

## HAVING A GOD DAY

Having “God Days” (days when we feel connected to God) means living a life with a greater sense of *internal* peace and inspiration and, an *external* sense of health and abundance. Although we would like to assume that just being on the spiritual path will bring these blessings to us automatically, such is not necessarily the case. **Achieving a more fulfilling life involves nurturing our connection to God/Spirit in the present moment, “one day at a time.”**

Nevertheless, some of us still insist on dedicating our lives to the most shallow parts of social media and various mundane activities, rather than nurturing our relationship with God. This neglect of the spiritual life results in not learning our lessons and *not* passing life’s tests. This, of course, then results in those tests having to come around—yet again—often in the form of another Dark Night of the Soul. However, **just five minutes in “communion” with God can provide hours or days of inspiration.** If we take the time to develop our spiritual “muscles,” they can carry us through life. But our muscles of spiritual connection must be *maintained*. When we stray from our spiritual path, it may take us only seconds to recover, yet it also could take days or even years. Communion with God allows us to bounce back sooner and with greater ease.

*As you walk on the path of life, you must come to the realization that God is the only object, the only goal that will satisfy you.*

—Paramahansa Yogananda

Starting the day by **connecting with Spirit through a simple prayer and/or meditation changes the morning, which changes the day, which changes our lives.** Starting the day in such a way, develops a sense of greater peace, inspiration, purpose, and guidance.

The process of *communing* with God is actually a combination of prayer and meditation. When we do the prayerful part of this process, the exact wording is not as important as the sincerity and humility with which we allow God to live through us—*as* us. Therefore, the general theme of this entire process (prayer and meditation, or communion with God) should be that **we are asking to be a clear channel for God’s Presence on Earth—from morning till night and from night till morning.**

*Those who [live in communion with God] . . . will live with renewed strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.*

—Isaiah 40:31

When our communion time is complete, we then can add some visualization to the process. We might start by visualizing what kind of day would be congruent with being aligned with God/Love. Then we can let our higher mind (imagination) show us the major categories of our lives (health, relationships, finances, etc.) in a thriving state. **We should follow this visualization by confidently reminding ourselves that this is the kind of day we will have, as long as we don’t allow our ego to interfere.**

If at times we seem to lose focus and begin to slip into ego-based doubts about our new direction in life, we should do our best to see it, own it, and then make the decision to get back on course with the help of God (and the Hierarchy of Light). Even in a worst-case scenario, **all we need is a little humility and sincerity and we can turn things around.**

*Change can be accomplished most of all through the power of prayer,  
because with God all things are possible.*

–Wilfred Peterson

## COMMUNING WITH GOD

**Since we are not really separate from God, it's not that complicated to connect with the Heart, Mind, and Spirit of God.** All we need do is to start, maintain, and end each day with the Love, Healing, and Guidance of God by calling Its Holy Presence into our heart and soul. This is accomplished through the exercise of communion. Also, it's important to reconnect with Spirit at any time possible—moment-to-moment (throughout the day)—especially when needed.

*One can easily sit still an hour with closed eyes and accomplish nothing.  
One can as easily give God only an instant, and in that instant join with  
[God] completely.*

–A Course in Miracles

Although communing with God is not as difficult as some would have us believe, it has a powerful and wide range of results—partly depending on our sincerity and dedication to practice. However, connecting with God anywhere from once (in the morning) to three times per day (morning, mid-day, and evening) will obviously reap the best results.

Taking our daily communion with God into a state of fulfillment involves the application of five concepts—concepts that can change our lives forever—which are as follows:

1. Mental concentration
2. Inspirational visualization
3. Giving thanks
4. Inspired actions
5. Sharing with others

***Mental Concentration*** is the first tool used for communing. Initially, when we engage in mental concentration for communion, it helps to select a couple of focus words (commonly referred to as a mantra). These focus words should be synonymous with God and possibly the opposite of the negative feelings we previously may have been experiencing. For example, if we felt attacked, we can call in “Safety;” if we felt confused, we can call in “Clarity;” if we felt fear of being alone, we can call in “God’s Loving Embrace;” if we felt anger, we can call in “Peace.”

Whatever word or two we choose (for example: “Love and Self-Worth,” “Peace and Healing,” “Joy and Abundance,” etc.), it is imperative that we understand that these words become much like our new name or identity. Furthermore, the origin, meaning, and spiritual vibration of our new name (or new focus) will become the foundation of our New Life. Spirit, by any name, now becomes our new “core belief,” which will then replace our old core issues and patterns (and their manifestations) with an entirely new, positive set of programs and perspectives, or “belief systems.”

*You will be called by a new name, which the mouth of the LORD will  
designate.*

–Isaiah 62:2

Core beliefs are important because the world we see and experience is based not merely on our “thoughts,” as so many teachings profess. Instead, the world we see and experience is based on the foundation of the “belief systems” stored in our heart and soul—our higher mind. More specifically, our belief systems are founded on, or arises from, the belief of who and what we are. Who we believe we are (either a holy being of Light or a limited, frail, and separate human being) then determines the nature of our thoughts, emotions, and experiences.

*By establishing your Source, it establishes your Identity, and it then describes you as you must really be in truth.*  
—A Course in Miracles

**Inspirational Visualization** is the next tool for applying our communion. It involves imagining our mind and body being filled with a brilliant light—the Light of God. This light also comes from our angels, spirit guides, and soul family. This light heals us on every level—mind, body, and soul. Then we visualize ourselves healed and living a new life. So we see ourselves looking, feeling, acting, and achieving that which we desire and deserve. Remember, we are an extension of God, which means that whatever we think upon and call into our lives is likely to manifest, particularly because we are now centered in our divinity and (as a co-creator) are using the power of our mind and soul.

