

## **How do I know it's the Divine Consciousness speaking?**

By Timothy ©

Twenty-five years ago, a friend of mine quoted to me the following statements: "God is all; God is in all; God is all in all." Those simple declarations ignited in me a cleansing, clarifying bonfire that eventually helped me to awaken to my Divine Nature.

My friend was onto something special. God is all there is. There's nothing outside of God. If something exists, it exists in God. So who's this "I" that's interested in knowing divine consciousness? This "I" is God's consciousness projecting itself through a vast number of individualized lenses that we more commonly know as sentient (self-aware) beings. This "I" seeks to animate matter so that it can take up residence within that matter. This is the true marriage; the consummated union of spirit and matter. And humanity is the doorway through and the field of dream awareness upon which this sacred union is designed to occur.

God is in everything that exists. Everything that exists is a crystallized or condensed reflection of God's divine intent. Everything that exists is bound together by a materializing thought structure maintained and sustained by creative forces that God has commissioned to express His manifested desires.

God is all in all, so all created things and beings are individualized condensations of spirit consciousness, which originates at the core of Life's Source. Therefore, the awareness that utters the word "I" is none other than reflected spirit consciousness. That same awareness is you. This "you" is clothed in a material human body/mind complex that enables you to function on the material planes while also serving as a lens through

which divine consciousness focuses in order to produce objectified results. Your body/mind lens complex is protected by a conductive mental process called ego that synthesizes the contacts it makes with matter through an instrument called the brain. In turn, your brain synthesizes, in holographic patterns, data gathered through your five primary senses.

### **I Once Was Blind but Now I See**

The ego's primary function is to protect your body/mind lens complex from the dangers arising from living within the field of matter. To accomplish this vital task, your ego automatically monitors and maintains your various biological cycles and functions, as well as activating your "fight or flight" responses in dangerous situations. Essentially, then, your ego is the Chief of Security for the Ruler of All Things. Unfortunately, however, because the human experience has trapped you inside the illusion that your physical presence is your real identity, you've delegated the Ruler's decision-making authority to the security chief. This is merely a brief summary of the down side to living in a physical body. The next section goes deeper into the maze of physical matter to explain how humans get trapped in the Matrix.

#### **How You Form Habits**

Your five physical senses never stop seeking and making contact with the various sights, sounds, smells, tastes, and textures that always surround you. This constant sensory activity is characterized in some spiritual traditions as the trigger for the most powerful known form of hypnosis. Its hypnotic effect results from your inability to resist the overwhelming temptation to identify yourself as an animated physical object. The

hypnosis occurs because the constant stimulation of your physical senses keeps you from focusing adequate attention on the process by which spiritual qualities are transmitted to your organs of external perception.

Ultimately, not focusing deeply enough on the underlying reality of your existence causes you to forget your divine origins. Then once you've forgotten who and what you really are, your only remaining choice is to think of yourself as a lump of clay controlled by a computer-like brain. The big challenge resulting from identifying with the body instead of with the spirit is that your perception of the physical universe must then rely mainly on impressions received through your individualized mind and your five senses. Since the senses can only contact the ocean of life on its most superficial or surface level, they can't help you comprehend life as it actually is (its underlying essence or substance). What you perceive instead is a surface-level interpretation that falsely convinces you that physical forms are more real and more important than the spiritual energy that enables those forms to exist. And as all great spiritual teachers have insisted throughout humanity's time on Earth, our identification with and our desperate attachment to this hypnotic illusion is the root cause of all human suffering.

Once you've given in to the great delusion of limited existence or scarcity of energy (caused by ignorance of your Divine Nature), you automatically commit yourself to rely only on your senses for knowledge of the world around you. In doing so, you lose touch with your natural ability to feel and use your life force in harmony with the world. In their expanded role, which gives them more responsibility than they can ultimately handle, your senses play a major role in forming your habits of thought, speech, and

action, as well as giving you what you then think of as the only important data about your external environment.

### **Practice makes Permanent**

As your senses make their contacts, they send information to your brain by way of fiber optic wires called nerves. Once these sense impressions have been captured by your brain, your mind then registers, organizes, and stores them for further use according to your rational and emotional make-up. Therefore, if something in your surroundings stimulates you to think of an action that you've enjoyed in the past, your subconscious memory of that sense impression automatically prompts you to want that experience again. Furthermore, the more intense the pleasure was that you felt from a past action, the more likely you'll be to repeat it.

This mechanism of recording, organizing, and storing sense impressions causes habits of thought, feeling, and action to cut their own unique patterns into your mind (like grooves in a CD) in every area of your life. As such, a habit can be your greatest friend or your most destructive enemy. Consider how frustrating your life would be if every day you had to learn how to brush your teeth or dress yourself, or how to add ten plus ten. Yet at the same time, habits of drug dependency, sexual promiscuity, overeating, excessive anger, power addiction, and/or other self-destructive activities regularly ruin many people's lives. Everything you do on a repeated basis, from kicking a soccer ball or driving a car, to fighting or disrupting classrooms, becomes a habit. From this understanding of the habit creation process, you can clearly see that by accepting the illusion that you are a physical being rather than a spiritual one, you place yourself at the

mercy of any kind of habit that you consciously or unconsciously believe will make you happy.

### **Will the Real Divine Consciousness Please Stand Up**

Despite how depressing this all may sound, in the final analysis I have fantastic news to share with you about it. The truth is that your quantum (Divine) awareness doesn't have to stay trapped under layers and layers of conditioned egoic thought and emotional habits. Since your true nature is divine consciousness anyway, all you need to do to let your Divine Nature express freely through you is to relax and breathe deeply with your mind resting in the present moment. In order to do that, all you really have to do is dedicate yourself to discovering each of the mental conditioning habits that have distorted your perceptions throughout your life. The formula is simple: The more determined you are to wake up, the sooner it'll happen.

The key to success in always expressing your Divine Nature is to completely open your heart to Love and let go of conclusions that you've reached about the meaning of life. Once you open the doorway of your heart to serve as a conduit for compassionate understanding, the Mighty Wind of this Infinite Reality will sweep out the debris, and you'll know yourself as the clear channel for Divine Consciousness that you truly are! Be blessed, Dear One.