

Receiving Mystical Guidance

Mystical guidance tends to be more allegorical and esoteric in nature as it points toward a concept that is beyond our mental understanding. It moves toward recognition but does not reduce or over-simplify. In this way, when you listen to these courses, we encourage you to reflect for the themes of what is resonating with you instead of shifting immediately into whether it makes sense or how it is applied.

Mystical listening is grounded in contemplation and knowing that is beyond the intellect. Consider processing and reflecting on guidance in this way, not for limited understanding but with an open awareness of heart, mind and soul for what emerges.

The practice of “lectio divina” or sacred reading and listening might help in receiving guidance that is throughout our courses. This ancient practice involves the following steps:

1. Listen or read the guidance slowly and reflectively so that it sinks in, perhaps 2 or 3 times
2. Reflect on what you hear or read. How is the Divine speaking to you?
3. Respond to what you hear. Allow the heart of God to speak its truth to you. This way of responding is heart-centered, not mind-centered
4. Rest in the wisdom you hear. Do not move out of receiving and allowing God’s voice to be as it is. Invite transformation from within.

Our hope is that this framework may assist in understanding the course material in the ethos that it was created.

While the mind will wish to comprehend and contain knowledge, mystical listening invites wisdom in which the message is allowed to stand on its own. This way of understanding the Divine voice within each of us means adopting a position of yieldedness and trust. We do not seek to control or adjust what we hear. Instead we trust that God is inviting us into an awareness that will emerge as it does, in its own timing and form.

This is what it means to understand God beyond our human perceptions. It opens us to the wonder and Mystery of God that lives beyond what we can immediately know, understand or grasp in the mind’s eye. It is walking in the fullness of God, in a place of union, transcendence and peace.