

Listening To Our Divine-Intuitive Guidance

Introduction

The Thursday group is beginning a new year. The theme for the new year is listen. This article gives insight into listening. My teacher, Charles, says that listening is most crucial to live a full and fulfilling life. He is referring to listening to Divine-Intuitive guidance. In this article, I consider Divine-Intuitive guidance the same as what the Bible calls “a still small voice” (1 Kings 19:12). This still small voice has also been translated as “a whisper.”

Some Of The Usual Voices Inside

There are many different voices inside of us that we can listen to. We can know the voice that is speaking from fear, the voice that is speaking from anger, the ‘should voice’ that is speaking from a position of being right and that doesn’t feel kind. We can know the voice that is speaking from victim, from wanting to be loved and accepted, from jealousy, from what our parents would say, from our ego/sense of individual identity, and we can know the voice that’s speaking from Divine-Intuitive guidance.

We’ve experienced all of these voices inside us; even many of these voices during a single conversation with a friend.

Listening To Divine-Intuitive Guidance

We’re not designed to live by our ordinary mind alone. The footnote at the end of the article gives many quotes from saints, from the Bible and from Popes about being able to listen to God (nor non-religiously said: our inner wisdom) and to act from God’s (our inner wisdom’s) guidance.¹

The quotes from the saints, the Popes and the Bible say that God wants to talk to us and to guide each and every one of us. Jesus says in John 14:12: “anyone who believes in me will do the same works that I have done, and even greater works.” It’s not only possible to listen to Divine-Intuitive guidance, *we’re designed to listen to this Higher guidance.*

It’s time for many people to stop relying on the different voices of their mind as their best available guidance-advice. Divine-Intuitive guidance is available to everyone; not just for the saints. Saints were ordinary people who listened to Divine-Intuitive guidance for a long time while also following the guidance.

This next section of this article will give suggestions (there are many more suggestions than what is given here) in helping us to be more receptive to listening to Divine-Intuitive guidance.

Cultivating An Inner Environment That Is More Receptive And Available To Our Divine-Intuitive Guidance

Our Divine-Intuitive guidance is always available to us. Our job is for our mind and for our emotions to get out of the way so that our Divine-Intuitive guidance can come through. The following are suggestions to become more receptive and more available to listen to our Divine-Intuitive guidance.

Breathe and Relax

By breathing into our belly and relaxing, we open ourselves to receive. If we're agitated, irritated, upset, angry, fearful, lost in thought or judgemental, our Inner guidance is being covered over by these emotions and thoughts. When we breathe into our belly and relax, our agitated mind and emotions become more calm.²

Meditation and Prayer

Different religions have practices to become more quiet, more still. Some of these practices are meditation, contemplation, prayer, saying the rosary and chanting. These are ways to quiet our mind and emotions. Our Divine-Intuitive guidance is in the depth of us; not in the surface thoughts and surface emotions. As we internally quiet, our mind and emotions get more out of the way. This 'getting out of the way' provides a more unobstructed flow for our Divine-Intuitive guidance to speak to us.

Writing

My teacher says that writing is a very direct way to enhance our receptivity to, our listening to, Divine-Intuitive guidance. Others may say that breathing and relaxing, prayer or meditation are better ways to better listen to our Divine-Intuitive guidance.

There is no need to debate which of the four; breathing and relaxing, meditation, prayer or writing is the best way to enhance our listening. All four are very good ways to enhance our listening to our Divine-Intuitive guidance.

I've watched the people who've worked with Charles for nine years. The people who write regularly are the same people who tune into and follow their Divine-Intuitive guidance the most. Charles says that writing brings the Divine through our body and into the physical world.

One time I asked Charles a question. He pondered and after a couple of minutes he said to me: “Phil, I don’t have an answer to your question. I’m going to write about it and get back to you in a couple days.” Those two sentences taught me so much. My teacher, who for years has listened and followed his Divine-Intuitive guidance, is going to write to gain more clarity and guidance.

