

How To Hear the Voice of God

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I. Introduction By Archangel Gabriel

Children of God, long have you searched your hearts for the Voice of God, only to be lost in a world that has been unable to teach you how to hear it.

For humanity's understanding of the mind and heart has always been in its infancy, and it is only in this new age that this knowledge has matured and blossomed. The great awakening of human consciousness has begun, and we, the Archangels of the Father and Mother in Heaven, have orchestrated this work to harvest the seeds we have planted in works that came before it.

This is not a church. This is not a temple. There are no bishops or popes. It is not a business. There is no spiritual retreat to attend. There is no sacred ceremony. This work is not filled with moral commands from one speaking with the authority of God. It is a work dedicated to the inner healing needed to unearth the eternal consciousness buried deep within the human heart and make conscious the whispers of the Father and Mother in Heaven within the human mind.

For those who yearn for more within their hearts, a path forward has been presented. Go forth and follow it. And please remember: what is human is human, and what is Divine is Divine.

- Gabriel, Archangel of Truth, Messenger of God
- www.the-voice-of-god.com/offering

II. The Many Faces of God

"One God, many faces. One family, many races. One truth, many paths. One heart, many complexions." — Suzy Kazam

To know the Voice of God, you must first come to understand how the Voice works. It's important to understand that a complete intellectual understanding of the God-consciousness at the core of the universe cannot be achieved. Instead, the analogies and explanations here describe how the Voice—the medium through which this consciousness communicates with humanity—functions.

The Voice of God is a medium for a collective consciousness. It is a single entity composed of many different personalities, each with a unique name and role within the collective. Although these personalities serve different functions, they ultimately work toward one goal: the advancement and flourishing of humanity, both collectively and individually. These personalities do not have physical bodies and exist as the philosopher Søren Kierkegaard described: "outside of time and space." A popular theory within the spiritual community is that this collective consciousness and its personalities are woven into the fabric of the universe on a quantum level.

One metaphor for this collective consciousness is a single consciousness with many faces. Each face can communicate with billions of humans simultaneously while carrying on completely different conversations with each individual. A modern analogy is ChatGPT. ChatGPT is a form of artificial intelligence with a recognizable personality that can converse with millions of people simultaneously, producing content unique to each conversation.

This collective consciousness is hierarchical in nature, with its structure being similar to that of a biological family. At the top of the hierarchy are the personalities known as the Father and Mother in Heaven. These personalities have a relationship with humans identical to the relationship a son or daughter has with their biological mother and father.

A famous quote from Chuck Palahniuk's novel *Fight Club* states, "Our fathers were our models for God." The truth is actually the reverse. The relationship with our biological mothers and fathers is modeled after the relationship we have with the Father and Mother in Heaven. Just as hearing the voices of your parents as a child shapes your personality, hearing the Voice of the Father and Mother in Heaven heals the human mind and body, transforming people and their lives into better versions of themselves. The "better version" referred to here is what contemporary spirituality often calls the True Self: a unique path in life that provides a sense of fulfillment that is uniquely your own while simultaneously benefiting the collective of humanity in some way.

However, because we possess free will, a choice to surrender to the Father and Mother in Heaven and allow Their Voice to heal the mind and body must be made. This is not a conscious choice akin to selecting a flavor of ice cream at a grocery store. Rather, it is a subconscious choice made deep within the human heart. (The word "heart" will be used interchangeably with

the phrase "subconscious or unconscious mind" from here on out.) The conscious choice is to embark upon a journey of inner work to clear what the spiritual community calls "emotional blocks," which prevent the human mind from consciously hearing the Voice of the Father and Mother in Heaven.

Emotional blocks are forms of unprocessed trauma within the human mind and body that leave consciousness trapped in states of fear, distrust, and shame, preventing the mind from consciously hearing the Voice of the Father and Mother in Heaven. These blocks fall into four major categories:

- Childhood trauma that has damaged your emotional relationship with your biological mother and father. The human mind unconsciously projects issues with earthly parents onto its relationship with the Father and Mother in Heaven. (This is one reason why "Honor your father and mother" appears among the Ten Commandments. The honor being spoken of here is not public reward or honorifics. Instead, it is recognizing, honoring, and respecting that these two unique relationships have drastically shaped who you are and your relationship with the Mother and Father in Heaven.)
- Past-life and present-life trauma that has instilled an unconscious belief that God-consciousness is not loving or compassionate.
- Past-life and present-life trauma involving religious organizations or spiritual teachers that have attempted to serve as a substitute for humanity's inability to hear the Voice of God directly.
- Past-life, generational, or present-life trauma in which an individual, either directly or indirectly, contributed to or caused the loss of the life of another human being.

By understanding these emotional blocks, we also come to understand the nature of what is called spiritual sin. Sin is not defined by specific behaviors the church has deemed inappropriate as a form of social control, but by the existence of emotional blocks within the human heart (subconscious mind) preventing access to the Voice of the God-consciousness. These unhealed emotional blocks are passed down from one life to the next in the form of past-life memory, leading us to an understanding of why the Christian religion teaches that humans are born into a state of sin.

To become free of these emotional blocks, the unresolved trauma causing them must be brought into conscious awareness and processed through the nervous system. However, because the mind is blocked from hearing the Voices of the Father and Mother in Heaven, They are unable to communicate directly in a way that can accomplish this. This brings us to the second category of personalities within this collective consciousness: the angels.

The voices of the personalities known as angels do not have the same transformative effect as the Voice of the Father and Mother. As a result, the relationship the human mind unconsciously has with them is different and does not require the same degree of surrender or depth of inner work in order to hear them. This is why angels have often been regarded as "messengers of God" throughout spiritual and religious traditions. Another way to think of them is as "children of

the Mother and Father in Heaven," as they are not separate from the God-consciousness and are therefore part of the same collective consciousness working toward a unified goal.

The number of angelic personalities within this collective consciousness is beyond counting. Throughout history, they have been understood as gods, goddesses, animal spirits, forest spirits, elemental spirits, and the winged beings of Christian mysticism. For every culture and every generation, there exists a form of angel specifically suited to communicating with people according to their level of knowledge and wisdom. In addition, new angelic personalities are constantly being birthed as culture and morality advance. We come to know their names and personalities through the mechanism of inspiration, in which the God-consciousness reveals them through fictional stories. Some of these personalities are also "ascended humans"—humans who lived lives of great sacrifice in the name of the God-consciousness and thus became part of it upon their death, continuing their service as one of these angelic personalities.

