



Your Spiritual Connection

Contacting Your Spiritual Guidance

By Dr. Margaret Paul

Imagine how wonderful and safe you would feel if you knew that you had a source of personal spiritual guidance that is always here for you. It is possible, with practice, for anyone to have connection with their spiritual guidance. This article offers a process and a visualization for connecting with your spiritual guidance.

From Do I Have To Give Up Me To Be Loved By God?

Dialoguing with your spiritual Guidance means different things to different people. Our spirituality is as individual as we are. Some people find they can dialogue directly with God, whatever their concept of God is: a person, an energy or simply light. Others dialogue with a personal Teacher (also called a Master Teacher); an Ascended Master; a religious figure like a saint, a guide or a guardian angel; a beloved deceased relative, friend or pet; a power animal; or with an image of the highest part of themselves. Even young children can contact their Guidance by imagining a coach or a fairy godmother.

If you would like to create a personal guide or mentor to dialogue with, try the following exercise. Put on some beautiful music and have someone read the following visualization to you, very slowly (or tape it for yourself and play it back).

Close your eyes and imagine that you are sitting somewhere in nature in a place that is very beautiful for you - the mountains, the desert, a forest, a brook or waterfall, a lake, a meadow, the ocean Imagine that you can hear the sounds around you.... smell the smells.... feel the temperature of the air on your skin Use your imagination to see, hear and feel your surroundings Imagine yourself feeling content and peaceful, surrounded by love

Sometimes it is hard to imagine the energy of love, so pretend that it is the color violet Imagine that what you need to feel filled and to flourish is the color violet Imagine that throughout your life you have been seeking to get bits of the color violet from others and from accomplishments Now imagine that the space around you is filled with violet, and

all you have to do to be filled with it within is to open to learning about loving yourself

Allow the light, the love, the color violet to fill your whole body, within and without . . .surrounding you in a cocoon of violet, a cocoon of love Imagine yourself resting, relaxing into this love Breathe it in and breathe it out in a circle of light And imagine that circle of light connecting with Divine light, Divine Love, the source of all light, the source of all love. Breathe it in and breathe it out. Each breath in and each breath out allows you to go to a deeper place of spiritual peace and relaxation Deeper and deeper . . . surrendering the control as you relax and rest into Spirit

In this place of beauty and relaxation, you have the opportunity to create the perfect mentor for you Imagine that you can see or feel a light or energy next to you. This is your spiritual Guidance, and it desires to appear in whatever form is most acceptable to you. This mentor or guide is the most powerful, loving and wise being that you can imagine This being can be human or animal. It can be a man, a woman or an androgynous being. It can be any race that you have an affinity for--Caucasian, American Indian, East Indian, Asian, African, Hispanic--whatever race gives you a feeling of warmth and safety, which may not be your own race. It can be any age--very young, middle age or very old. You are imagining this, so you can make up anyone you want Imagine the color of this being's hair and the kind of clothing Now imagine that this spiritual being that you have just created is sitting beside you. Imagine yourself being surrounded with the unconditional love that is emanating from this being of light. Imagine that you can relax and rest as you are being supported and held by this loving being Ask this being for a name. You can also make up a name you like, or listen for a name to pop into your mind. Any name will do. If no name comes to mind, let that be okay Take a few minutes to be with this loving being of light, knowing that you can go back to this beautiful place anytime you want and speak with this being

Let yourself feel and know that you are not alone, that you are never alone, for this loving being is always with you and has always been with youThis being wants nothing more than to love you and guide you toward your highest good. Relax and

know that you are never alone When this feels complete, open your eyes and come back into the present.

If you practice imagining this being in whatever form is comfortable for you, and making up conversations with this being about what is loving to you, you will eventually know that this being really is here with you. It doesn't matter if it feels as if you are making up the whole thing. What is important is that you learn to trust what you think you are making up. If you follow the Guidance long enough, even if you think it is just from your own mind, you will see that things work out better than when you don't follow the Guidance.

Accessing Your Spiritual Guidance

By Dr. Margaret Paul

Discover many ways of accessing the Guidance that is always here for you.