Breathing and relaxing, prayer and meditation have been a regular part of my life for decades. It was when I added in writing that my listening to Divine-Intuitive guidance made huge steps forward. A previous article was written about this type of writing that invites Divine-Intuitive guidance to come through. [Click here](#) to read the four page PDF article on my website.

If we’re not participating in one or more of these four ways (breathing and relaxing, meditation, prayer and writing) for our mind and for our emotions to get out of the way, then we may choose to participate more in these different ways to invite our Divine-Intuitive guidance to come through.

What If God Told Me ...

I didn’t want to write when I first started the work with Charles. I had fear of what would come up in the writing. A fear that kept going in my head was: What if I was guided in writing to move to Minneapolis? Really, that repeatedly came up. I was born and raised in Detroit and I didn’t want to go back to living in cold weather.

So I avoided writing because I didn’t know if I could follow what the guidance in the writing would bring. I didn’t tell Charles this (looking back that’s a great thing to bring to my teacher). I continued to listen to Charles talk about writing during the next several months. I still wasn’t wanting to write, and I was writing very little.

Then one day I heard Charles say: “God will never ask you to do something that is not in your best interest.” I felt this truth; that the Old Testament God of asking Abraham to sacrifice his child isn’t going to happen. I felt relief when Charles said that what comes through in writing will always serve my Higher Self. Something in me trusted this.

My frequency of writing increased. A new fear came up (I had surrendered moving to Minneapolis if that is what came through in writing). The new fear was: What if I was guided to stop my chiropractic work? That fear left fairly quickly.

I still wrote for many months with a watchful eye waiting for some specific guidance to come through writing that I didn't want to do. In nine years of writing I've never been guided to do anything bad to others or anything that was bad for myself. There have been some uncomfortable times where I've been guided to do something and my ego-sense-of-self didn't want to do it. Each time my life improved.

Each of us has a wanting of some control in our life. We have preferences. We would prefer certain things to happen and other things not to happen. Preferences for something and preferences against something indicates we want to control (to some amount) certain outcomes. This is human. Surrender is Divine.

In Luke 22:42 Jesus said: "yet not my will, but Yours be done." We each need to find out how much we're willing to turn our life over to Divine-Intuitive guidance and how much we want to keep running our life. There is no same right answer for each person.

My fear left long ago about writing, and the fear has been replaced with a thankfulness. I've experienced for years how writing always supports my growth and my happiness (even when my ego, now rarely, riles up against what has been written). I look forward to what comes through in writing.

I feel the privilege of receiving Divine-Intuitive guidance through writing, and I barely miss a day of writing. What a transformation in my attitude toward writing from when I first met Charles! So many blessings have come, and continue to come, from what I receive in writing. I feel so much support and guidance through writing.

The Next Step After Listening To Our Divine-Intuitive Guidance

The next step after listening to our Divine-Intuitive guidance is to live from this guidance. If we're living our life more and more from guidance, then the guidance keeps coming more and more. If we're receiving guidance and we don't follow (act on) the guidance, why should the guidance keep coming?

It takes bravery to turn our life over to Divine-Intuitive guidance, and our ego is not going to initiate or participate in turning our life over to Divine-Intuitive guidance. This bravery comes from our soul; from our longing to be reunited with God.

This article has suggested four ways to enhance Divine-Intuitive guidance to come through more (breathing and relaxing, meditation, prayer and writing). These four means (and others not addressed in this article) support our soul's longing to live fully in our inherent Divine Connection.

The Imposter Problem

An important part of listening in this upcoming year is to recognize when our Divine-Intuitive guidance is talking to us as a still small voice and also to recognize when our Divine-Intuitive guidance is coming through in our writing. Sometimes it is unmistakable when our Divine-Intuitive guidance is talking to us and coming through in our writing. *And sometimes there are imposter voices that seem so similar to Divine-Intuitive guidance that we think we're listening to our Divine-Intuitive guidance.*

Voices that want to be helpful, the people-pleasing voice in us and voices that want to help fix someone are good-intentioned voices that can seem like Divine-Intuitive guidance. These voices are not our Divine-Intuitive guidance speaking to us. Also, voices that seem compassionate toward others but are motivated by what we'll get from helping the person are not our Divine-Intuitive guidance speaking to us. *These voices can be well-intentioned though these voices are not our Divine-Intuitive guidance.*