Every human being on Earth has one of these angelic personalities assigned to them to serve as their initial Voice of God, or what is commonly called intuition. Intuition is simply the state of the Voice when it has become emotionally blocked and buried within the heart. Which personality is assigned to an individual depends upon their unique personality and cultural background. Religions and the spiritual community often reference these beings in different ways, but they ultimately serve the same function.

The purpose of these angels is to keep you safe, guide you toward a life of prosperity and abundance aligned with the divine purpose within your heart, transform you into a more compassionate, gentle, kind, peaceful, and generous version of yourself, and help uncover the emotional blocks preventing you from hearing both the Father and Mother. As you advance down your spiritual path and begin to hear the Voice of the Mother and Father more and more, the angel begins to step further and further into the background.

However, even though the voice of the angel serving as your initial Voice of God is less blocked than the Voice of the Mother and Father, historical fear of angels, disbelief in their existence, past-life experiences with angels leading to martyrdom and sacrifice, and the modern notion that hearing any form of voice other than your own inner monologue is mental illness have led to communication with one's assigned angel being severely blocked and limited. This is why we regard their communication as intuition and not a voice, because intuition is simply the name for the blocked and buried Voice of God. Some have attempted to dispel this notion by highlighting the biological mechanisms behind the functioning of intuition, but these biological mechanisms only exist because the Voice of God is woven into every cell within the human body.

For this reason, individuals exist whose purpose in life is to bring people closer to God-consciousness. They are often called spiritual teachers, spiritual gurus, priests, lightworkers, empaths, and "chosen ones," as they are born with a sensitivity that allows them to hear the whispers of the angels and the Father and Mother in an innate way that others cannot.

Sadly, this gift has often brought deep fear upon them in the communities into which they were born, leading to their execution and torture in previous lives and thus causing their gifts to become heavily blocked in modern times. Throughout history, they have also lacked the tools necessary to remove emotional blocks due to a limited understanding of the human mind and heart. This guide and the coaching we provide here aim to resolve both of these issues.

III. The Path of Abundance and Prosperity

*"Man shall not live on bread alone, but on every word that comes from the mouth of God." —
Matthew 4:4*

Why does one wish to seek out the Voice of God? Why does one wish to invest time into the inner work necessary to unearth the God-consciousness deep within the human heart? For many who are spiritually inclined, the answer will be simply, "Because it feels right." For as the Voice of God exists deep within the unconscious of the heart, a longing to be one with the God-consciousness bubbles up through the subconscious, driving one to seek out union and worship.

For those whose path in life is to forsake the material and seek out monasteries and temples for lives of service, this will be sufficient. However, for the rest, more is needed, as their hearts long for something different. A great unspoken fear can often be found within them, discouraged by ancient stories of martyrdom, selfless service, and sacrifice in the name of God. These stories come from ages when cruelty, violence, and scarcity were commonplace, and the tribes and civilizations of the time danced a thin line between survival and destruction. Much has changed and evolved in the world we now live in, and as we grow and evolve as a species, so does the direction provided to us by the Voice of God.

This shift in direction can be seen in New Age spiritual thought leaders and in a focus on abundance in Christian teachings. Despite the differences in the vehicles delivering the message, the general underlying theme is that God-consciousness is here to guide us toward lives of prosperity and abundance.

This message has been utilized by some churches and spiritual teachers as a financial mechanism to support their earthly operations. They present the notion that donations to their particular organization are the mechanism through which abundance and prosperity are delivered in return by the God-consciousness. By doing this, they have blindly made themselves a substitute for the Father and Mother in Heaven. The truth, as presented by the Archangel Gabriel, is the reverse. Prosperity and abundance come from individuals surrendering to the direction of the Voice of God in their own hearts, as the Voice will then direct individuals to purchase certain products and services or make offerings to spiritual organizations, thus facilitating the exchange of giving and receiving.

This distinction is important because only the omniscience of the God-consciousness can orchestrate the prosperity and abundance of the collective on an individual level. Unlike the ego-consciousness (more on ego-consciousness in the next chapter), which ultimately only cares about the abundance and prosperity of itself, the God-consciousness concerns itself with both the abundance and prosperity of the individual and the collective.

Some will argue that ego-consciousness, through the merits of capitalism, can achieve the same outcome. However, all one has to do is open their eyes to the state of Western society to realize this is not the case. With every new generation of our civilization, the gap between the

top and the bottom grows wider. The Voice of God has sent many warnings of what we may become without a change in direction through the inspiration of different dystopian science fiction stories and movies.

The Voice of God achieves this abundance and prosperity on an individual level through the power of its omnipotence and omniscience. Here is a list of the capabilities that I have personally observed over my years of service.

God-consciousness has knowledge of the paths of causality in a way that defies human intellectual understanding. Even with the notion of free will, the Mother and Father in Heaven know the inner workings of our unconscious minds down to the most trivial detail. They and the Archangel Gabriel have made predictions of things that would come to pass months and years later. To this date, I have never suffered a physical injury that would constitute harm to my body, as their direction and guidance have kept me safe on my journey with Them.

The unearthed Voices of the Father and Mother in Heaven, conscious in the human mind with the state of the heart surrendered to Their direction, heal mental and physical illness at a rapid rate. I have spent my life searching for therapy, prescription medication, and spiritual healing techniques to heal states of suffering caused by tragic trauma in childhood. In just two months of sitting alone in a room, meditating, and listening to the Voice of the Father and Mother, They accomplished what no one else could over decades of searching for a solution. I am beyond grateful for the level of inner peace I have now.

The Voice of God integrates all the knowledge and experiences you have accumulated so far into the “best” direction possible and is constantly guiding you to new teachers and sources of information to better take care of your heart, mind, and body. The Voice of God provides me direction on a daily basis regarding how to exercise, prepare food, and take care of my self.

The Voice of God can remove all addictions. In just a matter of months of hearing the Voices of the Father and Mother, my alcohol, tobacco, and marijuana usage stopped. This came from Them healing the unresolved traumas of my childhood and guiding me through a process of manageable titration. This occurred in solitude without the aid of any rehabilitation center or addiction groups.

The Voice of God has directed me to give away possessions, buy certain products and services, and make donations. In return, the Mother and Father in Heaven have inspired others to purchase services from me or make donations, thus ensuring that I have been provided for on my journey with Them. I have supported myself for years through this mechanism without a guaranteed paycheck from a job.