In the first 17 years of my career working with individuals, couples and families, as well as business relationships, I worked as a traditional psychotherapist, and was not happy with the results. In the last 26 years I have worked with Inner Bonding, and I've discovered that there is no real healing without a personal connection with a source of spiritual guidance.

Everyone in recovery - whether from alcohol, drugs, food, spending, gambling, sex, TV, codependency or any other addiction - knows that they cannot heal without a connection with their Higher Power, yet for many this connection is elusive. It is a common experience for me to work with people who have been in Twelve Step programs for years, yet still don't have a direct, personal experience of their Higher Power. All of us want a direct line to our spiritual Guidance. We need this help in maintaining abstinence and taking responsibility for ourselves. We want to know what is in our highest good, what is the right decision in different situations, how to take care of ourselves around others, and how to manifest what we want.

It is the birthright of each of us to have a direct line with our Higher Power, whatever that is for us. Yet few of us have learned how to do this at will on a daily basis. Surprisingly, however, it is not hard to do.

The spiritual realm exists at a higher frequency than we do here on the physical plane of Planet Earth. In order to access the spiritual realm, we need to know how to raise our "frequency".

One way to understand "frequency" is to imagine a room filled with people who are sharing love and joy with each other. This room has a feeling of lightness - a high frequency - whereas a room filled with angry, tense people has a feeling of heaviness - a low frequency.

So, how do we raise our frequency? There are numerous things you can do to help yourself raise your frequency, but none of them will work unless you have the intent to learn with Spirit about loving yourself and others.

Our intent is the most powerful tool we have for raising our frequency. There are only two possible intents in any given moment:

- To learn with God/Spirit about loving yourself and others
- To protect against your pain and avoid taking responsibility for your feelings.

When our intent is to learn, we seek to take responsibility for our own feelings and behavior, by discovering what we may be thinking or doing that is unloving to ourselves and others, and what would be loving. When our intent is to protect and avoid, we seek to control - through our various addictions - our feelings, others' feelings and behavior, and the outcome of things.

You can try many methods of raising your frequency, from prayer to meditation to chanting, but if your intent is to protect instead of to learn, none of these will do any good at all. The reason is that when the intent is to protect against pain, we close our heart, so as not to feel whatever we are feeling. Love cannot come through a closed heart.

We are each given free will when we come to this planet. This means that we get to choose our intent - to be open or closed; loving or unloving; protected against pain, or taking responsibility for our feelings. While the love that is God is all-powerful, it cannot come into a closed heart. Just as the air you breathe cannot come into your

lungs until you take a breath, the love, power and wisdom that is Spirit cannot enter your being until you choose the intent to learn about loving.

None of the actions I suggest below will raise your frequency without this intent. However, once you have this intent, the following actions can help to further raise your frequency. In fact, when you have a true, pure intent to learn, your frequency automatically raises.

- Move into your imagination. Your imagination is a gift from Spirit. When you move into your imagination, you raise your frequency and tap into the source of your creativity and inspiration. Our willingness to move into and trust our imagination is essential to being able to connect with our personal spiritual Guidance. When you first begin to utilize your imagination to increase your frequency and connect with your Guidance, you might feel as if you are just using your imagination to make things up. However, as you take the risk of trusting what you think you are "making up," you will discover that it really is coming through you from a higher Source, rather than from you.
- Keep your body clear. Your body is an energy system. If your body's energy is clogged with drugs, alcohol, nicotine, caffeine, sugar, heavy foods, lots of food or foods contaminated with pesticides, preservatives, artificial sweeteners or any of the thousands of chemicals that are added to foods, your frequency is lowered.
- Pray. Sincere prayers of gratitude, and asking God for help in healing any blocks you may have to loving, can raise your frequency.
- Chant. Repetitive prayers, chants and mantras can open you to higher frequencies, as can singing in general.
- Dance. Rapid repetitive movement, such as Native American drumming dances, may open you to higher frequencies.
- Spend time in nature. The frequency of a city is far lower than the frequency of nature. Being among trees and flowers; near a river, creek or lake; at the ocean; in the desert or on a mountain, can all raise your frequency.

