



### Signpost Four

**I am present, I practice the discipline of noticing miracles and the unfolding of God everywhere, this is the rhythm of Grace.**

This signpost is about seeing.

What do I see? Who is seeing? What perspective am I seeing from, and what am I bringing to what I see?

I have complete freedom in what I choose to see. What veil or lens do I choose to see through?

Am I open to seeing with my heart, not just my mind? Am I open to seeing from a childlike curiosity?

What I keep learning around this Signpost is how I *choose* to see changes *what* I see, and this has the power to change who I am becoming. It reveals how I meet what life is giving me, and this becomes the kind of life I live.

Seeing has the power to reveal God's glory everywhere I look.

We get to choose.

I want to be willing to see God and notice that love is everywhere.

**"Unless you change and become like little children ..."**

**~ Mathew 18:3 NIV**

Consider how a child sees the world. Children are curious, open and ask a lot questions. What does that mean? Well, then what does that mean? As adults, we are usually so lost in our doing and responsibilities that we don't see the beauty

and intricacies right in front of us. Or we see what we have always seen through the mind.

Rather than labeling, judging or defining, this reminds me to be childlike with wonder and awe. It reminds me to stay open and be willing to see things with a clean and new perspective.

I can forget so quickly that I have the power of choice. If I'm not present and aware, the undercurrent of the world will take me out into a riptide. This hustle will take me far, far away from being awake, alive and connected to the life in front of me.

Living in the country and being surrounded by the natural world pulls me into a different rhythm. Everything slows down. This is where I am most at home.

I am a slow processor. It takes me a minute to take things in. I used to judge myself for not being able to change gears quickly, absorb things at a fast pace or pay attention when people talk fast. But I've learned to nurture this about myself and honor this slower pace.

When I have been going too fast for too long without balancing outward flow with inward stillness, life starts unraveling. The chaotic pace shows up in relationships with the people I love the most. As hard as I try to connect, experience, see and be with God, I come up empty.

It doesn't mean that God isn't here or available, it is a signal that I have been on the world's rhythm for too long. Until I am willing to slow it all down, create breaks, pauses, some stillness, and especially some deep slow breaths, my connection to God and with everyone and everything will suffer.

I believe that as many people as there are in the world, there are as many ways to experience God. This is one of the reasons I believe we are all created differently -- so we can be with God in our unique way. I love what Wayne Dyer said, "I believe we are all connected to God ... the question is how corroded is your link?"

It takes a regular practice of being present, checking in with my heart, feeling feelings, staying open and curious. These are the things that support me in staying connected to God and experiencing this energy of The Divine everywhere. I need

to clear the path of all the things that get in the way of my connection to have “conscious contact” (A.A.) and be open to seeing God.

To be awake for this beautiful life, I need a regular practice of cleaning my links. Being in nature and around animals naturally has the power to clean the buildup in my links, move me back to center, and off the world's rhythm and into God's rhythm.

There are so many unexplainable layers and questions in this life. Unexplainable tragedy upon tragedy, heartache on top of heartache, brokenness beneath brokenness.

There are equally as many unexplainable miracles upon miracles, joys on top of joys, and healings beneath healings.

All of it is included and offered throughout our lives. This is life, and it is given in tremendous abundance.

This Signpost is a pointer, a support in helping us remember that when we experience our darkest moments or our greatest miracles and everything in between, can we stand in all that is here and allow ourselves to trust the process? Can we stay, can we show up? Can we be with these life experiences without running, hiding, numbing, pretending or turning away? Are we willing to see that God is in all of it?

**“God is above all and through all and in all things.”**

**~ Ephesians 4:6**

Please be mindful of the pendulum in your mind. This isn't meant for us to sidestep, dismiss, minimize or pretend to be positive when painful things happen. It's the opposite. Meeting all of life with a wide-open heart, especially the hard and unexplainable things, and being willing to know that somehow and in some way things are unfolding how they are supposed to. That God is right here, right now, in all of it. Am I willing to look for and focus on God's presence?

This Signpost supports us in remembering that God is always available, trying to get our attention, showing us the way and constantly giving us everything we need. If we are not careful, we will miss it. We will miss it because we are working so hard to get some desired outcome that we think we need to feel a certain way. We can miss all that God is wanting to show us and give to us. We will miss having intimate relationships, we will miss our purpose and meaning of life, and most importantly we will miss experiencing and trusting God. This is the connection that we were created for and I believe that all of us long for, in our own unique way.

If I want to see and experience life with God, I have to remind myself regularly to slow it all down. Breathe a little deeper and be with what is unfolding in front of me. Open it all up and feel with my heart what is happening in this moment. Not just keep it at a safe distance in my mind but know that it is staying connected to my heart and seeing what is in front of me.

How do I meet the moments of life? Preoccupied in my mind and onto the next thing? Can I practice the discipline of slowing down?