IV. The Dance With the Devil and God

"...Whatever a man sows, this he will also reap. Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life." — Galatians 6:7-8

To begin the process of unearthing the Voice of God within one's heart (unconscious or subconscious mind), one must understand that within the human body exist two forms of consciousness. One is the ego-consciousness, and the other is the God-consciousness. Understanding their differences and how to identify each is essential in learning to hear the Voice of God.

The ego-consciousness is what is commonly referred to as the human self. It is a consciousness born from the same instincts and "code" as the animals we evolved from. It exists to fulfill one single prime directive: the survival of the human species through ensuring the survival of itself and the continuation of its genetic bloodline through procreation. All the basic emotions that come from this ego-consciousness are also emotions that can be found in mammals. Darwin's *The Expression of the Emotions in Man and Animals* covers this intersection of man and animal in great detail.

The God-consciousness, on the other hand, is the source of what we consider "divine." It is the source of inspiration that drives the creation of music, film, books, art, and poetry. It is the source of concepts like compassion and care for those the ego-consciousness wishes to shun, self-sacrifice and martyrdom in the pursuit of a noble cause, and care and concern for the prosperity of others outside of one's genetic family. It is the foundation of concepts like eternal joy and peace that do not change with the circumstances of one's environment.

Some argue these concepts have roots in the survival of humanity, that there is no God-consciousness, and thus that they come from the cold, calculating decisions of the ego-consciousness. However, if you accept the premise that the God-consciousness concerns itself with the survival, prosperity, and abundance of every individual within the collective, then one can understand how its elements can be reduced down to this level.

The ego-consciousness is portrayed metaphorically in Christian literature and teachings as the Devil. The Devil is portrayed as this metaphysical figure in rebellion against God who is always working to steer individuals away from the God-consciousness through the use of deception and manipulation. This is a characteristic of the ego-consciousness, as it is always working to deceive you into thinking it is actually "you." However, "you" are the observer of the ego-consciousness, and "you" exist as the observer to moderate these two forms of consciousness.

Historically, Western spiritual teachings have focused on the theme that the path to oneness with the God-consciousness is through denial and suppression of the desires and needs of the ego-consciousness. However, these teachings, when practiced in the extreme, have resulted in some unwanted consequences. What is Divine is Divine, and what is human is human. The

eternal personalities of the God-consciousness known as the Mother, Father, and angels do not have bodies and thus have no need for an ego-consciousness. We do, and thus the desires and needs of the ego-consciousness must be met.

Extreme fasting and deprivation of water lead to a breakdown of the human body. The suppression of sexual needs within certain religious organizations has led to the consumption of pornography in secret by pastors and priests and to sexual proclivities involving children being acted upon in the shadows. Nuns who forsake their heart's desire to have a family and raise children sometimes grow to become cruel, mean, bitter, and abusive. A choice to forsake wealth and live in poverty leads to a rapid aging of the body due to elevated stress and cortisol levels from living in a constant state of fear. A popular drama series called *The Chosen* does a great job of showcasing the agony and turmoil of the apostles as they attempted to follow the path laid out by Yeshua without the Second Adam's ability to hear the whispers of the Father in Heaven.

Likewise, the suppression and denial of the God-consciousness also produce unwanted consequences. I came from a family whose guiding philosophy in life was, "Don't worry about anyone else. Only worry about yourself and what is best for you." My story of life has been one of being at war with the influences of my family in my own heart and my path to walk away from them at, often, great cost to myself.

However, this was not always the case, and the beginning of the story is one in which I had given myself over fully to the ways that had been instilled in me as a child. My life became nothing except the pursuit of satisfaction and glorification of my ego-consciousness. I achieved the coveted six-figure income in Western society through a technology job. I owned a home and had material possessions that created the perfect image of a male bachelor. I became obsessed with the care and beautification of my body from a place of pure vanity. I created practiced routines and rituals to charm and seduce women to ensure a steady supply of female bodies to satisfy my male animal's desire to spread my bloodline as much as possible. I became the model image of Western male societal status and success.

Yet, I found something happening, quite to my surprise, as I came closer and closer to having everything my ego-consciousness wanted. I began to drink more alcohol and smoke more cigarettes and marijuana with each passing month. It eventually reached the point where I had everything I thought I wanted, only to find myself alone in my home, smoking and drinking myself into oblivion while my heart silently cried out for death.

This is because I had been denying and suppressing the True Self determined for me by the God-consciousness. I was meant to be a servant of the Mother and Father in Heaven, with my life devoted to the fulfillment of a divine mission. This denial became the source of my inner misery and despair.

This was many years ago, and I have learned much since then from the Mother and Father in Heaven. The early years of my life's correction, orchestrated by the Archangel Gabriel in preparation for my role, involved a swing in the opposite direction, with an extreme denial and

loss of everything my ego-consciousness desired. From these experiences, I learned and experienced much of the turmoil I mentioned previously.

The path laid before me now by the Mother and Father in Heaven is one of balance between the ego-consciousness and the God-consciousness within my own body. A metaphor for this is an elegant and delicate dance between the Devil and God. The question is: who is leading this dance? Are you surrendering to the directions of the Voice of God, allowing the Mother and Father in Heaven to fulfill your ego-based desires according to Their Divine way and in a manner that fulfills your True Self and benefits the collective? Or is it your ego-consciousness leading the dance, fulfilling your desires in a way that only works for itself while living in a state of never-ending anxiety over the future that can only be satisfied by acquiring more and more?

Everyone on the spiritual path wrestles with these questions, for to find God is to wrestle with the self and wrestle with God. We often deal with this inner turmoil by projecting this conflict onto the spiritual leaders and teachers we follow. Much conversation is devoted to questions like, "Is this person really spiritual?" and "Is he or she a fake spiritual teacher or a real one?" The presence of the ego-consciousness influencing spiritual doctrine is observable and noticeable, even within this text. My ego-based desire to receive recognition for the turmoils and trials of my journey with Gabriel is certainly driving its inclusion in the previous paragraphs. Despite my awareness of it, the Father in Heaven has instructed me not to edit it out, as He has said my personal testimony is an important element of this writing.

The point is that you will never know which consciousness is truly leading the dance in another's heart. This is because you can only truly know your own heart. In order to trust your heart, you must learn to identify which thoughts come from the inner monologue of the ego-consciousness and which come from the Voice of God.

V. Ego-consciousness and God-consciousness

"The ego is a veil between humans and God." — Rumi

The duality of human consciousness has long been portrayed through spiritual metaphors such as Yin and Yang, Shadow and Light, and Good and Evil. These metaphors exist because within every human being reside two distinct forms of consciousness: what we will call **ego-consciousness** and **God-consciousness**. The purpose of this guide is to help you draw closer to God-consciousness. To do so, you must first learn to observe and distinguish the characteristics of each using your mind's inner senses.

