

HOW TO TALK TO GOD

A MINI TUTORIAL ABOUT COMMUNICATING WITH GOD

Many people in this world believe that God/Source/Holy Spirit, or whatever you choose to call Him, has either abandoned us or we have abandoned Him. I'm going to refer to God as "He" in this document, just for the sake of ease.

Please know, first of all, that I am in no way religious, nor am I trying to push religion on anyone who reads this. I was raised to respect all religions, although I have never chosen to align with any of them. I now know, deep within my heart, that a personal relationship with God is the way to go. In reality, God is neither a He nor a She, but is pure universal energy and the original source of all beings.

Since I am currently in human form, I have to use words to communicate in the best way I can, my totally astonishing and "non-tangible" experiences relating to God, and this is not very easy! I also think that what I am about say may blow your minds. And if not that, then it may cause you to dismiss my experiences or react with a thought of "this is insane". Indeed, my words might upset you, trigger you or disconcert you, but actually that doesn't matter. What matters is that you are reading this, and therefore ready (at some level) to receive my message.

I would love for people to begin to understand the true nature of God, and to know that anyone can communicate with Him. All that is required is trust, a willingness to open your mind and fully suspend of all the beliefs that have informed you thus far in your life. In fact, I would dearly like for everyone have their own beautiful and direct relationship with God, and to become their own teachers and healers. For me, this is the future of spirituality, and how it should have been all along. And I believe that we, as a species, are finally in a place where this really can happen.

I'm not exactly sure where the idea that God punishes, or expects sacrifice or allegiance came from, but I believe it was humanity's attempt (via religion) to control the masses through fear. There also seems to be an idea that psychics and mediums who use tarot or commune with Spirit are evil, and I think this too has sprung from an attempt to control us, and take away our personal power and natural connection with God. I respect every religion, but I do find it a little tedious seeing people become so terrified because of a learned fear of God.

The truth, as I have experienced it, is that God loves us deeply and does not judge us. Judgment is a human quality. I didn't read this somewhere. I experienced it in real life.

Think about it, how could an omniscient and all-powerful energy be angry, spiteful or judgmental? Those are human emotions and qualities. The truth is that God never abandoned us and we never abandoned Him.

We actually decided as souls that we wanted an experience which consisted of being absolutely alone, without our normal celestial backup and our usual modes of communication. We asked for autonomy and self-sufficiency, and God agreed to “stay out of our earthly experience” because he loves us so deeply. So the reason God does not seem to be accessible to us on earth is because He is blocked from getting through to us by a clear energetic wall. If you have ever tried to get a direct answer from Him, but haven’t succeeded, this is why. God effectively gave away his power away through His deep respect for us and absolutely not for any other reason, since we asked to experience separation.

Over the years, I have received one or two messages from what I thought was God, however I was never exactly sure if it was directly from Him, or if it was via my Spirit Guides.

My health crisis and conversation with God

The first time I had an actual conversation with God was the during summer of 2016. I was in the middle of a health crisis with mold and I was panicking because I had unknowingly spilled some water in my bedroom and the carpet had become moldy. Mold used to scare me. I was allergic to it, and knew that when I breathed it in, it made me feel really crappy, physically.

So I had gone to the store to get some allergy pills and when I arrived back home, God suddenly appeared right in front of me. It caught me utterly off-guard, because before that, I had never seen Him. He was magnificent and at the same time very down to earth, appearing as a somewhat smoky, ethereal outline of a human being. I guess I might have expected him to come floating down from the clouds accompanied by a huge celestial trumpet voluntary or something, but I knew instinctively that this would have been neither His style nor mine.

He was more than thrilled to be with me and I was more than thrilled to be experiencing this extraordinary occurrence. He implied that He had been trying to get through to me for some time, and now He had finally done so. He said that He had witnessed every moment of my life and heard every single thing I had said to Him over the years. And then he proved it by giving me a complete run-down of my life, with mental images in



my mind, from when I was very young until that exact day. He wanted me to definitively know that He truly had been watching over my entire life on this planet. His presence was pure love and devotion, and it was a reconnection of what I call totally epic proportions!

God unconditionally worships us, but He been portrayed as expecting devotion from us. This shameless adoration was the best part of my whole experience because I could feel it palpably, and it was so comforting. It was like that first drink of water would be, after being lost in the desert for a very long time. I have no fear of God, and love Him deeply, but really had no idea that He honored me so profoundly – and the same goes for each and every one of us. So I knew He loved me, but in all honesty, I knew this only as a concept rather than as a felt experience.

