart. The ecstatic sensation deepens and increases and becomes my meditation focus point.

The sensation can enlarge to encompass all of my lower chakra centers and also pressure in my third-eye region. This sensation then remains with me whenever I pay it attention throughout the day unless I do strenuous exercise which may cause it to diminish.

I account for the manner in which I experience this to the Kundalini Yoga practice I had previously been using

which has probably opened my lower chakras somewhat and increased my energy tolerance which would otherwise be quite uncomfortable as it is quite intense similar to a relocated, gentle, continuous, heart orgasm.

When we say “orgasm”, we generally think in terms of a completion of sensory nerve stimulation. In the case that I am describing, there is no culmination or cessation.

As I write, my awareness is in my heart and I am experiencing an ecstatic sensation which has some similarities to sex, yet is different, more subtle and continuous whilst my attention rests there. If I move my attention away, it is still there, but less so. When we pray together, it becomes more intense like the yearning of young love and may bring tears of joy to the eyes.

It is certainly a boon for meditation as it makes focusing on one point that much easier because it is so pleasant. It may be that it is simply an energetic friction moving through that area and maybe it will lessen as blockages dissolve. I really don't know as I am simply playing the devil's advocate on that idea!

It is not there before I start to pray in the morning, but commences within a few minutes of doing so and is very

encouraging. It first started around the time I made contact with this group and after practicing "Heartfulness" as my meditation of choice.

*Response:* I want to speak of the emotional effects of this wonderful Love. At this point in my progression, the Love has kicked in big time. I float through my day in white clouds of joy. I feel such peace within. I have compassion for all His children, something I never had! I want only His Love and care, nothing material, save food. He is everything to me! Without Him I do not want to live. With Him, life is absolutely carefree and joyous. I wander around looking to see where I can do some good and where I can find a soul eager for the truth.

*Response:* The feelings I experience with the inflowing of Divine Love have changed significantly over the years. The very first time I prayed for the Love, I felt a tremendous inflowing of an energy I knew was not of my making, that uplifted and expanded me and left me wanting more. For a long while after, I experienced what could be called "God's credit card", including a mystical experience of total atonement in which my personal boundaries dissolved and I became a point of consciousness aware of the oneness of all. I naively assumed I would just grow from strength to

strength, mystical experience to mystical experience. Then the cleansing kicked in! How humbling!

How I experienced and continue to experience it is in becoming aware of feelings and associated beliefs that I carry that block my receipt of the Love, releasing these to God, discharging the emotions, staying alert to the associated habitual thought patterns so that when they surface, I can choose to let them go rather than be pulled back into their well-worn rut. Ever deeper layers become exposed, ego attachments are released, emotional wounds become healed as I pray for the Love.

In prayer for Love, these days I feel my Celestial guides and teachers praying with me. I feel my soul warm and stir. I feel love for others for whom I pray. I feel great peace, expansiveness, upliftment, light. I feel the constraints around my heart and soul lessen and fall away, bringing me to frequent tears.

I have given up trying to figure out why I am crying, I just welcome the release. Sometimes, though, I will receive a soul awareness of the source of my tears or other emotions, a wholeness of understanding that can't be reduced to words. Always this is a gift to me, bringing with

it a greater awareness of Love and deepening my faith in God's care and guidance. On it goes, changing all the time as this great gift transforms us!

*Response:* I feel different sensations. Sometimes I sit in a chair with a cup of coffee and pray for the Divine Love. Then I experience it as a light coming into my soul. I can best describe it as a sensation of cooling waters, a refreshing experience. Other times I feel warmth in my heart. And sometimes when I go into a meditation, I feel it as a very intense light and love flowing into my soul.

## **Does Divine Love Automatically Follow Natural Love?**

*Question:* Wouldn't the Divine Love just naturally follow the Natural Love? Do we not keep the natural love with us always?

*Response:* Divine Love is a gift which you must ask for. We must choose it and want it as it will change us in many ways which will only be obvious in retrospect. If it naturally flowed from one into the other then many more would have found it, and that is not the case.

*Response:* The Divine Love is a gift that is offered and must be accepted and continually sought more of by praying for it. The natural love is ours from birth, but must be developed. Both purify our soul, but the Divine Love actually transforms our soul into divine substance. So the two kinds of love are different, but the two paths complement or even parallel.

You would have hard time to tell which of two loving people is on the natural love path and which one is on the Divine Love path because you cannot see their soul state. By the same token, a person on the Divine Love path may

act unkindly from time to time because of certain issues they are struggling with. We are all work in progress and have started out with different "love quotients" – some of us have had a head start over others and therefore we shouldn't judge one another.

*Response:* Natural love is what we are born with and Divine Love is received within our souls through prayer and asking God for this gift. One can follow from the other or not. They are two separate entities within the human spiritual expression.

*Question:* I have another question. I've said the Divine Love prayer at least a couple times a day for three months now, and though it is a lovely prayer, I don't feel it coming from my heart or soul, as I felt the Lord's Prayer did when I prayed it, usually ending up in tears. Is this natural for a beginner, or am I not ready for this Divine Love, or can just talking to God sincerely about this gift be enough?

*Response:* The Lord's prayer is absolutely fine, plus it's short and easy to remember. In fact, your prayer could be shortened down as far as you wish. For example, "Send me your Love, please Father" or just "Love". It's like a sutra which in a word or two encapsulates everything which you

already know and feel. Feeling is a good operative word because it is your desire and yearning for God in you that is important and no words need be said at all if you can feel that desire for God to fill your soul from within your heart.

Another way is to imagine that with each intake of breath, God's Love is coming down through your head and into your heart filling you with joy.

Reading what you say above, I believe that you may already be doing something which works and you know what to say, so if it ain't broke don't fix it!

*Response:* Why use words at all, sister? Words put us into our minds. The Divine Love flows into the soul by the aid of the Holy Spirit directed by God. Both are silent. I just sit and yearn for it.

*Response:* One of the messages (maybe more than one) says, and I am paraphrasing now, that a thought, desire or feeling can be more powerful and faster acting than words. So I echo what has been said above – use any prayer that is heartfelt and sincere for you. It can be the Lord's Prayer, your own prayer, or a wordless prayer. The important thing is that the desire for God's Love is coming from your

heart/soul and that the prayer is not just intellectual or out of obligation.

*Response:* You may now be wondering what the "only prayer you need" is for. As you have discerned, it is a beautiful prayer. It also reflects the truth, and this is where its great value lies in directing you to a true understanding of your direct relationship with God within.

*Response:* Sometimes we put too great expectations on ourselves. Prayer from the heart is all that is needed. Asking for Divine Love is important too. Simple is best.

*Response:* Prayer for Divine Love is all that's important. The rest will follow.

*Response:* We are born with the capacity of natural love and the potential to receive Divine Love if we choose to. Choice is a function of our free will and God never violates our free will. Only if we seek Divine Love, actively yearn for it in our souls, will it be given to us. Our souls may yearn without our conscious awareness and thereby receive the Love, but it is conscious, intentional desire from the soul for God's Love that is the fast track to soul progression.