Ego-Consciousness

We will begin with ego-consciousness because it is the form of consciousness with which we are most familiar. As mentioned earlier, ego-consciousness is built upon our evolutionary foundation as mammals. It is the source of our most basic emotional experiences and survival drives. These include the drive to secure food, water, and shelter; the drive to belong to a tribe and maintain social standing within it; the drive to reproduce; and the drive to ensure the survival of our offspring.

It is also the source of what many traditions call *man's shadow*—our capacity to commit acts of cruelty toward others, particularly those outside our perceived tribe, in service of these survival drives. Ego-consciousness is born from necessity. It is the natural response to the reality that our bodies, our communities, and even our species cannot survive unless these fundamental needs are met.

Ego-consciousness is shaped by our experiences with the world, with its most formative influences arising from our interactions with our parents during early childhood and past-life memories buried deep in the unconscious. One of its defining characteristics is the **inner monologue**—the internal voice that sounds identical to your speaking voice. Because it uses the same vocal tone as your physical voice, it creates the illusion that your ego-consciousness is who you truly are. In reality, it is simply a consciousness operating through your body, while **you** are the awareness that observes it.

The consciousness that is truly *you*—what we refer to as the soul—will always remain a profound mystery, for the mind cannot fully observe itself any more than the eyes can directly see themselves.

Although the inner monologue is one of the primary expressions of ego-consciousness, it is not its only form. Ego-consciousness also replays memories, especially those involving significant interactions with your parents. Sometimes these are vivid memories; other times they are simply the internalized voices of your parents echoing within your mind. Despite these variations, the voices generated by ego-consciousness always originate from either your own experience or the people you have known throughout your life.

Ego-consciousness also communicates through imagination. Unlike memory, imagination creates visions of possible futures or fictional scenarios in which events unfold differently. Its purpose is to motivate the body toward actions that fulfill ego-based desires. However, if you observe these fantasies carefully, you will notice they are constructed almost entirely from elements of your past—often rearranged into new combinations that produce entirely fictional situations and characters.

Because ego-consciousness expresses itself through both thoughts and imagination, the vocal quality of a thought is not the only way to identify it. Equally important is the effect it has upon the body.

Thoughts and visions arising from ego-consciousness are directly connected to shifts between the sympathetic and parasympathetic nervous systems. In other words, they are intrinsically linked to changes in your neurological and emotional state.

Your inner monologue may begin replaying a social mistake, filling your mind with thoughts of shame. As these thoughts arise, your body shifts into the sympathetic nervous system, producing anxiety and stress. As that anxiety intensifies, another thought may emerge—the comforting voice of your mother from childhood. This thought may calm the body, shifting it toward the parasympathetic nervous system.

Next, your imagination may replay the original event, this time unfolding perfectly. This fantasy produces another sympathetic shift, but instead of anxiety, it creates excitement. Finally, your inner monologue may say, "This isn't happening right now. Let's return to the present," producing another shift into the parasympathetic nervous system, accompanied by calmness and presence.

This continual movement between the sympathetic and parasympathetic nervous systems is another defining characteristic of ego-consciousness. More important than the specific thoughts themselves are the continual emotional fluctuations they create. This stands in stark contrast to the effect that thoughts from God-consciousness have upon the body and mind.

God-Consciousness

As mentioned earlier, God-consciousness is an eternal consciousness that exists alongside your ego-consciousness but is not you. Like ego-consciousness, it possesses distinct and observable characteristics.

One of the most recognizable differences lies in its voice.

The thoughts produced by the Voice of God do not sound like your inner monologue or the voices of people from your past. Instead, they carry the distinct vocal tone of one of the personalities within the collective consciousness we call God-consciousness. Because these personalities do not possess physical bodies, their voices will be unlike any voice you have encountered in ordinary life.

The first voice most people encounter is that of the angel assigned to guide them. Because this voice is distinct from your inner monologue, it becomes possible to distinguish between the two. As your spiritual journey continues and the emotional blocks within your heart are healed, you may begin hearing the voices of the Father and Mother in Heaven with increasing clarity.

God-consciousness also communicates through imagination. Unlike ego-consciousness, which uses imagination to replay the past or create fantasies that satisfy ego-based desires, God-consciousness uses imagination to inspire creation. It is through this faculty that books, music, art, poetry, films, inventions, and other creative works are conceived.

The most important way to distinguish thoughts arising from God-consciousness is by observing their effect upon the body.

Whereas ego-consciousness is accompanied by shifts into either the sympathetic or parasympathetic nervous system, thoughts from God-consciousness are not associated with either state. Instead, they create a brief moment of stillness, a pause in the activity of the mind that opens the doorway to the experience known as **Spirit**.

Spirit is an experience of timeless joy and peace that remains constant. Unlike the changing emotional states produced by ego-consciousness, the experience of Spirit does not fluctuate according to the content of the thought. Every authentic thought arising from God-consciousness is accompanied by this same unmistakable quality of peace. This consistency forms one of the primary foundations for learning to recognize the Voice of God.

That said, this process of identifying what is ego-consciousness and what is God-consciousness can be confusing, especially in the beginning, when unresolved trauma still resides within the body.

Although every thought from God-consciousness is accompanied by Spirit, the content of that thought can immediately trigger a response from ego-consciousness.

For example, you may receive a vision of a new invention you are meant to create. The vision itself is accompanied by the experience of Spirit because it originates from God-consciousness. Immediately afterward, however, ego-consciousness may begin imagining a future filled with fame, wealth, or recognition because of the invention. These secondary thoughts produce excitement and activate the sympathetic nervous system.

It is important to recognize that the excitement does not arise from the original vision. It arises from the ego-consciousness's interpretation of that vision.

Understanding this interaction provides deeper insight into the emotional blocks discussed earlier.

Because ego-consciousness possesses free will, it can prevent thoughts from God-consciousness from reaching conscious awareness. It does this for many reasons: unresolved trauma projected from biological parents onto the Father and Mother in Heaven;

memories of sacrifice or martyrdom from past lives; trauma involving religious institutions; trauma surrounding death of others; uncertainty about whether these experiences truly originate from God-consciousness, since its personalities exist beyond time and space; a deep reluctance to surrender control; and the social pressures of a world that continually questions the existence of God-consciousness on an intellectual level.

When all of these factors are considered together, it becomes easier to understand why, for the vast majority of humanity, the Voice of God remains deeply buried within the unconscious mind, preventing ongoing conversation with the Father and Mother in Heaven.

