

God is talking directly to people

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In the Last Days, therefore, many faithful believers will acquire the ability to communicate with God, as was prophesied in the Bible. (*Exposition of the Divine Principle*, p. 97)

“I have also endeavored for this campus to be a place where the students can develop deep personal faith and authentic spiritual communication with the Spirit of God.” – Rev. Sun Myung Moon , *Unification Theological Seminary Commencement Address*, 1985

Last year, I began conducting an Advanced version of the “First Blessing” workshop I started a couple of years ago.

In this Advanced Training Seminar, I’m sharing techniques that have been found to “trigger” direct mystical experiences with God. The technique I’m most excited about is one that I call “Journaling with God.”

“Journaling with God” is a technique in which you write an honest and sincere letter to God on a legal pad, diary, notebook computer, or whatever format you feel comfortable with. When you stop writing, you quietly and calmly ask God -- “Is there anything you’d like to say to me right now?”

Then, you listen, and write down the first thing that pops into your mind. The first thing leads to a second thing, and before you know it, God is writing a message to you.

When I first introduced “Journaling with God,” just a handful of people got a personal message from God. In October, I incorporated the technique into a full two-day Advanced “First Blessing” Training Seminar that I conducted at Barrytown. To my delight, more than half the participants received messages.

Then, in November, I held a seminar at the New Hope Family Church in Bowie, Maryland. To my amazement, every participant I spoke to received a message; I got very excited, because this reveals that the spiritual world is supporting this phenomenon, as it is gathering more and more momentum. One by one the participants shared their messages with the group, and I was overwhelmed by the deep love and compassion God was expressing to each individual. One 15-year-old participant said it was the first time in her life that she had experienced the presence of God. At one point I said, “I don’t know how much of this my heart can take.” I felt like my heart might explode with joy and gratitude from the powerful work God’s Holy Spirit was performing in the hearts of the participants.

Here are a couple of samples from participants at the Bowie seminar. The first is a man; the second a woman:

Dear Heavenly Parent,

Thank you for this seminar. It has made our connection so much more intimate, even though I still feel like I’m swimming through a pool of molasses and in a stupor trying to connect to you consciously. I’m sorry for being so thick.

What Ron just said about connecting with his own children -- I am continually shocked by the resentment and sense of threatenedness that come back at me from my children.

I feel like I am completely unaware of the ways in which I threaten and hurt them. At this point they are all married, so in that sense I should certainly chill and just sit back and celebrate them and support them. Are you confident to take responsibility to reach out to the next generation without pressure and guidance from me to my children?

I understand that you have been working through history longing for three generations to be connected to you. So I would hate to fail you somehow and let this opportunity slip away because of my own lack of discipline to train our children successfully. On the other hand it would be so much more joyful, just to love them and endorse them and let them live their own lives with confidence that they have received all that I can teach them and knowing that you will work with them and even more so with their children to guide them going forward.

I have done my best to organize our spirit world to support them and their families too. Did I do it effectively or are there ways I could improve? Is it enough? I would sure relish some feedback and guidance. Let's be a team, with active give and take on the strategy level. In the time I have left on Earth, I could sure get a lot more done for you and the providence if we could develop that active give and take.

I'll stop here and listen.

My dear son, thank you for all your efforts and hard work. You sure have grown over the years, and now, as a grandfather, you are beginning to understand my heart more. Each person has their own course. There is only so much you can guide them. However, if you love them unconditionally, the time may come when they will ask you for guidance. When that happens, then they can receive it more. People like to discover things for themselves. No one likes to be pushed. When you give something to someone who is longing for it, it is not a push, it is a gift. You are quenching a thirst. That is the exact opposite. That is why I wait until people long for me. To reach out to someone before then is counterproductive. And even then it is important to be measured on how much you give. If you keep giving after an appetite is satiated, it quickly can turn to pushing.

Focus on unconditional love. Celebrate your amazing children. Ask them how you can support them in their dreams. Love them with my love. Let's do this together.