However, we may carry longstanding, unconscious beliefs and feelings that block the inflow of Love – for example, believing that all others are deserving of the Love but not ourselves, or not fully trusting God because of distrust of or anger towards our earthly parents. I found such barriers within myself that once recognized, needed my caring attention and prayers for God's healing of them. Becoming aware of and choosing to release these blocks to the Love, then experiencing a clearing of them, greatly deepened my faith in God's ever present, ever available Love, faith that God loves each of His creations equally, endlessly, infinitely.

## **Soul, Mind, Divine Love Prayer**

*Question:* I read this recently: “Do not let worries, or disappointments keep you from seeking His Love and believing that He is waiting to enfold you in His arms of mercy and Love, for He is not only waiting but wants you to call on Him. Do not let the thought that He is afar up in the Heavens cause you to think that He is not always near you anxiously waiting your call.” (Volume II, p. 39 of *True Gospel Revealed Anew by Jesus*). How does this excerpt speak to you?

*Response:* As for me, I'm closest to God when I have concerns and disappointments. I need to verbally tell him how I feel. I'm sure He already knows how I feel, but to talk about it, I believe He guides me to understand how to deal with the situation.

As far as “God is afar up in the heavens”, I thought the layout of the hells and the Heavens were spread out around the earth.

*Response:* My understanding is that God is in a particular place and that it is His Divine Love that is all around us. I also recall that the hells are around the earth,

and below the earth plane. Others can quote this more accurately than I can now.

More important to me is your comment that you need to tell our Father when you have 'concerns and disappointments', and that you sense you receive guidance on how to deal with the situation. This is very important to me as well – that when unhappy feelings and thoughts come, I share them with Him (sometimes in writing, sometimes in speaking out loud) and I have always received help in the form of feeling loved, and also in clarity of ideas about the situation. Thank You, Father!

*Response:* I agree that God and even the angels may know our thoughts before we utter them, but to give voice to our desires, fears, gratitude, needs, etc. is important and I believe necessary in order to engage the laws of activation. Without intention, there cannot be a response that at the very least is recognized by our minds as a connection to the Divine. Prayer is the key to receiving from God. And if that prayer is heartfelt, then there is no doubt that a response will come in some way.

By the way, if you are inspired to quote Padgett in your responses, I am in full appreciation of it since that would

be a great way to educate some who have not read the books to read the gems of truth embodied in the messages.

*Response:* I didn't mean to say that intention isn't needed – I see that as part of this 'yearning'. I am thinking of the folks in the churches that Padgett visited, and where he was told that some of them are receiving, or have received, Divine Love. I am guessing they may not have used that phrase, but that their prayers for closeness to God, along with their sincere yearnings, brought the Love into their hearts – a Love that can never be taken away.

I also practice this: to say out loud something important, not to just 'think' it – even if it's from the 'mind of the soul'. Someone I know says: "the body likes to hear us say it" and that may also capture the spirit of what you're saying, it's like an added layer of intention.

*Response:* We're certainly on the same page here. Prayer seems to start with the mind, which hopefully engages the soul longings and as we sink deeper into it, it all just merges together in a sense of deep rapport with God. That is my definition of a good prayer.

*Response:* There's a quote from Scott Peck in the *Road Less Traveled* re discipline. He talks about the tools of

discipline, but then he also talks about "the will to use them, which is love." We probably think that it's the mind that gets us started in prayer, but maybe it is God's Love acting through us that we can either act on or ignore. By the way, Fr Thomas Keating always said that the most important part of Centering Prayer was intention. If you have that, then God will help you figure out the rest over time!

*Response:* I don't think it was meant that the mind starts us in prayer. The mind is a tool the Father gives us to manage in the world, and it's the place in us that we're usually most facile with. We are surrounded by the Father's Divine Love at all times. Of course, it's His Love that begins the process, to which the mind responds, maybe with the natural love as the grease for the wheels.

Anyhow, I also wish to not over-analyze this. Let us feel the whole of the great gift the Father gives us, the gift of Love, and of His Great, never-ending, unconditional, not needing to earn or deserve Divine Love, but only to desire, and to gratefully accept!

*Response:* This conversation is inspiring for me and teaching me the tools I may need to go forward in my life. Instruction is the key to life here and on the other side.

*Response:* I like that you mention these truths are 'the key to life here and on the other side' – both here, and the other side and not just 'when we get there'. We are already souls. I love knowing that is what we 'really are'.

*Question:* We are really souls here, aren't we? Isn't the soul actually giving this body life, energy, making it move?

*Response:* The Padgett messages state clearly, "the soul is the real man". Remembering that it was the convention to refer to both men and women as 'men', it means: the soul is who I really am. Right now. Not just after I 'die' – after I leave the flesh. The soul is the only part of me that is really me.

As to your question: is it the soul that "is giving this body life, energy, making it move", I say yes. When our soul 'leaves our body', the body has no more life, no more energy, and doesn't move again. It decomposes and the cells, the molecules, the atoms which comprised it disperse into the air and then each cell, molecule or atom recombines with different particles of matter as something

else. They never recompose into that individual body. That's clearly stated in the messages.

So bottom line: I am soul. Right *now*. I am a created soul, that is alive and will continue to be alive after I leave the flesh. Whether my soul lives 'eternally' depends on whether I am transformed into a divine soul by our Father's Divine Love. We are told that we need to soulfully yearn for that Love to transform us. (And remember: once even a small portion of Divine Love enters your soul, It will never leave!) May it be so for each and every one of us!

*Response:* I have found that God comforts me in hard times, but I also try to tell Him how much I love Him and thank Him for His opportunities that I learn from. I feel abundant love when I just talk to Him like a child does to a parent.

*Response:* God is our Heavenly Father. Jesus only used masculine term because in his time the man was the provider, hence Heavenly Provider, hence Heavenly Father.

## **Difference Between Awareness of Soul and Mind**

*Question:* Can you tell the difference between soul awareness and mind (material mind) awareness? Do they seem blended and undifferentiated? Can you tell us how you know the difference?

*Response:* All things have soul awareness first. The soul is far more than we have ever even imagined. I did a lot of experiments to discover the origination of even a thought. We are cognitively aware of a thought. The thought stimulates the hypothalamus, chemicals are released and we physically experience an emotion.

But what created the thought? One answer is response to an environmental stimulation. This is conventional wisdom. This wisdom is based on the existence of the sub-conscious mind, which we know does not exist but is actually the soul. So if my soul, me, is creating my world based on emotions, would it not also be the soul, me, that is observing and then creating the thought? Anyway, I played with this observation for a long time and finally concluded that the soul is the observer, creates the thought,

stimulates the hypothalamus, thus giving us a physical sensation of the original soul-based emotion.

I reference material in “What the Bleep Do We Know.” A good one to review from time to time. Most of the material was initiated by Ramtha who was at that time a sixth-sphere spirit.

*Response:* Man is composed of soul, spirit body, spirit mind, physical body, physical mind (if a mortal). I find your premise excellent. The mind creates the biochemical responses within the body, the mind being the horse before the cart. The soul attracts. 'Observer' smacks of 'sight'. Hope this aids this fascinating discussion.