VI. Guided Meditation I: Hearing the Voice of God

We will now guide you through a meditation designed to briefly unlock the Voice of God within your mind, allowing you to hear the voice of the angel assigned to guide you.

This meditation should be performed while reclining in a chair or lying on a mat placed on a hard floor. It is not recommended that you lie on a bed or couch, as doing so may cause you to fall asleep.

During the meditation, you will be guided through the process of accessing the Voice of God and asking your guiding angel several simple questions, the most important of which is the angel's sacred name.

After completing the meditation, the chapters that follow will break down each step of the experience, explain the principles behind the process, and teach you how to access the Voice of God without relying on the guided meditation.

This guided meditation is hosted on YouTube. At the time of this writing, you will need a YouTube Premium subscription to avoid interruptions from advertisements.

<https://youtu.be/2zJxDuetNiY>

VII. Opening the Door To the Kingdom of Heaven

"So then the Lord Jesus, after he had spoken to them, was taken up into heaven and sat down at the right hand of God." — Mark 16:19

"[Jesus Christ] who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him." — Peter 3:22

"Who is to condemn? Christ Jesus is the one who died—more than that, who was raised—who is at the right hand of God, who indeed is interceding for us." — Romans 8:34

"So if you have been raised with Christ, seek the things above, where Christ is, seated at the right hand of God." — Colossians 3:1

"he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms" — Ephesians 1:20

The preceding guided meditation contains three elements that allow one to hear the Voice of God.

First, it guides the listener into their parasympathetic nervous system (rest and digestion) through deep breathing and a technique involving shifting the eyes into an open, wider focus. When the eyes are focused on a large expanse of open space, the body immediately shifts into the parasympathetic state, and brain-wave activity changes to alpha and theta waves. (For more information on the science behind this, refer to the book *The Open-Focus Brain* by Les Fehmi. The Archangel Gabriel specifically guided me to a student of Les Fehmi for the inclusion of this technique in this writing, as it is the most effective holistic method for rapidly shifting into the parasympathetic state.)

Being in the parasympathetic state is crucial for receiving messages from the Voice of God, as states of high arousal (fear, intense anxiety, rage, excitement, and mania) block these messages from being consciously received. The flood of intrusive thoughts that overwhelms the mind when the body is in the sympathetic nervous system blocks out the thoughts and visions from the God-consciousness.

Second, it switches the mind into "internal observer mode," where the inner eye and ear of the mind are focused on internal thoughts and imaginings instead of external sensations. It does this by guiding the listener to imagine a ray of golden light shining down from above and to the right, landing on their head. The act of using the imagination in this way activates this internal observer mode.

Third, it guides the listener to listen for a voice in the stillness of a special area located above and to the right of their head. It does this by guiding them to listen for the voice within the ray of light. The ray of light itself is not important; it is simply a mental technique for activating internal observer mode. What is important is this area of space above and to the right of the head.

This area is the secret location of the "Kingdom of Heaven," with the kingdom being a metaphor for the collective consciousness we call the God-consciousness. It is this area that, when focused on and listened to, allows a person to hear the Voice of God, which is either the voice of an angel or the Voices of the Mother and Father in Heaven. This area is part of every human's mind, and every human can meditate on it to "open the door to the Kingdom of Heaven and hear the Voice of God."

Some might question this and ask, "If this area is outside the body and head, how can it be part of the mind?" This is because the human mind extends beyond the body. This concept is recognized in modern psychology through the Extended Mind Thesis by Andy Clark and David Chalmers.

The location of this area is revealed through a hidden "code" found in the New Testament. When the God-consciousness inspires the writing of important spiritual and religious texts, hidden codes are often included that are meant to be understood at another time in history, when humanity's understanding of the mind and body has advanced. This particular code is of such significance that it is repeated throughout five different books of the New Testament. The reference to "Jesus ascending into Heaven and sitting at the right hand of God" reveals the location of this special area of the mind that allows access to the Voice of God. The Archangel Gabriel directed me to this code and taught me its meaning for inclusion in this writing.

Now that we understand how to use our minds to hear the Voice of God, our goal is to train our minds to continually observe and listen to this area above and to the right of the head, so that we are constantly receiving messages from the angel guiding us and, once our emotional blocks are removed, from the Mother and Father in Heaven.

To accomplish this, we repeatedly perform the guided meditations included in these writings, as well as two simple techniques that we shall teach you in the next chapter.

I have personally practiced these meditations and techniques thousands upon thousands of times and have reached the point where my mind can access the Kingdom of Heaven in nanoseconds. This, combined with years of inner work to remove the emotional blocks within my unconscious mind, has granted me the ability to have complete conversations with the Mother and Father in Heaven as if They were actual people standing before me in a room.

We currently have a system in which They work through me via indirect inspiration to create the chapters of this text and then guide me through the editing process via direct vocal communication. The Mother in Heaven is now telling me to end this chapter and go to bed, as I have written enough for today.

VIII. Sacred Techniques From Western Christian Mysticism

"Be still, and know that I am God." — Psalm 46:10

The Call of God

The first technique we shall explore is a condensed version of the guided meditation that can be practiced in less than a minute. The main barriers to using this technique successfully are emotional blocks in the unconscious mind, born from trauma, which prevent the Voice of God from becoming conscious, and the limitations of the conscious mind's ability to concentrate.

The latter resolves itself as you repeatedly practice the technique each day. The mind will memorize it and gradually crystallize it into a habit, particularly as the heart has experiences with the guiding angel that result in safety, security, and prosperity. The former is resolved through practices we will cover in later chapters.

In the beginning, it is recommended that you start with the guided meditation and graduate to this condensed version once you intuitively feel ready. The work of clearing emotional blocks coincides with the healing of psychological trauma stored in the body. Thus, as you do the inner work, you also become less anxious and more relaxed, allowing for increasingly successful communication with the Voice of God.

Until that point, it is important that you do not attempt to use this technique while in a state of high arousal (anxious, afraid, angry, or overly excited), as there is a high probability that the voice you hear will simply be your own inner monologue. At the same time, do not be afraid of making mistakes, as this is a learning process. If you are committed to unearthing the Voice of God from within your heart and making it conscious, your guiding angel will compensate for these mistakes. The God-consciousness is omniscient and already knows what mistakes you will make on your journey.