When concentrating and visualizing a new life, it’s also important that we include detailed visualizations of all major categories of our life, such as health, finances, relationships, family, and work. Additionally, when visualizing a new life, we should forget everything we presently know about our human selves. Within our conscious awareness, we need only focus on and evoke Divine Presence. We then will enter a state of consciousness beyond time, turmoil, and needs—a state wherein we experience the answer to the prayer at the heart of our visualization. This answer will then irresistibly rush into our lives to manifest itself, like the most romantic of meetings with our Higher Self.

Visualization, as a means of applying the effects of our communion with God, is far more than the typical, self-centered thoughts or “ambition-based” imaginings commonly used. The new life we are visualizing and co-creating is originating from Source, rather than from the little, separate ego-self. To assure this, it is important that what we choose to visualize is congruent with our spiritual mantra, or focus words, such as “Peace and Joy.” To do so creates a certainty that Spirit is the Power behind these final, seed-planting steps.

*Whatever you want to be, start to develop that pattern now. You can instill any trend in your consciousness right now, provided you inject a strong thought in your mind; then your actions and whole being will obey that thought.*

—Paramahansa Yogananda

**Giving Thanks** first helps us to lock-in whatever lessons we have learned and integrated during the Dark Night of the Soul, as well as whatever else we have accomplished along the path of life. Giving thanks is the *third* tool used to anchor in that which we have chosen as our new “reality,” and is the last of the *internal* tools in this list of five. The next two tools are *external* tools to be applied. These next tools—actions and sharing—are things we do to apply the first three tools into our lives, thus anchoring them further into our being.

*Give thanks for unknown blessings already on their way.*  
—Native American Prayer

***Inspired Actions*** are the fourth tool we use in order to integrate our daily internal communions. This involves making sure that all of our daily actions and decisions are congruent, or in alignment, with our “focus words” and the images of our visualizations. If our focus words and visualization images are like seeds being planted in our mind and soul, then our daily actions and decisions are like food and water for those seeds. Therefore, we should choose healthy food and water that will help our seeds grow and refuse the unhealthy actions and decisions that will destroy our new seeds.

When making decisions among various possible actions, the average person often feels torn between two or more options, which equates with being caught in the world of duality, or out of touch with God’s Reality of perfect Oneness. Instead, when making a decision, we can use our focus words (or mantra) to separate the valuable from the invaluable—the necessary (or best) decision from the unnecessary (or “wrong”) decision. Now, with the aid of our focus words (mantra), there is only ONE option, which we discover by being in our ONE MIND—our right mind—the mind blessed by God. Now we choose only that which nurtures and feeds the seeds of our new life—our focus words. As a result of being focused, or single-minded, we reject all other options that conflict with our focus words.

*So what do we do? Anything. Something. So long as we just don't sit there.  
If we screw it up, start over. Try something else. If we wait until we've  
satisfied all the uncertainties, it may be too late.*

–Lee Iacocca

***Sharing With Others*** (the gifts or fruits of our new healing and awakening) is the fifth and final tool for integrating our daily communion with God. Failing to share these gifts with others—in the form of smiles, being of service, and sharing miracles of love and healing—may very well mean having the fruits of our transformation “die on the vine.” The Love and Peace (or Truth) that we claim for ourselves during our communion must be extended and shared as a means of anchoring them into our consciousness—permanently. As *A Course in Miracles* makes clear: “giving and receiving are the same.” You “receive” that which you share with others.

*He will tell you exactly what to do to help anyone He sends to you for help,  
and will speak to him through you if you do not interfere.*

–*A Course in Miracles*

## STARTING THE DAY WITH GOD

The first sixty seconds of our day actually shapes our experiences for the remainder of the day. We set a tone for the day during the first sixty seconds of our waking. The quality and content of the day’s experiences are shaped largely by what is held in our mind during this transition from sleeping to waking—just as our sleep is affected by the last thoughts in our mind when we first drift off to sleep. Consequently, one of the best ways to start the day well is to immediately, upon awakening, ask God, “What would You have me do today?” Repeat this several times, slowly, and sincerely, and do your best to be open to a reply, a shift in feeling, or possibly a sense of Guidance in relation to the plan for the day. Then follow with practicing the “Communion Exercise” (noted above), which ends with giving thanks.

## MAINTAINING THE DAY WITH GOD

Throughout the day, it’s important to use the communion exercise to reconnect with God now and then, especially during any moments when we feel as though we have lost our center. Also, we can recognize positive synchronicities as reminders to connect with God OR as reminders that we *are* connected. In the latter instance, it’s wise to give thanks that Spirit was—in that moment thanking *us* for

being connected. These are the surest ways to keep our ego from controlling or sabotaging our day, as well as for realigning with Spiritual Guidance on an as-needed-basis.

### ENDING THE DAY WITH GOD

No matter how well the day went and/or how often we remembered to remain connected with God, we still need to *end* the day with God. Just as it is crucial to *start* and *maintain* the day with God, it also is important to *end* the day with God. For each key event of the day, we now can review any situations or interactions with others wherein we failed to remain connected to God or act with love and kindness. Then, we can visualize the day as if we did *indeed* act differently—with more love and kindness. This helps us to download a more positive program into our soul-mind and brain. Once done, we also can review our day for any situations or interactions with others wherein we *did* remain connected to God and acted with love and kindness. We then can give thanks for each of those healthy and righteous choices. Lastly, we can end the evening process of connecting with God by stating something like the following: “Now I rest in God. I choose to surrender my sleep-time to Healing and Inspiration from the Holy Spirit of God.”