*Response:* I am with you on the bit about no subconscious. However, I am not so clear about whether it is our soul or our mind acting as a receiver to the spirit world from where many of our ideas originate. These inputs can be both good or bad and I find it hard to believe that all of them are soul originated. It's no different to asking that God may not lead us into evil.

*Response:* I don't feel a lot of our day-to-day information comes from the spirit world. In “What the Bleep”, they talk about the observer which I believe is the

soul. They know that it is not the brain looking through your eyes because they can measure brain activity. Then they ask, who is looking? Answer: the observer. That would indicate that the soul is operating the senses. We accept that the soul is creating our lives. It's not a leap then to postulate that the soul, me, is the originator of thought.

*Response:* I beg to disagree. Much of our music and art comes from the spirit world, and certainly a lot of the mayhem and murder originates from lower spirits influencing mortals. I'll go so far as to say that we are either influenced by angels or devils.

*Response:* Surely there are those with no soul development, however they have a spiritual body to house the soul. This body must be able to perform certain functions just as our physical bodies do. If the soul is left to wither on the vine, something else must take its place surely.

*Response:* I'm not sure what you mean by soul development. The soul is developed enough to observe and participate in the physical world at conception.

*Response:* It all comes down to whether we are conscious or unconscious observers then, and how we act

on that observation. There are mental patients who seem to have no control of their thoughts or actions. Is this their soul?

*Response:* Mental illness is just as it sounds, it is confined to the material mind only. There is however an illness of the soul – a malaise which seems to be sweeping the North American continent. Mother Teresa noticed it and commented on it, saying the American people had the most awful (spiritual) hunger she had ever seen.

*Response:* The spirit with me says we talk from the mind. He is in my mind continually. When I think of something he doesn't consider a good thought, he winks me in a sensitive chakra. Then we talk about it, and he corrects my thought. This spirit was my husband in life. We are also soul mates.

Last night I prayed for the desire to pray for the Divine Love with my mind. After I laid down immediately to sleep, and while waiting for sleep, thought of things I need to do the next day. The next thing I knew, I started to cry, gently, and had a burning sensation in my chest. Was this coming from my heart or my soul for this desire I asked for?

Now I know, when you begin to cry, it starts at the chest, but this was strong enough to worry me and I got up out of bed.

*Response:* Divine Love has many intensities. The perfect gift.

*Response:* It is the mind that 'thinks', the soul (I believe) is more of an instrument of 'feeling'. That is where my appreciation of song and beautiful music comes from. I believe our feelings of love and sensations of all things wise and wonderful are received by and emanate from the soul, created in the likeness of God.

*Response:* Our Celestial teachers often talk about being in our souls. Soul awakening, soul faculties, souls communicating with souls on a soul level and most importantly our souls opening to the Great Soul of God. Since we are all in different places upon our 'soul awakening' journey, to describe, or even be aware of our souls is indeed challenging. The material/mindful world takes up so much of our attention so that tuning into that other place of soul is not easily accomplished. It took me a number of years to 'go there' at will but once the path had been well trod, it becomes much easier.

God helps us, as do our angel friends. Their overshadowing presence tends to bring us more readily into soul consciousness. Our deeply felt prayers are the doorways to soul consciousness as well. My own experience in shifting to that place of soul is quite conscious and at times powerful. The shift feels palpable, almost physical, my body gets lighter and my mind goes into a state where my consciousness drifts a bit and other realities come into play. I sense my angel friends close and often see them and hear them speak to me. I also sense God being close as His Love pours in. It is a captivating and totally uplifting scenario. That is my prayer life when I am focused and unencumbered by intrusive thoughts and outside distractions.

Daily soul awareness is not so easily accomplished, but there are grace times when I know that I am operating more from soul than mind. This, I believe, is the result of the angels being close by and they are using me to accomplish some spiritual task. In that state I am able to read people more easily, or at least see beyond the veil of what they are saying to something more authentic in them. This is often very different from their words. I sense a flow of thought and action that feels 'right' and even joyful.

“Grace” is the best way I can describe this sense of purpose and flow. I feel my soul as a distinct entity within my body. It resides primarily in the center of my body, it feels active and alive with energy which I can only guess is what a pregnant woman feels in the latter half of her pregnancy. It also feels as if something wants to burst out of me seeking freedom – like I am pregnant with a new self emerging and seeking greater expression. I don't feel as if I am resisting this, just a little cautious and protective of this evolving, yet tender place within. The sense of it is always with me and as I write here about it, it is very acute and even exciting.

The soul is an ever-changing thing in this awakening journey. There are certainly many milestones on that road but in truth, we never linger there for long as the soul desires to push further. It is an incredible path to knowing our souls. Never a dull moment and never a sense of being stuck these days. Just the joy of being more and more alive within and its expression in my life.

*Response:* I feel that soul awareness is a felt sense rather than a thought or thoughts. For example, my soul feels the presence of our Father's Soul Love, feels a current of love flowing between us, connecting us. This soul awareness

becomes stronger with every prayer, every thought and feeling that reaches for and embraces God. It is a communication between me and God.

I have other sensations, such as awareness of spirit with me, of spirit influencing, impressing and guiding me and this too brings love. But it is different than the awareness of the flow of Love between my soul and God's Soul. My soul is in its infancy in being aware of itself but as this invisible bond between me and God grows stronger, the more awareness comes to my soul of its distinct existence apart from but connected to my mind.

*Response:* I would say in the last week I have had the very first of what I could discern as soul awareness. I have been grappling with some concepts around "Divine Love Healing" and had come to a mind impasse. Then I saw the way out, and as I have battled with this very issue for some years, it was an input not from my mind. Could it have been from spirit? Yeah, I guess so, but it was like the fog lifted, and I said to myself: "Oh yeah!"

*Response:* For me, when a thought comes through with a purity to it, a peace that resonates a truth with it, a genuinely warm and peaceful smile inevitably follows on

my face. These, I feel, are aspects of awareness from within my soul. Nothing else is required after the thought.

My material-minded awareness and thought generally has follow-up thought required, busyness, deliberations, and some confusion.

*Response:* Oh, how my fellow brothers and sisters inspire my thoughts on this very subject. Soul awakening and sharing its (my) gifts to further be an instrument in sharing and loving.

*Response:* As soon as I look for it, I start to be heart centered and a great intense fullness develops there as it does now that I am writing. However, my mind is also engaged as I observe the sensation so I find it hard to say that I am in my soul or not as so much is shared that it is hard to separate where one starts and the other ends.

*Response:* The soul, the spirit body with the mind, the physical body with the brain and the biochemical systems to create physical sensation are all one thing, you. None of it can be separated until the physical death, when the body is lost. Like a spaceship dropping its rocket launchers. The mind operating and the physical sensations are expressions of you. I'm not sure when we started separating out parts. I

suppose this is how we see things. But I am not the sum of my parts, but a single entity.

*Response:* This is a bit off topic, but when I am talking to someone about Truth, whether it be someone I have known for a while and I finally am able to talk about Truth with them or someone new, I get goose bumps all over but yet I am not cold. Also, if I am being guided by spirit to recognize Truth and share it with others by mouth or text, I often will get the goose bumps and it is like the Celestials must be jumping up and down waving their arms with joy causing me to have the goose bumps saying "Yes, she finally got it – that only took 55 years" – lol!