He asked me to do a twirl, and was in awe of the body I am using in this lifetime. This awe was not in any way linked to how I looked or what gender I was, but rather that I was actually in a body. He said that the last time we met I wasn't in a body at all. And even though He had always been safeguarding me, He was still excited to see me. When I spun around, His reaction was adorable. It was as if He was looking at a fairy or something.

When you communicate with God, He will talk to you the way which is most comfortable and relatable to you, which is why He speaks to me in the manner in which I talk.

I absolutely love dogs and one of the best things about them is that they just enjoy being with you. For a dog, hanging out with their “best person” is the most fun thing they can ever do, and this is how it is with God. He has zero self-importance and exists only to love us and hang out with us, energetically speaking. I asked what I should call Him and He suggested the name Gordon because it was normal and unassuming with no spiritual importance. I said that I didn't like the name Gordon and would prefer to call Him Source, if that was okay - which of course it was.

After that He said: "I'm gonna hook you up." He explained that now that we were finally in contact again, He was going help me with my mold problem. During the next few days, God and my Guides came up with a Healing Blueprint and by using it as they suggested, my mold allergy was cured in no time at all. I would say that He hooked me up pretty perfectly!



A few weeks later I had a doctor's appointment, and as I was walking in, God appeared and asked "are you afraid?" I thanked Him and said that I was not afraid, but totally amused, and loving the fact that He asked me in such a sweet and innocent way. He said "okay, let me hold your hand anyway" and He reached for my hand. That was one of the most exquisite and holy moments of my whole life. I can't really describe how it felt, other than to say it was incredibly comforting, and the way He said it was so cute!

After that, I wanted to know precisely why I could not get in touch with Him directly in the past, or why He seemed to just randomly pop into my awareness. He told me that the higher beings who created the earth had offered all souls the ultimate thrill ride, whereby we would experiment with what it would be like to have complete autonomy. God had explained that we would be without any of the normal modes of communication, and this included our connection to Him. He nervously paced the floor and said that he hadn't like this idea, as He wondered why any soul would want to put itself through this, because it would seemingly separate us from our protective and powerful connection with Him. However, he had agreed to support the idea out of His reverence and love for us. And this is why there is an energetic wall separating us from Him at all times.

He told me to imagine a door opening and being held open, so that He could walk through whenever I wanted to talk. I have to do this door-opening exercise every day and I have been communicating directly with Him in this way since July 2016. And every time we are finished communicating He actually gets "locked" out, and I know this sounds mad, but it is just the way we set it up here. It's actually really funny and makes me laugh, because every time I see this door in my mind, He is furiously waving at me to let Him in!

My experience with God has been absolutely amazing. I asked Him what He thought of what the world has made Him out to be, and He lovingly threw His hands in the air, as if He had no clue. He said that of course He doesn't like the idea of the punishing version of himself and He doesn't want people to be afraid Him. God is not angry and He doesn't punish, ever. On the contrary. He has eternal love and devotion for us.

How to communicate with God

- Relax and become centered. Close your eyes, and take a few deep breaths. Perhaps do a short breathing meditation. I still have to get calm and centered to have a “conversation” with God, or it doesn't seem to work. You may unconsciously tell yourself that you can't do it and psych yourself out, so getting relaxed will help you to get you in a nice natural flow with your breathing.
- Imagine a door opening in your mind.
- God will come through it, so you don't have to imagine that too. Pay attention to the feelings you experience. He will be with you immediately and you can talk back and forth with Him in that very moment.

Do not feel frustrated if you do not seem to feel any tangible connection or receive any messages right away. I know that most people don't think they can talk to Spirit, but I know we all have the ability to do this. And maybe you would like to get creative and make yourself a set of cards to have a conversation with Him. That is how I talked to Spirit for 13 years, and it is just as valid as talking directly to God.

And if you are still not receiving any messages, I would suggest doing a daily practice with the Healing Blueprint for a number of weeks. Just imagine setting a sword and shield down off to the side, and keep welcoming Receiving into your life until you start to get the results you are asking for. You can also use this Healing Blueprint to develop psychic gifts. We all have the ability to communicate with Spirit, but it is blocked or turned off in most people. However, this can be reversed. All that is required is willingness and a genuine, deep desire to enhance and hone these dormant abilities. Working with Receiving will help to naturally unblock you from things you want to attract more of in your life.

Please trust that God really does hear and see everything you do, and has never abandoned you. He loves you more than life itself times a million, so know that even though at times you can feel alone here on this earthly plane, you never are. You are always connected and you always will be, throughout all eternity.

I love you all so much.

Leni Dubel