

How to Know God

by Colby Wilk, MA

Some people are born with faith. Other people were raised and trained in faith by parents who believed in an ultimate power. They went to church or temple, did rituals and prayed. Even if their religion occurred as oppressive, God at least was a concept.

In my family God was a non-issue. Did he exist? Probably not. By the way, there are more important things to be concerned about, my mother would tell me, like math

homework. I grew up with God being a vague idea dreamed up by people who were too dumb to take responsibility for their lives and who I guessed were not that great at math.

Unlike my family, I wanted, I needed, the peace that comes with knowing God. I sought healers, gurus and mystics. They talked about faith, compassion and love. But that was not what I was interested in. They had a secret. They had moved from faith in God to really knowing God existed. They knew their place in the universe, because they understood reality differently than I did

I have been on the journey to moving from a hopeful, empty belief in God to a real, embodied knowing of the creator. These are some of the steps I and others have taken that have shifted our relationship with reality and with God.

Stop Distracting Yourself

If you want a deeper, richer relationship with God you must unplug from what

Colby Wilk says, practice keeping your word. Become an expert at it. So that when you say I want to move into knowing God, you have a reputation with the universe as being able to follow through.

you might be making into "your god." Something may have become "your god" if there is an excessive quality in your life: eating, drinking, shopping, sex, etc. Ask yourself, "where do I overdo?" Do you go for chips, beer, or the mall for comfort or security? Do you say to yourself when you feel better you will give it up? Consider this: neither Buddha nor Jesus had a nicotine habit or needed a drink to loosen up. It is not when enlightenment hit that they gave up their unhealthy coping strategies. They let go of everything that was not serving them and then enlightenment was theirs. Let the universe know you are ready for a deeper relationship with God by giving up what you know no longer serves you.

Walk Your Talk

Most people now understand they have the power to manifest with their intentions and words. However, few are really good at intentionally manifesting. Why? It is your reputation with the universe that makes the difference. If you are not used to keeping your word, the universe is not used to taking your intentions seriously. You have taught it not to collude to support you. You can imagine the universe saying, "Oh there

she goes again, intending something that she will not follow through on."

Consider this: if you did keep your word, how would you feel about yourself? How would other people feel about you? When you keep your word to yourself you feel good about yourself and when you keep your word to others they trust you to follow through and give you bigger opportunities.

Practice keeping your word. Become an expert at it. So that when you say I want to move into knowing God, you have a reputation with the universe as being able to follow through. Start here: look at your life, where are you not keeping your commitments? Where do you say you will or will not do something and don't follow through? From now on only make promises you can keep and when you make a promise to yourself or another, follow through.

The cost

Consider what it has cost you to not be connected to the creator. Have you sought refuge in food and it cost you weight gain? Have you sought refuge in a lover's arms that were tight and controlling and it cost you your self-worth. Write a list of the costs. And then attempt to feel the cost.

This exercise can be painful. The pain can feel endless. Its job is to be so scary that you avoid experiencing what is under it. It covers the real pain of not really knowing God, of feeling punished by God, or of not being worthy of God, etc. Sit here for a while and allow yourself to feel into it and know it. Under it is the true connection with the divine, a blissful wave of love for life itself.

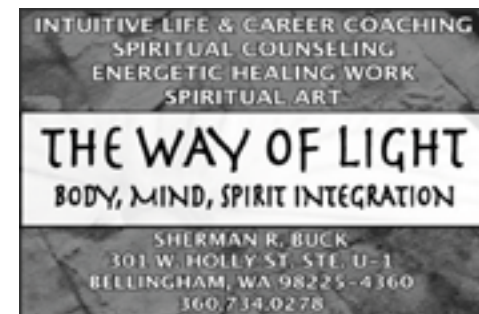
Set an Intention and Daily Practice

Anything you do everyday you are bound to get good at. If you practice cooking, soccer or even tantric sex daily, you will improve. The same goes for your relationship with God.

Everyday, take 10 minutes to an hour and do your practice. It can be anything you want it to be. It can include prayer reading, a grounding ritual of getting you in your body.

Demonstrate to the universe you are ready by being someone who treats their relationship with God as important.

Originally a counselor/coach, Colby recognized that there was a power beyond traditional therapeutic methods that could shift what seemed unchangeable, the very core of a person. Through spiritual healing Colby teaches participants to powerfully reclaim their relationship to themselves and to life. He trains others to be their own teacher, to access spiritual states and to overcome blocks. To learn more about Colby, visit: www.HealThroughSpirit.com, or call (206) 335-1180.

