

Sacred Spaces

Feeling It In Your Bones

by Reverend Doctor Toni Petrinovich

It's easy to want to feel divine. It's even easier to follow some path that tells you that you are going in the right direction.

What isn't easy to the human mind is moving away from the belief that you need to find a way to get there. When you allow your mind to simply be still, literally shut it down, the inherent capacity you have comes to the fore. And what is that capacity?

Remember, All That Is IS all that is. This means that you are Source, God, the Ineffable in this moment as you are reading this article. The beauty of realizing this comes to the fore when you understand that your mind doesn't believe this. *You can read it and pretend that it is real for you, yet do you really feel it in your bones?*

By this I mean, does it become such a part of your daily life that you see your divinity as you? Most likely, not. This is why we are talking about it today.

There is a question that comes up in your mind of "how could this be?". You've been taught, as well as most of the rest of humanity, that God is somewhere outside of you and unreachable. How could your mind begin to accept that not only is God not outside of you, you are It?

Well, consider this: As That Which Is emanated all of creation, It had only Itself to use to create within. Therefore, all that is created is an emanation of Source Itself.

What you say and do are symbols of your feelings and thoughts which are symbols of your divinity. What do you want those words, feelings and thoughts to create within your world?

So many folks tell me how much they want to live divinely, to really see it, experience it and be it. It's almost as though people believe that somewhere "out there" is someone who is going to magically make a divine mindset appear. It is exactly the opposite. You are the only person who can change your focus within your life to one of divine awareness.

So, how do you want to do this? I must first ask the question of you because you hold the answer. Oh, does your mind say, "I don't know"? Tell it to stop pretending it doesn't know what it truly is and begin to accept your divine knowing.

Many people talk about having "gut feelings" or intuitive hits that tell them whether they want to proceed with a certain action or not. Perhaps you are one of those people – knowing when to say "yes" or "no".



Now, take a step further from the physical information you receive (because gut feeling and intuition rely on using a body) and ask yourself if you are willing to learn, experience and perceive from your own divine knowing or Cosmic Consciousness. Remember, All That Is *is* all that is and since you are within All That Is, you know what It knows.

The task begins to break down to one basic concept: spending time in silence so that the cosmic, divine information has a place to land. And you know how busy your mind is during the day and also at night. There is a constant pitter-patter of mental rain that is always falling within your mind so the divine knowing has no space to enter.

Wanting to "feel it in your bones" must begin with your mind and heart. There is a direct connection among the mind, heart and bones with the heart leading the parade. The mind can either come along for the ride or can resist the idea and fight against it. This decision is entirely up to you.

When you begin to quiet down and listen to your heart, you will start realizing that your thoughts and mental words are simply symbols of your divinity. *The*

awareness you are, the witness, the observer is truly what you are when you release the need to focus on specific thoughts about anything.

From this perspective, you can begin to foster your divine awareness by seeing all aspects of life, including your life, as divine. And this does not mean that being sacred separates it from your day-to-day. It does mean that your day-to-day is as sacred as any other idea you might have about what divinity may mean.

This boils down to living your life as God, seeing your life as God – all aspects of your life from meditating to prayer, from talking about spiritual subjects to having an argument with someone you don't agree with. It includes your family, friends, acquaintance and all strangers.



Probably the most difficult piece of all we are talking about today is releasing your hold on what you think God is or should be according to what you have been taught by someone else. Remember that the person or persons who gave you your belief in God was given that by another person who was given it by yet another. This does not mean that it is what God is. It simply means that these people, and perhaps you, have decided that the belief is true.

So, to get back to the beginning of this article: Do you want to feel your true nature in your bones? Most likely, you will say, “Yes”. There is only one thing you have to do to bring it about – stop believing that God is something outside of you or different from the way you are in this very moment. No matter what you might think of yourself, you still remain the perfect, divine source of expression that emanates from within I AM.

Removing your doubt, your fear and your anticipation that taking this step will result in you becoming someone you or others don't recognize is all that it takes. Then, you will feel your true divine nature in your heart, mind and bones. And it will remain so infinitely.