

Conversations with God, Book 1 ~ A Guidebook ~

by Nancy Lee Ways

Excerpt, pages 1-5, Guidebook Chapter One

Summary

The most important message in this chapter, and in fact the entire book, is that God is willing and does communicate with EVERYONE ALL THE TIME. HE/SHE sends these messages through feelings, thoughts, experience and sometimes words that can often be misunderstood. God tells the book's author, Neale Donald Walsch, that these messages have been sent for eons of time, and you are not receiving them because you have stopped listening. You are not aware that they are being sent out. God loves you unconditionally and says that He/She will continue to send those same messages until you do LISTEN.

God is the observer of humanity and has always given you free choice to create yourself and your reality and experience it in any way you choose, including your decision to live in separation from God. However, in truth, you are God. You are a divine part of the whole. You are not separate.

“My purpose for creating you, My spiritual offspring, was for Me to know Myself as God. I have no way to do that save through you. Thus, it can be said (and has been, many times) that My purpose for you is that you should know yourself as Me.” ~ *Conversations with God, Book 1, p.26*

Therefore, every moment in your life is an opportunity to come to a place of Self-Realization of Who You Really Are. Who are you? You are LOVE. And that is the message that God has been trying to get you to hear for so long.

“From the highest mountain it has been shouted, in the lowest place its whisper has been heard. Through the corridors of all human experience has this Truth been echoed: Love is the answer. Yet you have not listened.”
~ *Conversations with God, Book 1, p. 58*

“The body is the temple of God; in every body, God is installed whether the owner of the body recognizes it or not. It is God that inspires you to good acts, that warns you against the bad. Listen to that voice. Obey that voice, and you will not come to any harm.”

~ Sathya Sai Baba
The Lightworker's Way, p.43
DoreenVirtue, Ph.D

“What lies before us and what lies behind us are small matters compared to what lies within us. And when we bring what is within out into the world, miracles happen.”

~Henry David Thoreau
Karen Bishop
Remembering Your Soul Purpose, p. xvii

Chapter 1 Key Points

- God communicates with everyone all the time
- Feeling is the language of the soul
- The tools of creation are thought, word and deed
- All Sponsoring thoughts of either Love or Fear
- You learn Who You Are Not in order to know Who You *Really Are*
- If I do not go within, I go without
- There is no right and wrong
- Love is the only answer
- Why you bring what you fear to you

New Spirituality Principles

- God has never stopped communicating directly with human beings. God has been communicating with and through human being from the beginning of time. God does so today.
- You and God are one. There is no separation between you. From: Sixth of 18 Remembrances (from *Home with God*)
- Four Holistic Living Principles:
 - Awareness
 - Responsibility
 - Honesty
 - Gratitude

Objectives

- To learn that God does communicate with you.
- To experience how to be aware of your environment and “tune in” to receive God’s messages.
- To invite God to come into your life.
- To notice and record what is happening in the world around you, within and without.
- To become aware of feelings, thoughts, experiences and sometimes words that seem to draw you inside; these are portals that can open up a whole new world for you.
- To understand what God is trying to tell you, feel a closer connection with God and be able to move forward with more purpose in your life and happiness in your soul.

Preparation and Materials

- Set aside a time period of 30-60 minutes several times a week for these activities and continue your observation of the messages God sends you for at least three weeks.
- You will need a notebook or journal and a pen or pencil.

“Go ahead now. Ask me anything. Anything. I will contrive to bring you the answer. The whole universe will I use to do this. So be on the lookout. This book is far from My only tool. You may ask a question, then put this book down. But watch, Listen. The words to the next song you hear. The information in the next article you read. The story line of the next movie you watch. The chance utterance of the next person you meet. The whisper of the next river, the next ocean, the next breeze that caresses your ear – all these devices are Mine; all these avenues are open to Me. I will speak to you if you will listen. I will come to you if you will invite Me. I will show you then that I have always been there. All ways.”

*~ Neale Donald Walsch
Conversations with God, Book 1, p. 58*

Activity A

Now is the time to take notice of all of the messages that God is sending you and record them in a journal or notebook. Also, be sure to answer the questions in this activity and write those in your notebook. The first part of this exercise is for you to consciously invite God to send you the answers to your prayers or questions. This can be done in your sacred space or anywhere you wish. Next, be sure you thank God for those answers and open yourself with intention to receive them. Gratitude is the key. Does it seem strange to you to thank God before even asking the question?

“When you thank God in advance for that which you choose to experience in your reality, you, in effect, acknowledge that it is there...in effect. Thankfulness is thus the most powerful statement to God; an affirmation that even before you ask, I have answered.” ~Conversations with God, Book 1, p.11

Can you talk to God like you are having a conversation with a good friend? Does that feel comfortable to you? Remember, God does not want your worship. God wants you to communicate.

Now, write down in your book anything that catches your attention, any feelings you may have, thoughts, experiences, words that seem to keep coming to you over and over again or pictures that appear in your mind.

In your notebook, divide the communication into the category of Feelings, Thoughts, Words, and Experiences. Each time you receive a message, put that in the proper category. You will begin to notice what is calling for your attention, such as a scene in a movie, a picture in a magazine, a bird outside on your patio. You may see a message in a word or words on a sign outside, or a book that is asking you to pick it up. There can be a message anywhere. Be aware of everything around you. When God wants to talk to you, He/She will send you a message that only you will notice. You should take note of everything and contemplate what the meaning may be.

Date	Feelings	Thoughts	Words	Experiences

The answers to your questions may not come immediately. However, by staying tuned in to life, you will see, know, feeling, sense answers custom-made for you. Are you becoming aware of things you never noticed before? What way are you receiving the most communication? Why do you think you didn't notice these things before? Are you feeling a little more sensitive to the environment now? Do you want to tell everyone that they should pay attention, too?