

FASCINATED, BUT SKEPTICAL

Recently, as I sat in my meditation room, I began to read an article in Oprah's *Live Your Best Life*. The author of the article confessed his disbelief, fascination, and skepticism with God. These three words moved inside of me like the kick of an unborn child. I felt such a strong reaction, in fact, that I knew God was using the words to try to speak to me. So I stopped reading and started listening. "God," I blurted aloud, "What are you saying?"

After a moment, I began to sense his meaning. It's this: that many "believers" are fascinated with God, religion and spirituality. But many of us, unfortunately, have yet to grow beyond this early fascination stage. Still tender, still babyish in our spiritual development, we're still looking to those around us to mash up our food, feed us, and burp us.

When we're fascinated by something, we're intrigued by it. Often, we don't even know what it is that has grabbed our attention. It's invisible, but forceful. It's fun to flirt with. So we play with it, but we don't try to get serious with it because we're not sure what it really is, what it will require of us, or what it would mean for our daily lives. Yet, it maintains our attention, accesses our energy, and consumes our time... *because it's fascinating!*

So, though we might go to church, infrequently read our bibles, and serve where and when *we* want to—we don't necessarily end up where *God* wants us to serve, where we are most needed. Why? Because deep down we're still skeptical.

Does God really exist, we ask? Does He really care about us as individuals? I believe we're skeptical of God because we're afraid. And because we fail to truly grasp the spiritual principle of "I am in you and you are in me," we remain separated from God—and from loving, healthy relationships with each another.

Our skepticism of God's true essence and divinity keeps us on the sidelines of life. We're not really in the game, *because we haven't realized that His essence and divinity lies within each of us*. We confess a belief in God's existence, but many of us don't possess the qualities of God. Therefore, I am forced to believe that we don't truly believe in Him. We don't really "get" that we're God's creations. If we did, our lives would reflect the "signs and wonders" of His divine truth, existence and power!

I want to be close to God. I desire to understand Him. I get excited when I receive a profound, thought provoking message from Him. Since I believe that I've been called to inspire others through understanding spiritual principals, I am forced to ask myself, "What does my life say about the existence of my Divine creator? Does my life and daily interactions with others mirror God's image?"

I challenge you to answer those questions about your own life, too. And let me offer a few suggestions that may enable you to better hear God's voice, so that His spirit may influence your mind and affect your behavior.

1. **Acknowledge God When You Awake.** Our thoughts and words become our beliefs. We internalize what we hear repetitiously. If you can't find the words, simply open your eyes and smile at the wonder of God's creation. Feel Him smile back at you.
2. **Ask God, "What Are You Teaching Me?"** God seeks to be understood. That is one of the reasons He sent Jesus. Jesus came to clear up misconceptions and religious philosophies. Daily, God is teaching us more about who He is and how He operates. Listen and learn from your life. When things go wrong, take a deep, cleansing breath. As you release it, ask, "God, what am I to learn from this?"
3. **Check Yourself.** When we allow our negative experiences to create negative emotions, we interrupt the follow of God's spirit in our lives. During turbulent times, listen for God's voice. Feel His love. Know that He is with you. Release *your* egoistical, selfish, self-serving desires so that *God's* will can be done. Let go of control, trusting that the lessons you're learning are moving you forward. Taste the morsels of God's divinity. I know this much is true: They're *de-li-cious!*

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