

Making a Daily Divine Connection

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Making a connection with the Divine is not new for most of us. We've prayed, made wishes or have been in binds and miraculously been supported in unexplainable ways. Or, experienced those moments of unexplainable comfort, felt chills or your body surrounded by warmth and your heart filled with joy. What I'm suggesting is that to live optimally today, it's no longer enough to have occasional yet profound connections. It's now a necessity to not only connect with the Divine but co-create on a daily basis. To translate in simple language put the Divine on your speed dial, top ten and text lists. Bring the Divine into your daily routine, creative process and go to support system.

Here are some ways you can make a daily connection with the Divine:

Journal – When you write in your journal, ask questions of the Divine and then listen to what comes back to you. You will be amazed. Ask the questions and write whatever comes and then ask again until you have a conversation going.

Meditate – Prior to meditation or Yoga ask the Divine to visit you or participate in your practice by giving you guidance. Then listen or observes messages that come to you.

Nature – Before you take a walk or spend time in nature, ask the Divine to join you. Ask a question and be open to the answer that comes to you during your time outdoors or just feel the connection. Watch for things to look clearer or seem surreal as a sign.

Oracle Cards – Buy one or more Oracle Decks (available at most bookstores or Amazon.com). Ask questions and pull a card to get the answer. Do a reading for yourself or other or just pick a card for guidance. You can also ask a question, shuffle and watch for falling or jumping cards as sign the Divine is communicating to you. This is a powerful and fun way to connect.

Embodying – Pick an archetype or Divine Source and embody their energy, wisdom and being. Feel them connect with you and carefully feel, listen and watch for messages from them. Notice how you may feel different or how others react differently to you.

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