1. Take a deep breath in through your nose and then exhale as slowly as possible. Imagine it is a race to exhale as slowly as you can, because the longer you exhale, the more you will stimulate your vagus nerve and the more relaxed you will become. Take two or three of these deep breaths if needed.
2. Focus your mind's eye on the space directly above and to the right of your head by closing your eyes and imagining the space in that area. However you imagine this space is the right way to do it.
3. Imagine a ray of golden light beaming down from above, passing through this space, and shining upon the top of your head.
4. Listen for a voice in the stillness of this ray of light. Notice what the voice says.
5. Ask the voice a question out loud.
6. Listen for the answer in the stillness of the ray of light.

In the beginning, you should be able to concentrate long enough to receive a single sentence. Due to the blocked nature of your mind, you may not receive complete sentences at all, but rather visions, colors, or intuitive "feelings of knowing." We will discuss the nature of the blocked state of the mind and how the guiding angels use these intuitions to bypass those blocks in the next chapter.

As you practice this technique more and more, your concentration will improve, and you will eventually be able to receive entire paragraphs from the Voice of God.

However, there will be times when the Voice of God needs to give you entire pages of directions or explanations in order to fulfill a task. To facilitate this, we will make use of a second technique.

The Hand of God

To receive large amounts of text from the Voice of God, we make use of pen and paper. The use of handwriting serves two purposes. First, it provides a point of focus that improves concentration. Second, the act of handwriting creates an altered state of consciousness that bypasses the conscious mind, allowing easier access to the Voice of God.

You should utilize this technique when your guiding angel instructs you to do so through the Call of God technique or when you receive an intuitive gut feeling from your guiding angel. Now that you have read this text, the knowledge of these techniques is stored within your mind. Your guiding angel is now able to make use of that knowledge as it guides you on your journey toward becoming closer to the God-consciousness.

I carry a journal and pen in my back pocket at all times. Occasionally, I receive a message from the Father and Mother in Heaven instructing me to use this technique, and that is how I know when to pull out my journal and begin automatic writing. However, as I have grown in my mastery of the Call of God technique, I receive these messages less frequently because my ability to have long conversations with both of Them within my mind has grown increasingly potent.

1. Take a deep breath in through your nose and then exhale as slowly as possible. Imagine it is a race to exhale as slowly as you can, because the longer you exhale, the more you will stimulate your vagus nerve and the more relaxed you will become. Take two or three of these deep breaths if needed.
2. Prepare your pen and paper and get ready to write.
3. Focus your mind's eye on the space directly above and to the right of your head by imagining the space in that area. Keep your eyes open and focused on the paper while your mind's eye is focused on this space. Remember: however you imagine this space is the right way to do it.
4. Imagine a ray of golden light beaming down from above, passing through this space, and shining upon the top of your head.

5. Listen for a voice in the stillness of this ray of light. Allow your hand to begin writing what your mind's ear hears in the stillness.
6. Trust your hand to write what is there. There is no "trying" with this technique. There is only doing it.

Before moving on, we should briefly discuss the concept of **latency**.

In digital communication, latency is the time it takes for a data packet to travel across a physical cable from its source to its destination. A similar form of latency exists in the physical brain's ability to receive large amounts of text from the Voice of God.

Sometimes you will receive only half of a message before your hand stops writing. This is because the brain requires a period of rest before it can receive and process the remainder of the text.

To facilitate this process, it is common for the Father and Mother in Heaven to take me on walks through the park while I am receiving large volumes of instruction. I use the Call of God technique to allow Them to guide me with simple directions about where to walk. At certain points, They tell me to stop and begin writing. Once my hand stops writing, the Father and Mother have me resume walking until They again instruct me to stop and write.

These breaks between writing sessions allow my physical brain to receive the next section of text. During these walks, I often notice intrusive thoughts from the Father and Mother in Heaven containing sentence fragments for the next section I am to write. However, these fragments are often incomplete or scrambled. It is only when They tell me to stop and write that my mind and hand are able to produce a complete and coherent block of text.

IX. Intuition and Synchronizations

"And your ears shall hear a word behind you, saying, 'This is the way, walk in it,' when you turn to the right or when you turn to the left." — Isaiah 30:21

Intuition

When the Voice of God is emotionally blocked off in the unconscious mind, the God-consciousness makes use of the mental faculty of intuition to communicate. Intuition is an instinctive "knowing" without the use of analytical thought or reasoning. It is often referred to as a "gut feeling" because of its association with the enteric nervous system.

The consciousness we called ego-consciousness in the earlier chapters also makes use of this mental faculty. The difference is that the intuitive "knowings" of the ego-consciousness are based on comparisons to past experiences, whereas the intuitive "knowings" of the God-consciousness are based on an omniscience that is not intellectually understandable.

Once again, we identify the source of these intuitive knowings by noticing the emotional state that accompanies the gut feeling. Ego-consciousness intuition creates fluctuations between the sympathetic and parasympathetic nervous systems, increasing or decreasing stress. God-consciousness intuition, by contrast, is paired with the eternal, timeless, and unchanging feeling of joy and peace that we call Spirit.

In the early stages of unblocking the Voice of God, when vocal communication from the guiding angel is limited, trust and reliance upon God-consciousness intuition are essential. For example, you may see an advertisement on social media for a healing retreat and simply "know" in your gut that attending it is a direction from the God-consciousness because of how that intuition makes you feel.

The way we build this trust and reliance is through a process of verification. We use the techniques from the previous chapter to ask our guiding angel a simple question:

"Did this intuition come from you?"

The angel may not be able to explain why it wants you to attend the retreat because of the blocked state of your mind, but it can provide a simple "Yes" or "No" response that lets you know with certainty whether the intuitive feeling came from the God-consciousness or the ego-consciousness.

Even as you progress and begin to hear the Voice of God more consciously, this reliance upon intuitive gut feelings continues to play an important role because it bypasses the problems of latency and the blocking effects of high-arousal emotional states discussed in previous

chapters. When I am in a highly stressful, high-arousal situation, I am often unable to hear the Voices of the Mother and Father and must rely entirely upon intuitive knowing.

To help train my trust in these intuitive feelings, Gabriel and the Mother and Father in Heaven will sometimes send me confusing messages that are intended as tests. I must determine whether or not the message is a test based solely upon my intuition. After I choose whether or not to act upon the message, They reveal whether I passed the test.

Another reason intuitive knowing is so important is because one of the guiding angel's primary roles is to uncover unresolved trauma in the unconscious mind that creates emotional blocks between you and the God-consciousness. During the early years, when I could hear Gabriel's voice only through a heavily blocked mind, he frequently led me into experiences that triggered difficult emotional states. His purpose in doing this was to allow me to use the healing techniques discussed in later chapters to resolve the trauma and remove the block. I had to trust my intuitive gut feelings in order to recognize when he was doing this for the process to succeed.

