

## Tip 3 - Opening the Door

There are many reasons why one might choose to meditate. One reason might be to quiet their mind. Another reason might be to experience peace or to step out of the world for a little while. A third reason may be to talk with God, to share with God what you are experiencing and to seek communication, guidance, or understanding about a situation in your life.

If one pursues meditation with the intention of communicating with God, it's important for that person to begin the conversation with God. Whenever you start a conversation with God, God hears you. You might call talking to God "prayer" simply because of Who the conversation is directed toward. Any communication directed to God can be defined as prayer. It doesn't matter what the content is about. Any communication directed to God is welcome, and it is important to begin the dialogue with God in order for the conversation to begin. Once it begins, God hears every word and answers your question immediately, though when you receive the answer may take some time.

When you seek communication, guidance, or comfort and understanding from God, it's important to ask *specifically* for what you want. You might think that God knows everything you want and need, and you would be right, yet God does not look at you and your life and see what you perceive as problems. God doesn't look and say, "Wow, that one sure needs some help. I'd better get in there and fix that situation," or "Boy that one is really messed up. I better go solve that."

The way that God sees His Child is with so much Love that it's hard to comprehend. God sees the Truth of Who you *are*. God sees your perfection, your holiness, and knows that you remain as God created you to be. God knows that you are One with All That Is and that, in Truth, you lack nothing. God sees your True Identity and True Essence, not what you perceive yourself to be in the world. God doesn't look at you and say, "Oh, that one is in trouble again, I better go fix them." God's loves for you is so generous and so kind that God just sees your perfection and loves you.

If you ask God for something in the world, if *you think* that *you* need something or lack something and you take that to God and say, "Hey, I have this problem and I need some help. I need some guidance and some answers," then you can know that God has heard your request and that a response has been given.

## 5 Tips for Hearing God's Voice

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You may not always experience receiving a reply right away. It might take a little time for the answer to unfold in your awareness. What's helpful is to trust the process of talking to God. When you start the dialogue, trust that God is listening. Trust that every prayer is answered. Trust that you will receive the answer at whatever time and in whatever way is in your highest good.

If you have a challenge, a want, or a need in your life and you bring that to God, do so knowing that every communication that you extend to God is heard and every prayer is answered. Then allow yourself to become aware of how that answer is unfolding in your life.

Spend a few minutes now in meditation with your eyes closed. Then when you're ready, begin a dialogue with God. Share with God what's in your heart and on your mind, and then ask God for communication, guidance, or understanding.

When you feel complete, allow yourself to hear God's reply. If you don't experience receiving an answer immediately, allow the answer to unfold in your life knowing that God has answered. Be patient with yourself in this process and continue to allow your faith and trust to deepen.

Many blessings to you.