I also get the goose bumps many times when I am meditating or in fleeting prayer. So I have come to recognize that when I feel this, I am on the right track. I am never cold. Warm goose bumps I call them. The warm goose bumps that I have come to recognize have strengthened my faith and are of great comfort to me.

*Response:* How beautiful the warm goose bumps are! I get the same sensation when connecting with the Love. In those moments I feel very much in my soul, and connected to God and His angels.

*Response:* I often get the goose bumps as well. I know it is an overshadowing spirit and that what I have to say is very important to that person.

## **Personal Struggles and Divine Love**

*Question:* A lot of the time I want to drink, cuss and fight like I did as a sailor. I now pray for Divine Love but gee, it seems to work awfully slow in this fast-paced world. I guess that Celestial spirits have all the time in the world – lol, but I am looking for a quicker fix to this life that I have created. I would appreciate prayer that would help me get my head out of the beer can and all the other things that I "*think*" I need that only keep me separated from the Love I seek to possess.

*Response:* You need to put in the work like the rest of us – pray, pray, pray, pray, and then pray some more.

*Question:* I have certainly gained a drop or two if I can phrase it so – but I have really had a horrible existence. I *am* putting in the prayers and "*work*", but I'm a mess and *requesting prayer* from my brothers and sisters.

*Response:* If you have someone close to you that you can really talk to, who won't be offended by what you say and you trust them, that can be great. You feel uplifted when they can help you carry your load of problems. They see

things that you don't see clearly yourself. Talking to yourself is fine too – saves you from seeing a head doctor.

*Response:* Isn't it interesting that we aren't talking about God reliance, getting close to God, pouring our heart out to him, clearing out our blockages to trusting Him?

Injuries that we got from our human father become blockages because our injured child self automatically projects those onto God. It took me two years of emoting about my father's damage to my soul before I could even *start* to believe in, much less *feel*, God's Love.

Encrustations are blockages that we can get rid of. We don't have to wait decades for them to disappear. We *can* be proactive about being free of our addictions. An important distinction to know is that there is a vast difference between effect emotions and causal emotions. We get stuck in the effect ones, but it's the causal ones that free us.

Addictions are being stuck in effect emotions. To find fast relief, excavate to the causal reason you create an addiction at all. I recommend reading Alice Miller — she was a therapist in the 60s and 70s. She doesn't know about the soul, a relationship with God, or the laws of repentance

and forgiveness, but she explains *why* we need to pull the plug on our addictions at the source, which is our childhood or when we experienced trauma.

*Response:* Replacing habits and addictions of any variety is very, very hard. But better done now rather than later. It will leave you with a will of iron and a thankful soul.

We all have habits which seem impossible to break. You think you have it cracked, then there is a little whisper in your ear and "Bingo" – you are doing what you said you wouldn't. If you pay attention, you will notice that at the time you are less focused and more susceptible to outside influences. You didn't whisper in your own ear – you are being used! Keep up the good fight, you will wear the buggers down and achieve your goals. If you can't trust in your own will, then you must replace that will with that of the One who loves you as His son.

*Response:* I know this to be true – thank you, but it won't be easy. However, I'm sick and tired of being sick and tired. Thanks for being a friend.

*Response:* The law of the weakness becomes the strength. There is a wonderful provision that God offers that transforms the ugly duckling into the beautiful swan.

This law features a negative correlation between the weakness of a mortal and the resultant strength through constant prayer and faith. As the latter increases, the other decreases. I.e., if one is weak-willed, one prays constantly. Prayer and faith become a strength. Will becomes iron-like in substance. One is no longer weak-willed. The weakness has become the strength. Hallelujah!

*Response:* You could try an experiment. Every time you reach for a beer mentally, give yourself some time without one. Give yourself a bit of time to feel what it feels like to not have one, the emotion that comes. Be kind to yourself though, you don't need to self-punish or tell yourself you can't have one. Just give yourself 10 minutes (or whatever) to squirm thinking about wanting one. Just feel that. Angry, ashamed, deprived, unrewarded, unloved, sad – any emotion, or maybe a bunch!

*Response:* I will pray for you, but your guardians cannot help shoo the dark spirits away from you unless you ask for help. Pray for God to break their bond on you, and your guardians will help immediately. But use your will.

*Response:* When praying for God's Divine Love, also ask God to remove the desire for whatever you are seeking to

be free from. Pray that your material mind acquiesces to your soul mind, and never stop believing that God can heal you from any and all ills. God hears and answers our prayers. May God bless you with great healing and release you from all that ails you.

*Response:* I suggest you reread the previous post and then be still, and ask God to bring what was shared directly into your true being—your soul.

*Response:* Another prayer to add is for God's cloak of protection and that all thoughts being sent to us be sent back, not in the way in which they came, but in love, peace and harmony. There are many earthbound spirits that try to live vicariously thru us and try to influence us.

*Response:* Yeah, I'm surely haunted like that.

*Response:* God can do anything. He is the architect of all that is good.

*Response:* The fix you're looking for has to start from within. Setting a true intention to release what no longer serves you. Then set the intentions you want for your life and the will to create what you want to receive in your life.

Once you take those first few steps, even baby steps count, and the universe and Creator's Light will help guide your way. The key is faith, trust and believing. It's not always easy. The key is, you don't have to do it alone. Many blessings to you.

*Response:* This will be a long hard battle fraught with many casualties. Addictions are no joke! The 12-step programs are tried and true and are Celestially guided, I believe. In Step One, the admission is made that "we were powerless over .....". I was in several of these programs and got thru them only by the grace and love of God.

*Response:* Kicking habits like this is easier done from within a group like Alcoholics Anonymous. Adding God into the picture increases the success rate substantially.

Any time you want someone to pray with you, just confirm a possible time and I and many others here would be glad to give that shared support. No one here is going to judge. I look forward to the many things you have to share.

*Response:* I have done treatment and A.A but to no avail.

*Response:* It think it's the multi-pronged attack you need, as you need support and something to fill the gap.

Let me tell you how I gave up smoking. I analysed my reasons for starting and they were all to do with self-image. I went cold turkey and every time I thought about having a smoke, I said to myself how cool I looked not smoking. The hardest thing was not automatically taking a cigarette when it was offered. You have to watch out! Anyway, it worked. The interesting thing about chemical addictions is that the physical part does not take long to go, it's the mental components which need the greatest attention. Doing it for someone else and not wanting to let them down is another strategy you might add to the mix.

Personally, I think you have it in you and you are as important as anyone here in the eyes of God. You will succeed.

*Response:* So sorry to hear of your struggles. Receiving the Divine Love is generally a slow process, so no quick fixes I'm afraid. But God has many other things to give mortals. Sincere prayer may bring healing, relief and needed help. It's a matter of faith and application of the laws. This is your opportunity to see how real this all is, my

friend. You have come to the threshold of healing and now is the time to walk through in faith. *You can be healed* in an instant given your true desire to do so. The resources are there for the asking. I'll pray for you as well. May you be blessed deeply in His Love.