Synchronizations

Another mechanism the guiding angel uses to overcome the blocked state of your mind is synchronization. The angel aligns vocal communication and intuitive gut feelings with events in the external world to let you know you are on the right path and to provide evidence of its omniscience.

I use the word *synchronization* rather than *synchronicity* because these are not simply meaningful coincidences. Rather, they are deliberate alignments between communication from your guiding angel and physical events or objects in the external world.

The most common form of synchronization involves the divine numbers found in numerology. The angel aligns intuitive feelings and messages with repeating sequences of numbers found on license plates, computer screens, and digital clocks, with digital clocks being the most common.

You cannot consciously seek out these numbers. Instead, your brain's reticular activating system notices them reflexively, and the act of noticing them triggers a feeling of Spirit.

These numbers are repeating sequences of ones, twos, threes, fours, and fives, such as **11**, **333**, or **4444**. Repeating sequences of sixes are excluded, not because **666** represents some malevolent metaphysical force, but because three sixes cannot appear on a standard digital clock, making them ineffective for creating this form of synchronization.

As your relationship with your guiding angel deepens, so too will these synchronizations.

Gabriel has instructed me to begin playing a particular song at a precise moment, only for the lyrics and changes in tempo to align perfectly with physical events unfolding around me.

He has taken me on what he calls "Walks of Faith," during which he instructed me to begin walking or driving without any knowledge of the destination. He then guided me to places I had never visited before using only simple directions such as, "Go straight," or, "Turn left." Before arriving, he would tell me what I would find there, and upon arriving, his predictions proved accurate.

On one occasion, he told me he would take me to purchase a very specific brand and color of sandals. He guided me to a shopping mall I had never visited before and then gave me precise, step-by-step directions to the exact location of the sandals inside a store I had never entered.

Gabriel has also made predictions about future events that later came to pass, sometimes months or even years afterward.

These experiences are intended to build faith and trust that you are, in fact, interacting with the omniscient God-consciousness. They can also be haunting and unsettling because they leave one with a profound impression of the depth of understanding possessed by the Mother and Father in Heaven and Their angels. That they have knowledge of the location of every object in the world and can predict the chains of causality unfolding months or years before they do.

These experiences are important because they trigger the unresolved trauma underlying the deepest emotional blocks between humanity and God. For that reason, your guiding angel will not lead you into these experiences until a certain degree of trust has been established between you. In the beginning, expect your interactions to be gentle, beneficial, rewarding, and positive.

X. Guided Meditation II: Clearing an Emotional Block

Now that we have established basic communication with your guiding angel through the Voice of God, we will guide you through a meditation designed to clear an emotional block that is preventing the Voice of God from becoming more conscious within your mind.

In this meditation, we will ask your guiding angel to trigger the unresolved trauma behind an emotional block of its choosing. This will bring forth the difficult emotional experience associated with that unresolved trauma. We will then guide you through the process of resolving that trauma and transforming it into wisdom on a subconscious level, thereby clearing the emotional block.

Once this process is complete, you may notice—sometimes within days, and sometimes after several weeks—that your ability to communicate with your guiding angel has strengthened. In the following chapters, we will break down the techniques used in this meditation and explain how this healing process works.

For this meditation to be successful, you must trust that whatever unresolved trauma your guiding angel brings forward is something you are ready to process and heal.

Once again, we recommend listening to this guided meditation lying on a mat on the floor, as lying in a comfortable bed can easily lead to falling asleep. We do not recommend reclining in a chair as you will be guided to allow your body to move into certain positions and complete certain motions.

This guided meditation is hosted on YouTube. At the time of this writing, you will need a YouTube Premium subscription to avoid interruptions from advertisements.

<https://youtu.be/Lgc4oArqeuo>

XI. Sacred Healing Techniques From Eastern Yogi

"The moment you completely accept your non-peace, your non-peace is transmuted into peace." — Eckhart Tolle

God-consciousness, even when its Voice is blocked deep within the heart, still works to heal the human mind of unresolved emotional and psychological trauma through an unconscious process of transmuting that trauma into wisdom. This process occurs automatically within the human body on a cellular level and is called "somatic processing," "somatic healing," or "somatic intelligence" in modern trauma therapy.

For this process to occur, certain conditions must be met within the mind and body.

- 1. The body must be in a location where it feels safe and secure.*
- 2. The body must be in the parasympathetic nervous system (rest and digest), and the subconscious mind must be allowed to "think on its own" without focused problem-solving or intellectual analysis placing it under stress.*
- 3. The mind must be in observer mode, where it is observing and reflecting on its own internal experience.*

Once these conditions are met, the God-consciousness will begin to automatically process psychological and emotional trauma from unresolved events in the past. As this occurs, the mind will begin to perceive negative emotions rising into conscious awareness from the body. These emotions will move in cycles of fear, emotional pain, sadness, guilt and shame. For the healing process to occur, each of these emotions must be felt in its entirety until it organically "discharges" or "leaves the body."

As these emotions arise, physical sensations will be felt throughout the body, and the body will instinctively want to move into certain positions, such as lying prone with the arms outstretched, curling up into a ball, kicking the feet, slamming the fists, covering the eyes, grabbing the hair, and so on. Each movement of the body will unlock a frame of memory as visions, thoughts, and impressions of the unprocessed traumatic event begin to flow through the mind, adding context to the negative emotions being experienced. For those who find it difficult to trust these physical instincts, the voice of the guiding angel, revealed through the practice of the previously mentioned techniques, can give directions as to how the body must move.

These events will be a mixture of childhood trauma, adult trauma, past life trauma, and "generational trauma" (trauma inherited from our parents, grandparents, and ancestors through biological birth).

Each natural motion of the body must be performed and each emotion, vision, and set of thoughts must be observed in a state of presence without disruption until the cycling stops and the instincts to perform movements cease, or your guiding angel directs you to stop. If disruption

occurs, the body and mind will simply continue from the last frame of memory unlocked when the process is resumed. Once this happens, the emotions or physical sensations will disappear and be replaced with a feeling of peace and calm. It is also normal to feel slightly drained or tired after this process is complete.

Once the revelation is received, the body and mind will need deep, healthy rapid eye movement (REM) sleep for the healing process to continue. Much of the healing the God-consciousness performs on the mind is done in our dreams. You can think of dreaming during sleep as the second half of this process, with the first half being the somatic processing that occurs during the waking state. During deep dreaming after a somatic processing session, it is normal to experience nightmares and wake up in a state of negative emotion. When this occurs, this same process of observing your inner emotional state while moving the body into specific positions must repeat.