- Listen to classical or spiritual music.
- Do creative, artistic activities. Moving into your creative imagination raises your frequency.
- Use incense or do "smudging." Incense has been used for centuries to raise the frequency and invite spiritual connection. "Smudging" is using the smoke from various dried plants such as sage, pine, cedar and lavender to clear the energies in a room and raise the frequency. Smudging has been used for thousands of years by indigenous peoples throughout the world.
- Lighting candles. Candlelight, too, has been used for thousands of years to clear the air and raise the frequency.

If you get into the habit of asking yourself throughout the day, "What is my intent? Am I trying to control something, or is my deepest desire in the moment to learn about loving myself and others?", you will begin to understand intent. This will eventually lead you to hearing, feeling, and seeing your personal spiritual Guidance. The consistent, daily practice of Inner Bonding is a powerful way of raising your frequency and connecting with your Guidance.

Connecting With Spirit is Simple, But Not Always Easy!

By Dr. Margaret Paul

Every day, I work with clients who struggle with their spiritual connection. They want to hear their Guidance, but this experience eludes them. What's the problem? Is it supposed to be this hard?

"I keep asking Spirit questions but I just don't hear anything."

"I'm trying every day to connect with my Guidance, but nothing is happening."

"I think I just don't have a knack for this connection thing."

"Aren't I supposed to hear something?"

Every day, I work with clients who struggle with their spiritual connection. They want to hear their Guidance, but this experience eludes them. What's the problem? Is it supposed to be this hard?

Actually, it's not hard at all. We all have the built-in wiring to connect with Spirit. It's our birthright to have this connection, just as it is a baby's birthright to have a parent's connection and guidance. The problem lies in the subtlety of intent.

When you have a pure intent to learn about what is loving to yourself, Guidance will be right there. You may hear it in words, see it in pictures, feel it through your feelings, get it in a dream, read it in a book that someone "happened" to send you, hear it through your own mouth as you're helping someone else, or hear it through someone else. However it comes, it will come - when your intent is pure.

However, the wounded self is very tricky. It can trick us into thinking we are really open to learning, when, in fact, it has a very different intent - to control something. Are you wanting to know what is loving to yourself because you want to be loving, or so that you can get rid of pain? Are you wanting to learn in order to get something - love, approval, money, a new job, a partner - or because you truly want to evolve in lovingness with yourself and others?

The wounded self always has an agenda in mind, and thinks it can trick Spirit into giving guidance for that agenda by acting open. But Spirit cannot be tricked. The problem is that our Guidance can't communicate with us unless we are truly open. When the wounded self is in charge, our frequency is not high enough for us to access Spirit, or for Spirit to access us. There is no opening through which Spirit can communicate with us unless we are in a true intent to learn about loving ourselves.

Spirit's job is to guide us in our highest good. Our Guidance is always hanging around, just waiting for the opportunity to help us. But, because we have free will, Spirit cannot do anything about our intent. We are 100% in charge of our intent to love or our intent to control.

So, while connecting with Spirit is simple when we are truly open to learning, what is not at all easy is having a pure intent to learn, or even knowing exactly what our intent is. This is where practicing Inner Bonding is so powerful. The more you practice the process on a daily basis, the more aware you are of your intent in the moment. You will

begin to feel the difference in your body when you are controlling and when you are open to learning.

The Inner Bonding journey is about becoming aware of our intent, so we have a choice every moment. It's about embracing and moving into compassion for the wounded parts of ourselves that want to control. It's about moving out of judgment for our wounded selves and moving into curiosity for the very good reasons our wounded selves have for wanting to control. The more you practice this, the higher your frequency goes and the easier time you have connecting with spirit. When you can truly be in an intent to learn about your own protections and methods of control, that's when you can maintain an intent to learn with your Guidance.

Don't forget, your Guidance never leaves you. If you are not connecting, it's you who have left. So when you can't connect, move into exploring your wounded self and your need to control, and you will find yourself open to learning. That's when you will connect!