*Response:* I appreciate your honesty and willingness to share your struggle with us. We all have something that we have to work on. That's why The Prayer asks our Father to protect us from the distractions of the world. Good for you, identifying and admitting yours to us and more importantly to yourself. Please keep us informed of your progress. It will be an encouragement for us all!

*Response:* You are definitely in my prayers, my friend! I've seen my reflection in the bottom of more than a few bottles myself. Now, for me, quitting smoking is my new self-betterment adventure (well not new, ongoing challenge is more appropriate, lol). You know, this is one of the things that helps me deeply appreciate how God loves. Whether it's one step forward, or two back, He loves us infinitely the same. So when we fail, it seems wise for us to try to hold the same patience and love for ourselves as He does. In this mindset, we probably hold a higher level of

thought that helps draw bright spirits of love that aid in our  
road to overcoming the mountains we climb.

Love you brother, we will get there!

## **How Divine Love Changes Us**

*Question:* Receiving Divine Love can change us dramatically but often those changes are cumulative and subtle. Since praying for this blessing, have you noticed internal shifts in your demeanour and thoughts? Has this experience changed your attitudes towards yourself and others? Are you more loving and positive in your perspective? Have you become less judgmental and more compassionate? Can you explain how you have shifted in this regard?

*Response:* Yes to all of the above questions! Judgment can't co-exist with Love Divine, either towards oneself or others. Negative judgments continue to come up and I continue to take responsibility for deepening the Love within me so as to release judgment. As my faith and awareness of the reality of God's Love grows, this process becomes easier and swifter. I welcome the opportunity to become aware of the judgemental attitudes that lurk within me so I can cleanse myself of them with the help of God's Love.

*Response:* I have been able to embrace other people's perspectives without getting defensive about my opinions.

My ego is very reluctant to let go, but as I continue to pray, I find it easier to deal with my own internal conflict. Actually feeling God's Love (or really understanding what I felt all my life), I have been able to seek refuge in His Love. It may not fix my problem right away, but I can at least have a better perspective on what I need to do.

*Response:* I have noticed a great many changes in me since praying for the Divine Love. I used to be a very anxious person in my youth. I could barely talk to others without feeling self-conscious and nervous to the point of having a stuttering problem.

I was also angry and unfulfilled in many ways. I believe that these issues started me on my journey towards spiritual awakening as I felt inwardly compelled to overcome my barriers to life. I had always had a rich inner life and there the problems that I had were not present. I was a bit of a loner and very shy. After making connections with some very outgoing and loving souls, I was encouraged to start accepting and loving myself. It took many years to truly feel this, but it is clear in retrospect that this came with repeated inflows of God's Love. Through building a core of love within, many of those thoughts of being less than or unworthy, subsided or changed into

something more useful in my life. I began to value my sensitivities rather than loathe them.

I still see myself as a little unusual in my experience of the world, but appreciate that more than ever. Being different has become a great asset rather than a liability. Love does that. It opens up the realization that God created individual souls with inherent gifts similar but not the same as others. Because of a great sense of isolation and pain in my formative years, I am now able to have greater compassion for those who have had similar experiences. That couldn't happen without that core love principle informing my thoughts and feelings.

I am much more engaged in the world now because the process of soul awakening through Divine Love has built a sure knowledge of who I am and has gifted me with a changed perspective reflecting self-love and acceptance. These are only a few of what I perceive as the many positive and life-affirming changes that have happened to me in these 45 years of praying for the Love.

Yes, there was a lot of expiation and needed recognition of mindful error and unloving thought. That comes with the territory. But the changes that I have witnessed are far

greater than what might have come without that core of love in my soul. It is the catalyst, the compelling force that brought me to truth and a sort of reconciliation towards those warring parts of myself. I could not be transformed in the ways that I have been without this Grace from God opening the way to greater self-love and compassion and deeper gifts and understanding.

I have become a far better person in a myriad of ways than I believe I could have been otherwise. This great Love infiltrates all parts and aspects of us. It does as is promised – changing and transforming. I know that there is still a very long journey towards soul redemption to be taken but, in retrospect, I have taken great leaps of faith and landed firmly on my feet. God's Love gives us the capacity to do that without the harshness of mindful correction and ignoring the need for love to soothe the wounds. It is the perfect healing agent. Thank you, God for your Grace and mercies. Your Love has truly changed me.

*Response:* Thank you for expressing your story of God's transformative touch upon your being. Very well said and a story quite similar to my experience, the changes I too have experienced and I imagine many others have as well.

*Response:* I've also noticed things similar to what has already been mentioned about receiving God's Love so won't add more of that. But I have some extras to add.

One of the first internal changes I noticed was in my perception of colour. Colours appeared more vibrant to me – not only much brighter but to the point of "shimmering", like the colour had glitter added. I would be in awe of this experience and remark about it to others, thinking it was some special colour but they could not see the same thing. I quickly realised it was me that had changed. I still see colour the same way!

Another shift that happened as I began to grow in love as God's Love entered my soul, is that my sense of smell and taste changed. The smell of raw meat became much more unpleasant to me than it had already been. Then even cooked meat smelled rank to me and I could smell/taste the blood in it which put me off to the point where I could only eat it if it was heavily spiced to disguise the smell/taste. While all these changes were taking place, I would find myself in traffic behind a semi hauling cattle to slaughter (our town has a slaughter house). Looking into the eyes of those cattle through the bars of that death truck, I felt such sorrow for their plight (just as I had for the Jewish people

in movies I'd seen about the Holocaust), that I would start crying right there in the traffic.

Similarly, cow's milk began to taste rank to me. I would go past fields where milking cows were grazing and become upset at their life of "slavery". Eggs began to taste really strong to me and became hard to eat. And finally butter and cheese became repulsive.

*Response:* In this new way of being, I see God's children as brothers and sisters of mine. In this blessing of Love, I am much better able to see past their condition, and to the precious soul they are. God's Love has opened me to see His children in light, to love them without need for reason, and to walk in faith that each encounter is a moment where God uses His instrument to reach them in ways unknown. God's Divine Love has brought a quality of faith that was lacking prior. I am in a much greater state of peace since this great blessing, and the peace grows deeper with each prayer.

*Response:* It is that thing about being in the vortex that Abraham Hicks speaks of through Esther. I think there is just more appreciation and gratefulness about the smallest things. It builds a momentum of peace and joy that persists.

*Response:* Mine has been a very long journey of integrating this truth into my life. The changes are many and too numerous to list, but most of all I'm learning each day how the power of love can transform any situation and how compassion for self and others sidesteps all that tendency to judge and withdraw. The changes that Divine Love brings are often subtle with each day that passes, but when you look back and see how God guides us and Love changes us, it's pretty dramatic. Having the angels close also adds a dimension to my life that is a welcome addition. Guidance as well as help to grow in our soul and mind come with this friendship. Their loving energies are always welcome.

I never start a day without prayer. This helps to center and uplift me. My life is peaceful and filled with the beauty of my garden, nature everywhere, and a loving wife and friends to share life's goodness. This has all been a blessing that comes with God's Love. I have no idea what my life would have been like without God's presence within it. I am truly blessed and thank God each day for such blessings. Although my life is not perfect, it's as good as it gets IMHO.

*Response:* No words will be adequate to describe the change brought to my life by the truth of the Divine Love!

