



## Signpost Twelve

**I am Loved. I am Worthy. I am Enough.**

**“We are made, the scriptures of all religions assure us, in the image of God. Nothing can change our original goodness. Whatever mistakes we have made in the past, whatever problems we may have in the present, in every one of us the uncreated spark in the soul remains untouched, ever pure, ever perfect. Even if we try with all our might to douse or hide it, it is always ready to set our personality ablaze with light.”**

**~ Eknath Easwaran**

**“God at the center of my living—the movement of God’s Spirit within us.”**

**~ Richard Rohr**

Each signpost builds on another and then they start to overlap. It is like sewing fabric together ... our hearts and our minds. And the thread is whatever you call God, the life force that is the creator of all things and in all things.

**<sup>13</sup> But Moses protested, “If I go to the people of Israel and tell them, ‘The God of your ancestors has sent me to you,’ they will ask me, ‘What is his name?’ Then what should I tell them?”**

**<sup>14</sup> God replied to Moses, “I am who I am. Say this to the people of Israel: I am has sent me to you.”**

**<sup>15</sup> God also said to Moses, “Say this to the people of Israel: Yahweh, the God of your ancestors—the God of Abraham, the God of Isaac, and the God of Jacob—has sent me to you.**

**“This is my eternal name, my name to remember for all generations.”**

**I AM**

**Exodus 3: 13 & 14**

After years of hearing it in church, I never got it. Then I heard Wayne Dyer explain his interpretation, and I connected with it. He said if God called Himself by “I am,” then whatever we say after those words “I am,” we need to be extremely careful because essentially we are calling out to God.

Years later Rob Bell echoed the same thing in his *Breathe Nooma* video that I watched weekly for years. I had the word “breathe” tattooed on my arm, facing me, so I could constantly be reminded that our breath is our connectino to The Divine.

When Moses asks God, “Who should I say has sent me?” The Lord said, “Tell them that **I am that I am** has sent you.” The only time God refers to Himself in the Bible, He calls Himself, “I AM THAT I AM.”

I am everything, I am everywhere, and there is no place that I am not.

I started connecting with the Holiness and Sacredness of using the name that God uses to call Himself. I AM.

I started becoming cautious and mindful of how I was using “I am \_\_\_\_.” What words was I choosing?

What was I saying after calling out to God?

God, I am \_\_\_\_.

This was the external way that all of this started making sense to me, outwardly what I spoke. But the internal implications of this understanding woke me up in the deepest part of my being.

I AM that I AM.

GOD IS IN EVERYTHING.

GOD IS EVERYWHERE.

GOD IS IN ME.

GOD IS.

There is no place God cannot be found. And if I want to connect with God, at any moment, at any time, all I had to do was slow down my mind and pay attention to my breath. As I inhaled, slowly, mindfully and deeply; and as I exhaled, slowly, mindfully and deeply: God is here.

I wanted to have the lived experience of this. I wanted and needed to live from this place of experiencing God in everything and everywhere, all the time.

How would your life be different if you had the lived experience of this? Or maybe you get it and it is?

I needed to choose to spend time in what lights me up the most so I could give this a chance "to take." ("To take" is the country version of settling in your soul, or what I refer to now, sewing it to your heart.)

Nature always does this to me. She gives me what I can't give myself ... a complete opening and a complete surrendering.

When I go to nature, God does the rest. My part is to choose to get my little ass there, open myself up, and receive *being done to*. Allowing God to take what is in my mind and heart and thread it together so that it becomes my way of being.

Nature may not be what lights you up. What place do you go physically that slows you down mentally? Choose there.

It sounds so simple. But choosing to spend time in the natural world, connecting to this Divine Love in all things, I could feel a shift happening inside of me. Slowly, a veil lifted from how I was in relationship with Life, with God and with everything, including myself.

It was a quiet laying down of built-up ways of beliefs about God, Life, me, and my being in the world. And understanding our connectedness to all things. Mother Nature has a way of supporting us on this journey and reflecting to us just how loved, worthy and enough we are.

So this signpost, this pointer, isn't just a mantra to repeat ... it isn't an offering just to speak the words, I am Loved, I am Worthy, I am Enough. It is living a life that reflects being loved, being worthy and being enough. It is embodying this belief and living it out in how we are in relationship with everything.

I am connected with the Source of everything, the Creator of it all. I had to be willing to have moments of allowing my mind to rest so that I could experience this within me.

**“For the Kingdom of God is within you.”**

**~ Luke 17:21 The Living Bible**

So naturally, from experiencing this love, this worthiness and this enoughness came the farm's mantra: I am loved, I am worthy, I am enough.

The words are an offering ... a pointer and a signpost to keep going. It isn't about saying the words, it is an offering for you to experience this yourself, in your own way, between you and your Creator.

I want everyone to have this experience so you, too, can live your limited time here from a place of how loved you are, how valuable you are and how complete you are ... in this moment. There is nothing you can add to or take away from who you are. Your essence, your spirit, your heart, and who you are in the depths of your soul is a piece of God. You were thought up, designed and created. Every single detail that makes up who you are was created by the imagination and hand that created everything.

I believe and keep experiencing that everything calls out to us to reveal the truth of who we are, but if we only know ourselves from the world's perspective, we will keep working for what we already possess.