Are your life and heart asking you to go at a slower pace? To get on a different rhythm?

What can be healed, released, shifted, awakened and unlearned because of this moment?

### **Breaking it down/ my definitions:**

**I am present, I practice the discipline of noticing miracles and the unfolding of God everywhere, this is the rhythm of Grace.**

**I am present.**

What does being present mean to you?

To me, it means bringing my essence, my spirit and all of who I am into the moment. I detach from the continual thoughts in my mind, and through my breath, I find gaps in between my thoughts. The gaps may be brief, but a little space is created. It is in this space that I become fully alive by being completely present. Instead of staying lost in the repeated thoughts and noise in my mind, I become the watcher (the presence) of what is happening in the moment.

## **I practice the discipline of noticing miracles and the unfolding of God everywhere.**

**Practice** – a conscious choice to integrate or move thoughts/ideas/beliefs from my head to my heart.

**Discipline** – a conscious action repeated to stay connected to God and my heart. This energy is completely different from what the word once meant to me: pushing, forcing, driving, not letting up and controlling myself so that I could prove I was better than others, that I wasn't average, that I was special. Yes, discipline separated me from others, which just left me lonely and mean as hell. It's the energy of a disciple; to learn, to be a student and to grow.

**Noticing** - choosing to see.

**Miracles** – an unexplainable occurrence that cannot be contained by words but experienced with the heart.

**God** – goodness and love, beauty and truth, there is no place that God is not.

**Everywhere** – means, well ... everywhere. Making a conscious choice to see and experience the indescribable goodness and love in each moment no matter what is going on around or inside of me. I can trust with my heart that there is something bigger going on and I can surrender to what is unfolding. I trust God with all of it. And in the letting go and releasing my grip, I will find that instead of my world crashing down, the opposite happens. I am held, supported, loved and carried every single step of the way.

### **This is the rhythm of Grace.**

**Rhythm** – a strong, repeated pattern. As I said in the introduction, Rob Bell describes God's rhythm as "a bass note, and the world's rhythm as a treble note." The bass rhythm is strong, slow, deep, consistent, steady and beautiful. It vibrates in our soul much differently than the treble. The treble note is fast, loud and high-pitched. I imagine having to cover my ears because it is too much for my spirit to take in.

The world's rhythm and God's rhythm are completely opposite ways of being and doing life.

**Grace** – A gift that is freely and continuously given. There is no place where grace, love, God (all the same to me) cannot be found—it is a continuous flow from God.

When we make a conscious choice to see beauty, miracles, good and God (all the same) all around us, our entire world opens up. Our spirit is nurtured and fed. We see that our life has deep purpose and meaning. We are choosing to show up, see with a new perspective and practice keeping our links clean. We are choosing God's rhythm instead of the world's rhythm. We understand how quickly life is passing by and we treasure the moments, allowing ourselves to be fully present and in the rhythm of God's grace. We don't choose to waste our time on things that aren't important, or things, habits and thoughts that corrode the links. Instead, we choose to spend time on the things that are important to us like loving people and sharing our gifts with others.

**“Something very deep and mysterious, very holy and sacred, is taking place in our lives right where we are, and the more attentive we become the more we will begin to see and hear it. The more our spiritual sensitivities come to the surface of our daily lives, the more we will discover—uncover—a new presence in our lives.” ~ Henri Nouwen**

### ***The Practice, Sewing It to Your Heart***

What are some ways you can notice more of the good that is present in your life?

How does your spirit feel when you are focusing on what is going right instead of what is going wrong?

What are you choosing to see? Do you believe you have a choice?

What is the difference in your spirit when you are on God's rhythm and when you are on the world's rhythm?

What does it look like when you are loving God and others as yourself?

These are suggestions of how to apply this Signpost to your life. There is work in awakening and unlearning. Sewing truths to your heart by making intentional, conscious choices is a daily practice. This becomes the journey of a lifetime.

- Carve out some time for yourself. Take a few moments to sit comfortably and quietly with your breath. Step outside and breathe in the fresh air, listen to the sounds of the lively world around you.
- Walk outside in the morning, take a deep breath and be present as the sun is rising. God gives the gift of a sunrise every morning. How often do you notice this? Can you be a witness to this gift?
- Walk outside in the evening, look up and take in the smells and sounds.

Allow yourself time and space to get off the world's rhythm and onto God's rhythm. Tune your eyes, your ears, your heart, your focus and your energy on God, as you understand God, the Creator, the Infinite. Everything you want and everything you are called to be is given by God. Go to God directly and connect with the Source, The Creator of everything. You are the asker; God is the giver. In spending time with God, may you come to see yourself in the way God sees you. May you have the courage to bring God's creation, that is you, the desires of your heart, and all your one-of-a-kind wonder into the world.