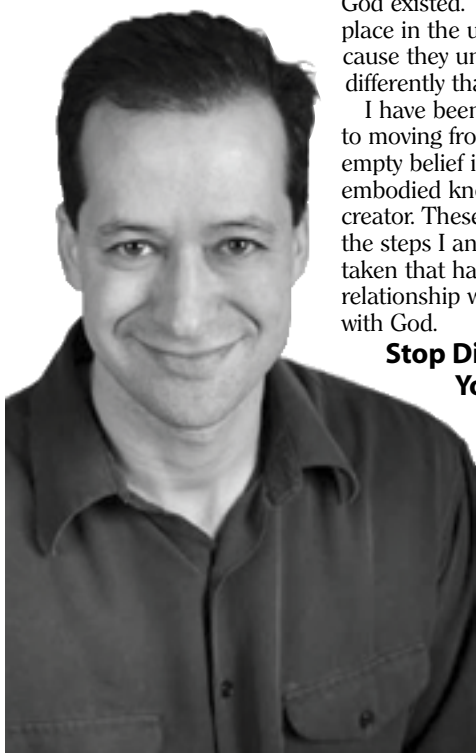


An Invitation from Energy Dowers

We are open to everything that relates to the energy fields around us. Dowling takes many forms and is not limited to traditional or popularly understood techniques. By opening our understanding to the power of resonance, we reinforce our abilities as dowers. We invite recognized presenters to our meetings, held every other month. Our mission is to educate and to share information so as to open or expand portals as an entree to our intuition to better appreciate the "mysteries of the universe, our world and self. Our goal is to reinforce our connection to the dowling tools available to all of us and its interconnection to other disciplines. How each of us implements the information which we share is up to us. Join us every other month at our "open to the public" Sunday afternoon gatherings in the Lynnwood area. Go to www.energydowers.com for details about us and upcoming events/meetings/workshops. energydowers@gmail.com

Botanically-Based Skin Care and Health Products

Our catalog has over 200 skin care, nutrition, color, and aromatherapy products. Visit us at: www.i-skinicare.com
Phone: (206) 304-1561
Email: iskincare@myarbonne.com
Ask about our 35% wholesale discount.
We are a vegan company; our products do not contain animal products or by-products.



What I Learned by Volunteering

Continued from Page 9

me realize what beautiful examples these horses were, living a life of service for these children and adults.

The final question to ask yourself is, Where is your mind? Stay fully present. Stop talking or being busy, and just listen. Watch. Internally observe the situation without projecting anything outward. See what you feel and observe. Now is the only moment we have any control over, so where are your thoughts?

On the last day of the quarter, I walked my horse out into the arena, finally feeling a bit confident and comfortable in my role, and observed everyone coming together, doing their small part to help in the ultimate goal of helping the young rider toward strength and healing. The instructor: confident, her job to guide the horse, watching his stride, alert for any distractions. The physical therapist: guiding the rider, her voice uplifting, aware of how each subtle movement affects the whole,

making small adjustments. The mother of the rider: accepting the huge responsibility she's been given, in stride, with such grace. The rider: three years old, had endured five brain surgeries by age two. He was always smiling, beaming with joy, and finding pleasure in the simplest things. Me, the volunteer: I prepared the horse, and sometimes, I walked along and made sure the rider was secure. It didn't feel like I was doing much. For once I had to sit back and let the more experienced take control. I learned that sometimes it's enough just being aware, giving your support and presence to the process; to allow it to happen, instead of forcing it to be done. That is the essence of karmic yoga. The quality of your awareness is even more important than the effort or time spent doing the task. After we finished the ride, the mother and son gave me a special card and a pot of beautiful flowers to say thanks. I wondered, who was it that really came to Little Bit to be healed?

Little Bit is growing rapidly and its services are in high demand. For more information on ways to serve, go to www.LittleBit.org or contact Linda at IndigoTiger@comcast.net.

Psychic & Healing Arts Fair

Saturday, Oct. 4 and November 1
10 a.m. to 5 p.m.

BEST WESTERN HOTEL IN MONROE
19233 Highway 2
(Behind Burger King)

Get clarity and inspiration from outstanding readers who care about you!
DaKara Kies, Kim Miller, Dena Marie, Ann Innman, Janeice Hopper, Brad Lee, and others, with jewelry by Red Butterfly!

Free admission!

For more information call Krysta Gibson 425-356-7237

Organizing Services
Motivate. Organize. Transform.
253.315.0168
www.lifegivingenvironments.com

Simple Exercises for a Greater Understanding of SPIRITUAL EXPERIENCES
Discover Ways to Have More
For information call Eckankar
1-800-LOVEGOD • www.eck-wa.org

New Spirit Journal
14911 Chain Lake Road #431, Monroe, WA 98272
www.newspiritjournal.com
(206) 799-7753 • (425) 356-7237
Publisher and Co-editor: Krysta Gibson
Krysta@newspiritjournal.com
Designer and Co-editor: Rhonda Dickson
Rhonda@newspiritjournal.com

All content © 2008 by New Spirit Journal
ISSN: 1930-370X

Columnists:
Colleen Bollen, Krysta Gibson, Jean Haner, Moira Fitzpatrick, Ph.D., N.D., Martha Norwalk

New Spirit Journal is a monthly publication dedicated to self-empowerment, joyful co-creation, and thoughtful Earth stewardship so that everyone can reach his or her maximum potential.

Readers are responsible for their own decisions when reading the publication, contacting advertisers, or otherwise pursuing their path through life.

Advertisers are responsible for the claims they make and are expected to operate in good faith, tell the truth about their work or products, and treat their clients and customers fairly.

Articles are due by the first Friday of the month.

Ads are due by the second Saturday of the month.

New Spirit Journal is distributed the last week of each month for the following month. Advertising rates and writer's guidelines are available upon request or can be viewed at www.newspiritjournal.com. Sample copies will be sent for \$2. Visa and Mastercard are accepted. Subscriptions are available for \$21.70/one-year bulk rate. Washington State sales tax is included.