I like to 'bring into writing' what seems to be inwardly heard as Divine-Intuitive guidance when I'm not quite certain that it is Divine-Intuitive guidance. In the physical act of writing, much clarity can come. I come back to the time when Charles told me he wasn't certain of an answer and he was going to write about it and get back to me. I gave this advice to a person in the group. Something felt off to me when she told me of the guidance she was hearing. I suggested she write about it. She did write and found it was an imposter voice. She quickly learned 'the scent' of that imposter voice and since then she's been able to know when it speaks to her.

Our Work In The Upcoming Year

Our work in the next year is to cultivate an inner world that is more in alignment with receiving Divine-Intuitive guidance, then to listen to and act from our Divine-Intuitive guidance. This can turn into a much less stressful way of living compared to listening to and acting from our mind and from our emotions. Since we'll be doing this work as a group, there'll be external checks and balances to better keep us on track. We learn better together than on our own.

May all beings live in peace.

Footnotes:

- 1 Quotes about listening to God from Christian saints and Popes:
- “When it’s God who is speaking ... the proper way to behave is to imitate someone who has an irresistible curiosity and who listens at keyholes. You must listen to everything that God says at the keyhole of your heart.” *St. John Vianny*
- “In prayer, more is accomplished by listening than by talking.” *St. Francis de Sales*
- “Our Lord will speak to you; and you will listen to Him.” *St. Bernadette*
- “God speaks in the silence of the heart, and we listen. And then we speak to God from the fullness of our heart, and God listens. And this listening and this speaking is what prayer is meant to be.” *St. Teresa*
- “We need silence to be alone with God, to speak to Him, to listen to Him, to ponder His words deep in our hearts.” *St. Teresa*
- “Listen and attend with the ear of your heart.” *St. Benedict*
- “God wants you to listen to the voice of the Almighty so that you may go with joy and tenderness wherever God calls you.” *St. Vincent de Paul*
- “If you listen, God will speak to you ... God always speaks to you when you approach Him plainly and simply.” *St. Catherine Labouré*
- “Of all human activities, man’s listening to God is the supreme act of his reasoning and will.” *Pope Paul VI*
- “Faith is born from listening.” *Pope Francis*
- “Obeying God is listening to God, having an open heart to follow the path that God points out to us.” *Pope Francis*
- “Friends, do not be afraid of silence or stillness. Listen to God.” *Pope Benedict XVI*

Quotes about listening to God from the New Testament:

But he (Jesus) answered: “It is written. Man shall not live by bread alone, but by every word that comes from the mouth of God.” *Matthew 4:4*

“Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come into him and eat with him, and he with me.” *Revelation 3:20*

Quotes about listening to God from the Old Testament:

“Blessed is the one who listens to me.” *Proverbs 8:34*

“I will listen to what God the Lord says.” *Psalms 85:8*

“And all these blessing will come upon you and overtake you, if you obey the voice of The Lord your God.” *Deuteronomy 28:2*

“Never will I leave you; never will I forsake you.” *Hebrews 13:5*

“I will be with you.” *Exodus 3:12*

“All who listen to Me will live in peace, untroubled by fear of harm.” *Proverbs 1:33*

- 2 A seven page PDF article on my website addresses breathe and relax. [Click here](#) to read the article Breathe and Relax. If you're not familiar with breathing into your belly, you can put one or two hands on your lower belly above your pubic bones. Can you feel your hand/s rise up on inhalation and fall down on exhalation? Some other previous articles address why abdominal breathing (compared to breathing where our chest primarily moves) calms our mind and our emotions. The previous articles, with the specific pages referring to abdominal breathing are [Morning Anxiety](#) (pg. 4), [A Better Quality Of Life](#) (briefly on pg. 3), [Processing](#) (pg. 4), [Being Triggered](#) (pg. 5) and [Moving Forward When We're In Reaction](#) (pg. 4).