But I know it was a miracle to have been led to the messages and even a bigger miracle to have opened the book to read because the cult I belonged to would instruct their members not to read from books outside the church so that we wouldn't be led astray by the devil!

With Messages from Jesus, I thought this would not contradict the "only true church in the world"! Wow – I was wrong!

My mind was freaking out but my soul found glee! As my mind took me back to when I was a child and first heard orthodox doctrine and my child soul rejected it, that is how I knew these messages were true!

Ask and you shall receive. Knock and it shall be opened. Truth of the Master set me free! Free from the chains of this cult that is very powerful and very dangerous! Like all cults! I'm so grateful to be out! To know the peace that praying for Divine Love can bring!

I'm even grateful for the small turmoils in my life that keep me aware of the need to obtain this precious substance in the soul! I often get discouraged when I see so many of my own family chained to this cult! But I know miracles happen! It happened to me!

I'm SO grateful for my Divine Love family who love me for who I am and nothing else! I'm SO grateful for the acceptance and the love! And, I'm often in awe of their love and humbleness!

*Response:* Yes, finding out that your reservations have real foundations is a revelation. If only the churches would open their eyes to this. For me, it gave me back Christ whom I had been forced to reject for so many years. How marvelous is that! Calling big brother over ....

*Response:* Wow! What a revelation! I had to get close to Christ again and then I was led like a child to the messages.

*Response:* When I look back at my timeline before I learned from AJ about Divine Love and how to receive it, what MY part in it was, I see that there were numerous times I did receive God's Love in little portions in church services where my faith was raised temporarily. I understand that even that small amount of Divine Love was enough to teach me from the inside out and I averted many temptations by its inner guidance and installed wisdom.

Now that I know how to receive intentionally, I can set my phone alarm to get a Love supplement during the day. Like three meals a day. As it enters me, I not only feel its

beauty and joy, I also can sense the next error feeling belief that needs to be released. I'm trusting God to queue them up for the most effective sequence. My law-of-attraction events make me aware of what it is. When I release those error feeling beliefs, I'm ready for the next lesson and installment. To everything – turn, turn, turn – there is a season.

Also, when I am aware of a new question or challenge, I ask God to install in me that portion of Divine Love that contains the knowledge and wisdom about that topic. Much better than books!

*Response:* That is such an insightful way to proceed. Ask, ask, and ask again! I hope I remember this – it's a bit like cheating at exams, except it's not wrong. Clever old you!

*Response:* God is there in all of the churches, and the Divine Love is flowing into those souls who are seeking his Love. I was raised Catholic and I know that I received God's Love as a young girl. I had my first Communion and Confirmation and was terrified of going to confession (even though I wasn't that bad!), yet I never feared God. It was the man-made stuff that gave me fear.

*Response:* My transformation includes being more present in my life. And more open to receiving divine guidance and assistance. A feeling of a stronger trust and connectedness to Source.

I have always been empathetic to people, but even more so now. There's so much that shifted for me, it's hard to put it into words. Feel blessed.

*Response:* While I'm sure I won't do the experience justice, I would say that I find myself much more accepting since praying for this wondrous blessing of God's Divine Love. I feel much closer to peace and joy. Traits and beliefs in others that used to draw judgement from me are few and farther between now. I truly feel God now, whereas before, I felt a great disconnect when trying to feel His presence.

And as I'm growing in this closeness to our Heavenly Father, His Love is helping me learn who I truly am. Something that I never thought I needed to really look for prior, but as I come to learn about my soul, I see myself in a different light. That now helps me see the light in others, as opposed to the darkness that tends to live on their surface.

God's Divine Love has elevated my thoughts and intentions. It has drawn brighter energies to me, and the blessings abound! My family is glowing since this Truth has come to my heart, and I can honestly say that God is the focal point of my life now. Before I knew He should be, but I never could quite feel His presence. Blessings and warmth have long been gifts in my life, but now, on this Divine Path to at-onement with God, I truthfully feel like I can see Him reaching others through me, which is a truly humbling feeling.

And praying has become so much more of an intimate experience. I feel a real energy that takes life in my prayers these days. Before they felt more like a message in a bottle, but now, they feel like they fly on the wings of angels.

Summarizing – everything has changed, and all for the oh so much better.

*Response:* I love what is being shared – it enriches all of us to read about the wonderments and workings of Divine Love in one's life. Like for many of you, there has been lots of change, some rather overt and others small, yet instrumental to living with greater harmony.

What I have most recently been aware of is the growing ability to discern guidance. For me, a "game changer" so to speak as with discernment, my daily living continues in the vein of unfolding with more ease. Feels like I am living more "in the pocket" of life rather than mindfully concocting and thinking about ways to have things happen.

The awareness within myself what is of my soul and what is of my mind is being finetuned. Same as conversations with others – it is becoming clearer what originates from mindful ideas, fears, direction, planning, etc. It is not that I am free of these aspects of the mind, but more so I now catch the trail of what is mindful and take things into prayer if I am uncertain. Faith strengthens each time I consciously take this step and my soul is elated at the opportunity to show me the way led by the loving hand of God.

*Response:* Like some have mentioned, I too feel I have been receiving God's Love for much longer than since fully understanding it and consciously asking for it – in fact, probably four decades prior. I also am not sure how my life would have gone if it wasn't for being led as a teenager to a non-mainstream Christian group that gave me a wonderful spiritual foundation. Even though I have moved on and

experienced other fellowships, I am grateful for each of these chapters in that each contributed to who I am today and enabled me to relate to people from a broad range of backgrounds.

I feel peace, joy, and have learned to be less judgmental and more patient. I am more loving and more conscious of choices to act in love or otherwise in response to others' less than loving actions. I have also grown in spiritual insights and understanding.

*Response:* I now have a true sense of spiritual direction -- to discover new worlds and go where no man had been before, to quote Star Trek. And in damn good company to!

*Response:* I'm a prayer-holic. I love the feeling when in prayer. Especially group prayer.

*Response:* My journey with Divine Love is fused into my journey of emoting. Before I knew about emoting to be in truth, I now recognize that I did receive some Divine Love because God is ever alert to pouring in love whenever the conditions of having a pure desire (without emotional addictions and demands) and being aligned with God's truth as much as I understood it, and I feel now that that small amount of Love protected me from desiring to do a

lot of immoral things that were becoming commonplace and acceptable to the environment I lived in.

That Love activated a deep hunger for Truth, and became a passion I've always followed, going into several religions and philosophies which did not teach me how to receive Divine Love in a deliberate way. So when I found out how to do it, I studied that truth every day for hours. My friends were a bit concerned at how fiercely I was diving in, but I'd been seeking the real thing for over 50 years!!

Changes in the last 4 years:

1 – I'm off all my meds, including a high dosage of antidepressants I'd been taking for 25 years. My thyroid is now alive and well. My lifelong anaemia is gone. My terrible insomnia is gone. Anxiety is gone.

2 – I can feel love coming into me, not just from God but also people, including my children. I'd never let that in before.

3 – I have the continuous comfort of a Loving Soul Parent who is honestly interested in every thought, shift, idea, dream, desire, fear, challenge, etc., that I feel or face. No human has that capacity!

