

The knowledge that I exist as both a physical and nonphysical being, alive in both matter and antimatter *simultaneously*, was the foundation for my spiritual growth. I realized I was not trying to connect with something foreign! Doesn't it seem natural to be able to communicate with another aspect of yourself?

In addition to identifying with my physical *and* nonphysical self, I find this reminder helpful:

My perception of the outer world  
is a reflection of my inner condition.

What I believe to be true in my mind—both conscious and subconscious—is reflected back to me in the world I see. Everything is backward here! It appears as if a perceived problem is out there in other people, places, and things, when it's really in here, within my mind.

Now do you see how important it is to believe you're *already* connected to Source (or God, if you prefer), if you wish to experience your inner connection firsthand? If you desire a personal relationship with a Higher Power, but you don't believe it's possible, or you believe it's very hard, or that it takes a tremendously long period of time to develop, or whatever (fill in the blank), these beliefs will be reflected back in personal experience, in most cases. This is the earth-experience programming.

Whenever I use new software of any kind on my computer, it takes a while to gain insight and understanding as to how it works so I can do my work efficiently. It's the same thing here. I may have a new belief (like the new software) based on the knowledge that I'm spiritually connected to God and to all life. However, if my subconscious mind is filled with years of contrary programming from childhood religious beliefs, parental teachings, or societal/cultural norms, then the "knowing" in my head feels as if it hasn't made it down to my heart. My actions and thoughts are not in total alignment with my new belief. This is absolutely normal and can easily be shifted by seeking a more expanded understanding with love and asking, or better yet, thanking my inner guide in advance for revealing this more expanded perspective. *Knowing that help is already present*, I relax; when the time is right, I allow myself to receive. Until then, I accept where I am and trust the process.

These limiting beliefs need to come to my attention so I can bring them, one at a time, to the light of universal knowledge, understanding, and love, which transmutes

them. Negative, painful, unloving thoughts become a goldmine of wisdom when I truly see how they affect my life experience and choose *consciously* to change them with spiritual assistance. When I use the experience of rising above the hurt and distress to assist others, the entire process is transmuted into gold!

I love the succinct words of Henry Ford (emphasis mine): “Those who think they can and those who think they can’t *are both right*.” As I affirm my personal connection with Spirit, not just by repeating the words but by deeply feeling the emotions the idea generates, I become aware that I need only to be still and *remove the obstacles* generated by my unloving thoughts, words, actions, and addictions to enjoy a personal spiritual experience.

Years ago I had the opportunity to travel by plane on an ominously dark, rainy day. But once we lifted above the cloud cover, I was surprised to see the sun shone brightly and the sky was a brilliant blue. I realized in that moment the sun is *always* shining—I just don’t always see it!

What if my sick, negative, unloving thoughts, my addictions, and the words and actions flowing from that energy are like the dark clouds blocking my view of the sun? And what if they become my point of creation, attracting more of the same in the next moment of now? You may be wondering if what I believe is reflected back to me in my experience, how can I know what’s really true?

It seems to me there’s an action of cause and effect going on here; but because this is a dense reality, there’s a time lapse between the two, making it difficult to connect the dots. Everything in the universe is either attracted or repelled, which boils down to getting what I give—not only physically but *psychically*! My overall state of being is vibrating out into the universe, which is why it’s so important to not only clean up my actions, but also my thoughts and speech. Since each person has his or her own version of what’s true (subjective reality), I concentrate on giving what I desire to receive, using my inner connection to invite spiritual assistance with this process.

As the unseen wind is felt and its effects are evident, the fact that I can’t see my connection doesn’t mean it’s not there. After dedicating time and energy to looking within, I became aware of *subtleties* that were previously overlooked. Like the sun which appears to rise and set, yet in reality is always shining, my connection with Source seems to wax and wane, yet is ever present. It’s merely the focus of my attention that shifts.

One thing I know for sure: my connection with Source not only exists, but more importantly, can be felt and experienced *by me*—and I'm not unique! The good news is "God stacks the deck." Our Higher Power directs our life experiences to bring attention to the sick, negative beliefs that need to be healed so we can experience what we really are. This enables us to serve All That Is in a way unique to each of us, using our personal, painful life experiences as well as our talents to assist others. I believe this is true for *each one* of us. This is why I believe I've been inspired to share my experience in these pages. I hope to encourage all who read *The Inner Connection* to not only believe they're innately connected with Spirit, but to experience that connection often, as each person—in his or her own way—attains and enjoys emotional freedom through spiritual growth, inspiring more conscious choices for the benefit of all.