

## Chapter 4

# Is That God Talking?

### Find Your Solutions Easily through Your Own Inner Guidance

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Despite all the advice you receive from experts and friends as you create and grow your business, **you** are the bottom line. Who do you listen to and trust when you make important decisions about your projects? You might ask yourself:

- What are all the facts?
- Is this the right time?
- Will I be happy with this decision?
- Am I able to carry out the new responsibilities?
- Does this decision engage my passion?
- How would I feel if I made a different decision?

The answers to these questions lie within your own inner life. The bigger question is, how do you go about finding them?

#### Listening to Others

Soliciting facts from others is helpful when you need to gather information. It is also useful to collect opinions from friends and family, especially those who might be directly affected by your decisions. An insightful listener can be a mirror to see your situation more clearly, reflecting back to you your authentic truth.

However, advisors are necessarily limited by their own experience and beliefs. They have their own levels of personal risk factors, comfort zones, and priorities. Their advice is based on their own history, feelings, and understanding. Seeing the situation through their own filters, they declare, “If I were you, this is what I’d do.”

## Listening to God

But – they are not you. At times, you need to turn to a more objective voice, one that knows you more intimately than even you know yourself, and that you can trust beyond all others. This is the voice of God, the source and creator of your life. Whether you feel God is something other than yourself, or is the life stream pulsing within you; whether you name this voice Spirit, Inner Being, Source, or Creator, this God created you with unique gifts to attract health, wealth, and happiness. Your Creator wants you to become the most successful person that you can imagine. You only need ask, and listen for your answers.

Answers absolutely come when you surrender to your true mission. Your passion compels you to make the choices that feel best to you. Once you have really committed yourself and step onto the path, the law of attraction brings you what you need. Your new life will come easily if your desire is strong, your thoughts are focused, and your image is clear.

## Messages from God

Your Source “speaks” to you in many ways.

- **Hunches** - When you have a sudden inspired thought that you “know” is just right, you feel a great sense of relief. You might feel an urge to call a customer at just the right moment. You confidently order 1,000 extra books, not knowing if you will sell them. Where do these thoughts come from?
- **Dreams** - Through your dreams, answers come, and choices are made without having to live them out in this physical world. Often symbols are revealed that illuminate deeper parts of your truth. By writing down your dreams, you discover helpful new perspectives from a source beyond your conscious self.
- **Coincidences** - The timing of seemingly unrelated events often contains powerful messages. A problem might have you stumped until an unexpected encounter offers a surprise solution. Perhaps a song on the radio gives you a new idea. These coincidences give you hope and confidence that you are being guided by a Source larger than your personal will.
- **Life Experiences** - Wisdom is imbedded in your daily mistakes and successes. Ultimately experience teaches us that change is the only way to sustain life – you grow as you receive new impulses, and manifest them. You also grow as you let go of what is no longer needed or useful. When you refuse to take a chance on the new, or hold on to the old, you find yourself stuck. As you embrace these opposing directions, you maintain a balance in the present moment. The challenge is to both create and release simultaneously to avoid the wild oscillations of the pendulum.

## **When God Speaks**

You recognize God speaking when you get chills, or you experience an immense sense of relief. You feel better. You feel the excitement and possibility of creating something that truly comes from your deep passion. You feel connected with something much greater than yourself. You find hope again, and realize that life is very good! You are ready to move forward, leave your stuck place, and take the next step to growing and transforming your business and your life. You implement your vision with a focus, clarity, and enthusiasm that is unstoppable.

## **How Can You Be a Better Listener?**

Messages from Source are being sent all the time. Here are three simple practices to help diffuse the distractions around you and allow your inner guidance to “speak.” Take a “Source Break” instead of a coffee break, and you will quickly have access to a vast world of new resources. The trick is to move past your own ego-centered filters for a moment, and trust your deeper wisdom to reveal itself. And be ready to capture that wisdom when it comes!

### **Practice #1 – Quietening Your Mind**

Every spiritual tradition teaches simple practices that quiet and center the mind to make room for grander visions. Religions call these practices prayer, meditation, mantra, or chanting. Others call them relaxation exercises, breath work, or toning. All of these methods use the power of breath, rhythm, and vibration to eliminate distracting thoughts and enter into the essence of Source.

Breath is a simple and safe way to easily quiet your thoughts and focus on that greater space within you. Simply find a quiet space, and just breathe. Sit comfortably and focus on the inhalation and exhalation of your breath. Close your eyes to eliminate visual distraction, and just feel the movements of your breath, in and out, rising and falling, expanding and contracting, taking in and letting go. Let your breath flow naturally, and notice the rhythm of breath soothe and calm your busy mind. At some point you may have no thoughts at all, just an awareness of pure space. It is from this still place that your inner voice can be heard.

### **Practice #2 – Writing Spontaneously**

As children, many of us kept a diary. Now as adults, we still need a place to safely express our stories, feelings, hopes and fears. Letting one sentence lead to the next, write spontaneously, not knowing where your thoughts will lead. Writing itself brings emotional relief. Write without judgment or criticism, celebrating that you are alive and experiencing life’s lessons. By expressing your thoughts and feelings through writing, you witness your life objectively, discovering the wisdom it contains. These reflections guide you closer to where you want to be.

Writing is free and easy. Here are some suggestions to get you started:

- Ask yourself a question and then answer it.
- Vent your current frustrations – no censoring allowed!
- Imagine your perfect life.
- Discuss what is getting in the way of your highest vision.
- Note something that you are grateful for today.

What is important is that you take paper and pen in hand and write. Start with a deep breath, and then let your heart lead you. Stop if you find yourself trying to “figure it out,” and wait in that silent pause for words to come. Let go of your inhibitions, and let your Source reveal your thoughts to you.

### **Practice #3 – Finding Inspiration**

What makes you feel inspired - a good book, a great piece of music, a heartwarming story? Perhaps listening to a motivational speaker moves you to action. If you look, you will find many little moments of inspiration come to you, if you would but capture them and allow them to lift you. Encouragement from an employee or gratitude from a customer can make your day. Take time to enjoy these moments when life feels good, when you are participating in the sacred nature of life, when little miracles come your way.

Choose to live an inspired life. You can fret about what is “wrong” with your world, or instead, you can choose to appreciate what is working “right”, and look for more ways to bring joy and abundance into your life and your business. Be refreshed by a visit to nature. Choose friends who encourage you and are manifesting their own creative ideas.

### **Listening with Your Senses**

Let your senses move you to action. Surround yourself with beauty, sweet smells, delicious tastes, things soft and warm. Display your favorite art. Listen to uplifting music. Check out the sensory experience of your business. Does your environment appear chaotic or calm? What sounds do you hear? How does your company “taste?” What smells are in the air? Does your company feel warm or cold? Does your physical space enhance your capabilities or your limitations?

**Answers from your Source are available to you if you but stay awake and be receptive!**

## **Your God is calling you. Will you hear?**

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