

Holy Choices and Divine Intimacy

Personal Retreat Day 5

Morning Prayer:

Lord, today I turn to You for counsel. I open myself to holy listening, to receiving guidance about what I need to hear from You. What is it that I believe to be true about You, Lord? Why do I not just pray about that? Do I believe in miracles? Would I want a miracle to happen in my life? Would I want direct contact with You? I wonder, Lord, I wonder. Could I go back to living an ordinary life if You came to call through a miracle? Nothing in my life would be the same. I would know You are observing my every move, hearing my every prayer. I am as awestruck by that thought as I am terrified as I am electrified. That a prayer could result in a miracle is awe-inspiring because it truly does mean You are everywhere and we really do live under the watchful eye of heaven. How that can be the truth baffles me. I so often wonder why this person or that is not receiving help right now, this instant, from heaven. Or how a tragedy can happen to an innocent child. But I do not know the workings of karma, or Divine order. I do not know why I am not starving and others are. I could question that as well, but I hesitate to wonder about why heaven distributes in benevolence in my direction. Yet, the question is no different than asking about why others are denied. It is only that I fear the answer to pursuing matters of benevolence. What, then, Lord, do you want from me this day? What do you want me to know or to understand or to do? It is obvious that I can only understand this life in small particles. Today I will not be distracted from listening. I will not tell myself that I did not hear You. And I will not pursue cosmic-sized questions that cannot be answered. Today I am here, Lord. And I am listening. Amen.

The significant question of the day: What does my soul tell me are Divine truths and am I living in harmony with all that I know to be holy truths?

Guiding Message:

What do you actually believe to be true about the Divine? If ever there was a question that has parts to it, that's it. Most people answer that question by first telling me what they do not believe. But I am not asking you what you do not believe. And I am not asking about moral, political or social issues with the Catholic Church, for those of you who share that particular history.

This question is specifically about what you believe to be true about the nature of God – that which you believe in right now. What do you base your spiritual life on? What do you base your values on, your moral and ethical behavior? Do you have a sense of good and evil, right and wrong? If you believe in reincarnation, for example, then it goes without saying that you

believe in retribution passed on from one lifetime to another. Another way to say that is that you acknowledge the existence of sin and just consequences for living a sinful life.

Acknowledging what you know to be a holy truth is part one. It doesn't matter what you know to be a holy truth, however; what matters is that you live that truth fully. In other words, you can admit you know it's wrong to steal but if you're stealing, it obviously doesn't matter that you know it's wrong.

Today is devoted to what it means to make a holy choice; that is, a choice that you know is the result of inner guidance.

- You receive guidance all the time, not just on major life issues
- You are guided about what to eat. Your health depends upon what you eat and therefore our intuitive system – think of that as the “organic divinity system – is always sending signal as to whether we should eat this or not.
- You receive guidance about what to say or not say to people, whether what you are saying is of service to someone or harmful.
- You receive guidance are pressing issues of personal betrayal and spiritual self-care. Your soul is relentless about alerting you to violations of your integrity.
- Your soul is also relentless about pushing you to develop your gifts. You will experience deep spiritual depressions when you choose to sabotage the gifts of your soul.
- Observe the way guidance comes to you. It enters your life physically, emotionally, inwardly. Holy guidance always moves you toward inner balance and it always contains a grain of truth. Holy guidance always directs toward small and great acts of personal transformation – from eating better for your health to releasing dark thoughts that torment you because they are toxic to pursuing your creativity. Be still and feel, listen, sense – open every passageway in your being. Ask yourself where you are not in a state of balance and why? Your answer could be, “Because I am always angry,” or “Because I don't know what to do next” or “Because I am in financial stress.” Then listen, feel, sense for direction – not an entire map of solution – but a direction. A choice – one choice. And make that choice. That choice could be as simple as, “Have hope” or “Be patient” or “Call X” or “Forgive and let go of X”. Every one of those responses has more power than you can measure, as each one of those choices frees your psyche and soul to be receptive to guidance that otherwise cannot penetrate your energy field. It does not take much to get the wheels of change moving in another direction. But it often takes a great deal to be willing to move in that direction.

Holy choices can often require courage. You are never given a guarantee of an outcome. You are given the guidance to act. Not acting on sacred guidance is often the source of self-loathing, though people do not recognize that cause because they do not think in terms of soul reasons.

Prayer and reflection during the day:

All choices are holy, Lord, for every choice changes my life. No choice is insignificant. I realize that now. There is no such thing as a small choice, Lord, and no such thing as a powerless word. No and yes – two of the most powerful words I can say. What am I saying no or yes to right now? Grant me the grace of Counsel, Lord. Even the power of these small words has brought me to silence.

End of the Day Prayer:

Take me down deep, Lord, and meet me at my inner well. I am listening for You in the stillness of my being. I seek a path of wholeness in which the choices I make bring me greater clarity in life. I will no longer search for You but for ways to develop my gifts and serve others. I will no longer deny the many ways that You speak to me, Lord. Grant me the courage to act on Your guidance. I so often feel that I am alone, standing in the midst of choices I am afraid to make. I am unsure of outcomes. I need to remind myself again and again that not making a choice creates an outcome of uncertainty as well. Your guidance may change my life – it often does. But change will happen with or without my eyes wide open. I do know that Your guidance always contains a grain of truth – that is Your signature. And so, I ask for the courage to embrace the truth, however difficult that may be. Hover over me, Lord. The deeper I pursue my spiritual life, the more I realize that it liberates me from the burden of illusions and the more I need courage to let those illusions evaporate. Amen.