I love the old hymn, “Amazing Grace.” My journey feels similar to some of the words in that song, but not in the way I once thought. For me, it wasn't sudden or immediate. “I once was lost, but now I am found, was blind but now I see.” It was long, drawn out, jacked up, chaotic, destructive and an incredibly beautiful kind of “was lost” kind of way.

It is more like I once was lost and now I keep finding my way, I was blind but now I keep seeing everything differently.

And again, everything keeps going ... it keeps moving, it is continual.

I keep finding and seeing.

And another thing about that song .... that line about being a wretch. Yes, I threw that shit out a very long time ago. Nothing about you or me is a wretch, and yet the song is still beautiful to me. As I have said throughout all of this ... you take what resonates with you and throw the rest of it out. You absolutely can take pieces here and there, I wholeheartedly believe that is what we are called to do if we are being honest and genuine. Not to just take the whole of something because somebody else says that you have to take all of it or none of it. Who gets to decide that for you? Nobody!

It isn't either/or; it is and/both. No more living in the abusive, dangerous way of the extremes. I walked away from the lies of "certainty" and black-and-white thinking a long time ago. How could we possibly see the entire picture from our limited perspective and framework, much less insist that others believe exactly as we do?

If and when something changes for you and in you, then you can take it at that time. Keep it all open because it all keeps changing. You can hold it for now, but as Rob Bell says, hold it all loosely. It is all flowing and moving ... including you. He continues with, this is how it all works and the way the whole thing is set up.

**When Teresa of Avila was asked what she did in prayer,  
she replied, 'I just allow myself to be loved'."**

**"Our awareness of being chosen opens our eyes to the chosenness of others. That is the great joy of being chosen: the discovery that others are chosen as well. In the house of God there are many mansions. There is a place for everyone — a unique, special place. Once we deeply trust that we ourselves are precious in God's eyes, we are able to recognize the preciousness of others and their unique place in God's heart."**

**~ Henri Nouwen DAILY MEDITATION | AUGUST 13, 2022**

This expression of my heart that I am putting out into the world ... it isn't about belief, this is about experience. It isn't about your mind, this is about your heart. This isn't about knowing about something, this is knowing it directly. This isn't about what you believe, this is about experiencing who you are.

Others can never tell us what only God can reveal to us.

Balance helps us live our lives of “being in the world but not of the world.”

### **Your I AM-ness**

There are many different names for your deepest, truest, most real, never changing, authentic, heart and soul, eternal Spirit.

Most of us know what being “in the zone” feels like, if only for brief moments scattered throughout our life. It is when our mind slows down, we are fully present and connected to our heart. While it looks like we are doing something, it has a surrender piece to it that reminds us we are being done to. Something is moving through us, and we allow and choose to participate with it. I like to describe it as I am a carrier and cooperating with what God is choosing to move through me.

That experience.

Maybe it is creating something beautiful, gardening, being alone, being with others, being in nature, being with animals, watching sunsets and sunrises or the stars at night.

These are the things that can help us connect back with our deepest selves. It is having a direct experience, not needing to go through a third layer like my mind or a book, or someone else's belief or even a person. No third thing needed. Having “conscious contact” (as it is referred to in A.A.) with the present moment and experiencing God in the process. Connecting directly with my heart and connecting with whatever is in front of me at this moment. It is Being in the experience of life unfolding, moment to moment.

**“I am a hole in the flute that the Christ's breath moves through.**

**Listen to this music.”**

**~Hafiz**

**“For me to be a saint means to be myself. Finding out who I am and discovering my true self.”**

**~ Thomas Merton**

Merton describes the false self as the person we present to the world, the one we think will be pleasing to others: attractive, confident and successful. The true self, on the other hand, is the person we are before God.

**At the Heart** of this is accepting who you are before God.

**“The beginning of sanctity is loving yourself as a creation of God. And that means all of yourself, even the parts you wish weren’t there, the parts you wished God hadn’t made. God loves you like a parent loves a child – often more for the parts of the child that are weaker or where the child struggles or falters. More often than not, those very weaknesses are the most important paths to holiness, because they remind you of your reliance on God.**

**I just want to remain in His Presence all day long.”**

**~ Thomas Merton**

Yes, Thomas, me too ... in my everyday, beautiful, ordinary life ... farm chores, caring for and tending to my animals and loving on people while nurturing my heart and soul. I just want to remain in His presence all day long.

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

What do these words mean to you? I am Loved. I am Worthy. I am Enough.  
How does your life reflect what you believe?

What is your pattern for using the words, "I am \_\_\_\_\_. Can you practice paying attention to what you say after the words, I am\_\_\_\_\_ ?

What lights you up? What makes your heart sing? What do you love? Can you see that if by choosing these things, it can actually allow you to connect with God in your own unique way?

Do you spend time in nature? Does the natural world reflect back things to you? Can you spend some time there and journal about your experience?

Do you believe that God, The Creator, The Infinite is in you? How does your belief play out in your life?

When you pray, can you allow yourself to be loved? Practice this and journal about your experience.

How much time do I spend going to the world?

How much time do I spend with God?

How can I bring these two in balance?

How much time do I spend in my mind?

How much time do I spend in my heart?

How can I bring these two in balance?