Wow. That's a paradigm shift! Please help me hold onto it in the moment.

Please continue journaling. I will welcome the opportunity to dialogue with you in this way. Let's do great things together

Dearest Heavenly Mother,

This is a great Workshop. The people here are so sincere. I am very moved and impressed. How are you? What do you think of the election? Are you happy? I am, but the negativity from the opposing faction is not very encouraging. I do hope that Mr. Trump will seek your guidance and win the trust of the nation.

Heavenly Mother:

He will, but you must pray for him, too. Remember our letter about the power of prayer? This is a great time in history to really practice that. The spiritual awakening that Ron talks about is really necessary now, more than ever. If the faithful gather to pray for the nation on a regular basis, that energy will unite the country.

Yes. I can see that. Should I worry about terrorism and our foreign enemies? I do feel, personally, safer with Trump. As if he is going to be braver and more assertive in our foreign policy. I will pray and I will try to do the Ho' oponopono on our enemies.

Heavenly Mother:

Enemies? My children? Imagine if your daughter called your son, her brother, the enemy! How would you feel? The history of the Middle East is one full of pain. Much healing needs to take place. Jesus came and there was hope, but still -- the problems persisted. It has been very difficult for me to change the negative energy in that region. I cannot do it alone. I need your help. I need you -- all of you -- to challenge your prejudices, your rage, anger and resentment and love these people as I do. Can you do that? And if not, why not? Think about it -- search your heart.

Oh, that is really tough! Why -- right away -- I think "these evil people, radical Islam, they have sullied my world, they have taken my ideal of a civilized Judeo-Christian world and broken it into pieces!" Literally! I find myself exploding with rage! How dare they bring into my beautiful world -- fear, beheadings! Terror! The slaughter of innocents! I feel my heart shrink, wither, dry up, and contract! I hate feeling this! I do want to be like you, I want to love, I want to see each Isis soldier as a sweet little boy who can love. It's too hard! Can't we just nuke them? Can't we start fresh? Obliterate this evil and start over?

Heavenly Mother:

Wow, are you serious? I admire your honesty but wow, my daughter.

Sorry! That's how I feel but of course, I don't want to feel this way. Please help me to feel differently!

Heavenly Mother:

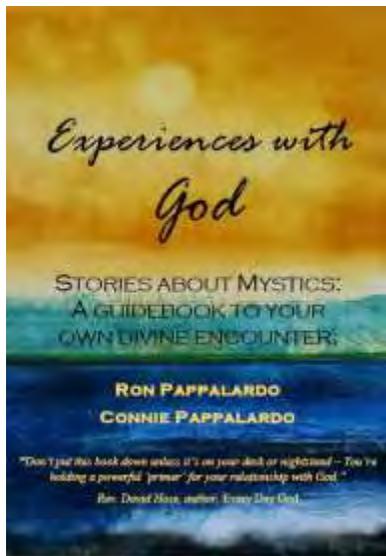
Baby steps. I know you can do this. You already have overcome some. Remember how you can now see women in head scarves without aversion? (It used to upset you in the past.) Sadly, you have some horrific images stuck in your head and when they pop up your trigger response is hate, which is really fear, right? You are very smart to keep away from graphic images of violence, from reports of atrocities. You are too sensitive. Try to find beautiful images from that region; use your imagination to create positive images. Imagine what a peaceful Middle East will look like? I know it's hard. You have a crazy imagination -- use it! Imagine the women living in freedom and respect. Don't forget that even in beautiful Europe, your beloved England was once home to Barbarians! In the history of this world man has changed, grown so much. It just happens that the Middle East is behind the curve. Have hope! Use your prayer, Ho' opononono, and all you know to pray and chant for my dear children. They need you. I need you. Please!

Oh, my dear God. Yes, I will do my best. You have given me some great suggestions and tools. Thanks! Love you so much!

Heavenly Mother:

Love you, too, my precious!

I explain more about "Journaling with God" in my most recent book,



Experiences with God -- Stories about Mystics: A Guidebook to your own Divine Encounter.