4 – I no longer “need” validation from humans who are themselves as flawed as I am.

5 – I’m understanding what Jesus meant by becoming as trusting as the birds — not a mental philosophy — they act on the feeling of knowing they will find food, shelter, and will be carried by the air when they use what God gave them. They are just being their true selves, not some facade or damaged self. How do we return to that? More Divine Love!

There’s more but this is long enough.

*Response:* I grew up as an atheist, but in my latter teens, anti-evolution spiritual literature that came my way made me see that all the marvels of nature, including laws, living things, beauty, balance and harmony, etc. couldn’t have just happened without a designer, creator, lawgiver and life-giver. That was when I accepted God’s existence. I was then led to a non-mainstream church which gave me an excellent spiritual foundation. It was the first of several stepping stones on my spiritual journey that started about 50 years ago – 45 years before I came to understand the Divine Love truths through the Padgett messages.

I too believe that I was receiving the Divine Love along the way, though not fully understanding it. From early on in my journey, I understood the Holy Spirit as a transforming power rather than a third member of the Trinity. I also had a fairly good grasp of the new birth and ultimately becoming like God.

Over the decades, my life has changed more than I can explain in a few paragraphs. The most profound early changes were gaining hope and purpose and being lifted from a life near despair. If it wasn't for God's intervention in my life at that time, I hate to think what direction my life would have taken or even if I would still be alive. I have also experienced countless blessings, answered prayers, divine guidance, healings, and spiritual growth. I have grown in love, patience, discernment, spiritual understanding and insights, joy and gratitude. My desires have changed from material to spiritual. I have peace of mind, though am not yet immune to worry and anxiety, but far less so than in the past. As all of us, I'm still work in progress, but progressing as the Divine Love is transforming my soul.

*Response:* Life is full of change without receiving Divine Love but my soul's inner changes have informed many areas of my life. Avenues of awareness could not have been

opened without this journey of soul awakening. I could not love life the way that I do without the transformational qualities of this Love. My perspectives, focus and direction have been informed by my changing soul. Essentially, soul awakening is the focus of my life and will change everything eventually.

*Response:* Simply yearn from your soul, and God will send the Holy Spirit. Do it constantly; soon you will feel differently. Eventually if you keep doing it, you will begin to feel happy, your intelligence and wisdom will noticeably increase. Every aspect of your life will be enhanced in a positive fashion. I highly recommend the Divine Love!

*Response:* I have far greater awareness of what it means to be living with Divine Love, as well as where my shortcomings are. Far easier to love others in general and no capacity for any deep-seated anger or any great dislike of anyone. My connection to the Father is something that I actually feel rather than wonder about. Faith is continually growing in my ability to receive the Father's Love.

*Response:* I have certainly become more loving and compassionate over the years. Less fear-based perspectives and more appreciation for life and everyone within my life.

With age, wisdom and a brighter soul, I see everything in a different light. God is everywhere in my life and this brings me more joy and uplifting experiences. Serving God in whatever way I am guided to do also brings greater joy.

Letting go of mindful expectations and being more attuned to the perspective of soul releases a lot of my judgments and negative self-talk. My thinking has changed, as have my priorities in life. Compared to 20 years ago, I am a much happier camper. It took time, effort and patience but when I look back on my life, I see a lot of shifts and changes, especially those in my thinking and doing. We experience change anyway in our lives, but what has happened to me personally is quite remarkable. I owe much of this to the effects of receiving God's Love. It is a game changer to be sure.

*Response:* When I first heard about Divine Love in my early twenties, I felt an uprising of joy from my gut and a burning sensation in my solar plexus. That is what convinced me to further pursue this path.

Many feel something akin to joy or recognition of this truth when first encountering it. It depends on the nature of the seeker. Some 'feel' their way through, while others

take a more intellectual stance. I believe this is why more women than men are drawn to Divine Love because it is essentially a feeling experience requiring a leap of faith rather than being intellectually gratifying.

The nature of women is usually an openness to their hearts. Men often prefer logic. Although the teachings of Divine Love are logical and sensible, it's a bit shy on detail compared to many 'New Thought' practices. I've lived by my gut feelings and have learned to trust them over what the mind dictates as the right decision. I never regretted choosing the Divine Love path and am very grateful to a medium for introducing it to me some 45 years ago.

## **Change in Experience/Perception of God**

*Question:* Has your experience/perception of God changed since praying for Divine Love?

*Response:* Speaking to myself: "Your God is too small!" Not only was my God too small, but I was too small. Everything is changed and it seems it is still in the process of being changed and transformed.

*Response:* Since Divine Love embraced me, my dance has taken on a whole new flavour.

*Response:* Yes, so much. From church growing up, I used to think of God as a man in the sky judging me. I came to see this is not the truth, and have since been implanted with knowledge that could not have come from anywhere else. It is a knowing. From the soul. A deep knowing and understanding. Yet a humbleness that leaves you feeling like the more you learn, the less you know.

*Response:* That is also my experience – the more I learn, the less I know.

*Response:* My experience has most definitely changed! On this Divine Path, I really feel magnetized towards God. I feel energies I did not feel before, a true euphoria without chemicals. Each prayer/meditation session is a vacation from this plane and an escape from this condition.

As far as perception, I was blessed to not have been raised in a religious family, so I feel my soul has long since felt our God of Love and it was a war of my mind as to 'why' the books couldn't capture what I felt. But I do now perceive our Father as a giver of Himself, so that we may enjoy the deepest satisfactions of life.

*Response:* Divine Love changes everything. What God is, is really beyond any human capacity to understand. What we see, observe and experiment with are the evidence of God. I am always amazed at how arrogant I was/am when it comes to my wisdom about God.

*Response:* Before the knowledge of Divine Love, I would pray to Jesus because I didn't know God's Love until Jesus led me to the messages. Now I'm no longer afraid of God! I no longer fear God! That's priceless!!

*Response:* God is changing my perceptions every day. That incremental inching forward is almost too subtle for

words, but my mind continues to succumb to the light building in my soul. I see the world differently and God differently. The benevolent loving Father continues to dominate my understanding and knowing. The presence of God becomes greater in my daily reality, yet to describe God is still a challenge.

As mentioned, we see the manifestations of God and not the true Source. It's like looking into the sun, you can feel the warmth and presence of it, but to stare straight into it is unbearable. Only the eyes of my soul can truly comprehend the brilliance, but I feel like a newborn who must adjust to the light of this changing reality.

*Response:* I come from the Spiritualist movement and their understanding is that God is an omniscient presence that exists in all things, i.e., God is within you. So my perceptions have totally changed since I now understand that God is Soul and that I am soul and through this level I can receive His Divine Love and also have a dialogue with Him.

*Response:* My perception of God now is that She/He is a distinct emotional being who desires Her created children to desire a relationship with God. Love is not love if it's in

response to a demand. My feeling of God is that He is NOT demanding, NOT expecting, NOT worried, and NOT a lot of things religions taught me He was. I realize now that that was the religious leaders' made-up image of God, breaking the first of the "10 commandments" which I don't believe God commanded anything. God DESIRED the universe to be created and peopled and that was enough. No commanding had to be done.

So I first had to feel the truth that God was NOT as unloving as my parents and grandparents had taught me. Once I released that encrusted group of beliefs, then I was able to start receiving feelings from God about His true nature. Just studying what nature does when humans stop interfering and controlling it will reveal God's true nature. Nature is generous, produces abundance beyond need, values individual self-expression, and displays harmonious coexistence, beauty, truth, color, variety, celebration, self-love, optimistic imagining, beneficial synchronicity, etc.

Each day I am an incremental bit more aware of God's generosity. And His truly unconditional love and how He is crazy about me sharing the details of my life with Him, and that He LIKES me, has faith in my true self and confidence that I'll eventually find out what God-reliance is all about.

I'm just awed at the enormous goodness of God. Can't wrap my mind around it and my soul is often overwhelmed with another emotional realization of His goodness. And it's pragmatic, too!

*Response:* The more I pray, the more I experience Him as a personal being. I can actually feel His Love go out to me as I tell Him how much I love Him.

*Response:* When I first prayed for Divine Love and God said, "Welcome to my Kingdom!", it opened my consciousness and I continue to challenge myself to stay open and present to the good that happens to me when I walk in His light. I try to be a channel of His light and love in my daily life. I am so grateful for my life because of Him!

*Response:* I am just pleased to have God as a friend even though I have not got that idea fully integrated. Having Jesus as a brother who is interested enough to pray with me and to take an interest in my life is mindboggling enough. Just think of all the things he has to fit into his day before doing that!!

So my experience of God comes in funny ways. For instance, I enjoy Chic Flics and it is more likely for my eyes to well up during emotional songs on YouTube! I keep

checking to see if it's Amazing Love I feel or High Anxiety. After all, the body has to utilise the same base nervous system to signal to me and both pain and pleasure can sometimes share the same moment.

God is still outside my imagination. I don't have that emotional ability yet to leap into the stratosphere with total trust and abandon. However, I have faith in its possibility and that includes me.

*Response:* Sometimes I think we get caught up in the personal God construct – the idea that it is God's desire for me to live in specific ways. Certainly God's laws seem to create that reality. However, I'd like to share something I recently wrote.

### **On the Existence of God**

There is more intelligence and creativity in the design of a leaf than man has exhibited since the beginning of time for one startling reason – it's alive. God created photosynthesis to sustain life. In the seed is life. Science only observes. It has created nothing. It has used that which was already created to redirect its activity, but even the redirected activity obeys laws that are not breakable. Man

in his arrogance has not seen that we only play the song God created the capacity and the ability for us to play.

Now how we see what God is, is the greatest arrogance. We know potentially one trillionth of what is observable and then we argue about that which created it all. We have infinite time to discover and we get stuck during our first moments of breath thinking we have even an inkling of what God is. Even the knowledge we have attained becomes our biggest stumbling block to growth. I see God's Love as a stream of knowledge being present and constantly seeking a heart and mind that will perceive it. Think of how big we are in relationship to an infinite universe and then feel what must have created it.

*Response:* Many see God as a nebulous sort of force. They focus on the creation rather than the Creator. Physics teaches us that something cannot come from nothing. The existence of all this creation is evidence of an external force. Alas, this intellectual approach to the existence of God avails us little, save argumentation.

I can only speak from personal experience. When I pray, I feel a personality, a love, a caring spirit. Prayer involves both a call and a response. I pray for Love. God responds

through His Holy Spirit with that wonderful Love. I feel comforted. I then talk to Him and tell Him Thank You. I tell Him how much I love Him for taking an angry, depressed drug-addicted young man and turning that man into a happy child of God. I am so grateful for this incredible transformation.

I want to worship this being who has created for His children a most exquisite paradise. Few seem to experience this God of Love – they confuse the spirit, the wind, the leaf, with the real, living entity, the Creator of all. In summation, I do not see myself as 'caught up in the personal God construct'. I see myself as the child of a real, living Father. A Father who loves me.

*Response:* I grew up as an atheist, having been brought up in a Communist country that suppressed churches and religion. Only after I came to Australia did I come across anti-evolutionary Christian material, which pointed out how the incredible complexity of life, interconnections, earth's perfect size and distance from sun, and the myriad other things making it what it is, including the marvel of humans at their core couldn't have just happened by itself through "lucky coincidences". There had to be a designer, creator, life-giver and law-giver behind it all (some

evolutionists now acknowledge a “Mind” behind evolution).

This was over four decades before I came to intellectually understand about the Divine Love, though I did understand that the Holy Spirit was involved in transformation. I believe that I have been receiving the Divine Love since close to the start of my spiritual journey, as once I accepted and acknowledged the existence of God, I wanted to do His will and serve Him. Like others have mentioned, without having been led to find God, I hate to think where my life would now be.

Since consciously praying for the Divine Love, which has been an extension of and building on my previous spiritual journeying, my perception and relationship with our heavenly Father has deepened, my love for Him has grown, and I try to cultivate frequent consciousness of God and pray for the Love throughout the day, as well as when I wake up at night. It has been a wonderful journey.

## **Divine Love Changing Relationships**

*Question:* Has living in the Love changed how you relate to others, especially those close to you, and how others relate to you?

*Response:* I am generally in a more expansive good mood which spills out. Even customers coming into our shop for the first time may get teased. So lot more laughter generally.

I am also more likely to engage strangers in conversations which often lead into areas they are not expecting. No fear, just a bit of sensitivity as I gauge their inner strengths so as not to stray too far outside their comfort zone. I have met some lovely souls that way.

*Response:* The commitment to choose to love is a pragmatic reality. It does not feed my emotional addictions like my addictions to being listened to, respected, reassured I'm a nice person, validated with projected nice emotions, etc.

To choose to not project onto others my neediness is a loving act. To be curious how another person's story has meaning for my life is a loving act. To be sensitive to feelings beneath the spoken words, to check in with God for guidance on what to share with others, for the health of those present, to be an optimistic imaginer for myself and others – Divine Love enables me to do those loving acts.

*Response:* As a recovering introvert, my life has changed dramatically. As a child and young adult, I used to blush with almost any human contact. So the embarrassment was there before I even started. Now I'm speaking to crowds, passers-by and good friends with comparative ease. No reticence now, just a desire to give love where I can. This is not out of neediness or a desire to be recognized, though I certainly went through phases such as these. It's now the joy in my soul wanting to burst forth in connection and expression. I am truly a changed man.

*Response:* I just wish others could share in this great Love.

*Response:* Growing in Divine Love has helped me better love, understand, and have compassion for all of God's children – even those who can be hard to love and

appreciate. I've also noticed people looking at me, almost like they're trying to figure something out. My intuition tells me they sense that something in me is different, something that draws them towards me. I believe their souls are sensing the Father's Love in me.

*Response:* How wonderful! I'm sure that as a teacher, you are positively impacting the lives of all the children you touch, and your colleagues too!

*Response:* I feel more loving to people in general and often send love to individuals I see, even when not engaged in conversation, especially those I perceive may be going through a hard time. I have also grown in patience and try to consciously choose loving responses to those who may not act loving toward me or to those who I feel annoyed or frustrated by.