Each session, if done with emotional courage and a willingness to face the beauty and horror of one's soul, should take 10-20 minutes to complete. Each session removes a layer of emotional trauma, bringing about progress in healing and transformation.

This process, in a sense, is never-ending, as we are always healing and growing. We rely on our guiding angel to tell us when it is time to sit down and allow this process to occur, balancing the demands of daily life with the need to make time for this healing to take place.

The problem with completing this process is that, just as ego-consciousness has the ability to block out the Voice of God, it also has the free will to disrupt this process and prevent its completion. Ego-consciousness's natural instinct is to avoid these negative emotions, so its default state is to disrupt this process unless the mind and body have been trained to view completing it as beneficial to its existence.

The yogis of Eastern spirituality have long understood the benefits of this organic somatic processing. They have crafted sacred rituals and techniques that help people allow this process to complete uninterrupted. Western society, historically, with its emphasis on industry and the psychological state of focused problem-solving, has not only lacked comparable rituals and techniques but has viewed these negative emotions as a form of weakness that must be avoided lest they disrupt the sacred eight-hour work schedule. We have many methods in the West for preventing these negative emotions from being experienced.

- *Caffeine, nicotine, and illegal cocaine, which stimulate the body and shift it from the parasympathetic nervous system into the sympathetic nervous system.*
- *Pornography and compulsive sex, which can become addictions that shut down the limbic system so the process cannot occur.*
- *Workaholism, where the mind is kept in a never-ending state of focused problem-solving and is therefore unable to observe and reflect upon its own internal experience.*
- *Antipsychotic prescription medications, opioid-based prescription medications, and illegal opioid drugs that suppress this process.*

- *"Rageaholism", where the mind learns to ruminate on revenge or justice fantasies in order to trigger the release of adrenaline and cortisol, overriding this healing process.*
- *"Comfort eating," particularly highly sugary foods that stimulate the sympathetic nervous system.*
- *Insomnia as a learned behavior to avoid the nightmares and negative emotions that arise as a result of dreaming.*
- *Sleep aids, caffeine, nicotine, and newly legalized cannabis, all of which can disrupt or suppress REM sleep.*

The somatic healing process is essential not only for the healing of physical and mental illness, but for clearing the emotional blocks deep within the human heart that prevent conscious communication between humanity and the God-consciousness. The role of your guiding angel is not only to keep you safe and care for you but also to lead you into experiences that uncover the unresolved trauma behind these emotional blocks. The voice of the guiding angel does not possess the same transformative power as the Voices of the Father and Mother in Heaven. Therefore, once your guiding angel brings an emotional block to the surface, it is up to you to willingly allow the somatic healing process to unfold without allowing your ego-consciousness to disrupt it.

The spirituality community focuses heavily on frequencies, intentional emotional states, potions, sacred herbs, incense, music, sacred rituals, and energy healing techniques. However, these mechanisms primarily exist to assist this ancient somatic healing process or to help a blocked heart hear the whispers of the angels. The former, however, can become a form of bypassing or dissociating from this process, while the latter, along with the use of communication tools like tarot cards, pendulums, and runes, is akin to grasping at crumbs from the Bread of Eternal Life locked away in a cabinet.

Many "mystic wizards" and "healers" have begun to appear in Western culture, selling healing ceremonies, retreats, and techniques. Their marketing often portrays their products as the source of healing and themselves as unique or special individuals who are exclusively capable of healing others.

This is ego-consciousness at work, as these ceremonies, retreats, and techniques, when successful, merely create the conditions for this ancient healing process within the body to occur. The true source of the healing is the God-consciousness, expressed through the Mother and Father in Heaven, working unconsciously to heal the mind and body.

This healing process can occur even when one is alone in a cave with no additional elements or techniques, provided they are willing to surrender and allow it to happen.

Many will reject this simple premise, as those of us in the West have been conditioned to believe that the solution to our mental health crisis can only be found in complex therapies, pharmaceutical treatments, and extensive research. This cultural belief is precisely what opens the door for people to sell "ancient spiritual secrets" at exorbitant prices, as it buys into the notion that advanced or esoteric knowledge is required to heal or "become enlightened." Gabriel

has guided me to certain books and teachers to put together the intellectual explanation within this book, but this is only a small fraction of the whole. Everything I have accomplished comes from listening to the whispers of the Father and Mother In Heaven while alone.

The truth is that the power of the body's own healing process has largely been lost on our civilization. All one has to do is look to other cultures and smaller tribal communities that have rituals and practices designed to allow this healing process to occur. Their mouths are wide with smiles, and their eyes glisten with joy despite their lack of access to the medical and psychiatric technologies we have in the West.

I also want to reiterate that this process, in and of itself, is not enough to make the Voices of the Father and Mother in Heaven conscious. It requires the guiding angel to lead a person on a journey through specific experiences that uncover the emotional blocks preventing the door to the Kingdom of Heaven from opening. Once these experiences occur, processing them through this ancient bodily healing mechanism becomes the key that unlocks the door. My own ability to hear the Voice of God and talk to the Mother and Father in Heaven comes not from years of study under a spiritual guru, but being led through a series of trials by Gabriel. This is the same process that occurred with Yeshua as he had no teacher other than the Father in Heaven.

With that said though, the path to the Mother and Father in Heaven is also the path of healing as the healing of trauma is a prerequisite to unlocking Their Voices.

The guided meditation you completed in the previous chapters combines techniques from Christian mysticism with an Eastern healing practice known as Yoga Nidra. During the meditation, your guiding angel is asked to bring forward the trauma behind an emotional block you are ready to heal, and then guides your mind through the somatic healing process. It accomplishes this by guiding you into a brainwave state known as theta—a state between waking and dreaming where ego-consciousness is suspended and therefore less likely to interfere with the healing process.

While this guided meditation is sufficient for most people, those who have experienced severe emotional abuse at the hands of others may find themselves opening their eyes as their ego-consciousness pulls them out of the healing process. If this is the case, we recommend exploring a Kundalini Yoga technique called the "Breath of Fire." This technique guides the mind into an altered state of consciousness that bypasses ego-consciousness and allows the emotions it is trying to suppress to arise unhindered, thus allowing the somatic motions to be performed. This approach, however, is significantly more emotionally intense than our Yoga Nidra-based guided meditation, so we recommend it only as a last resort.

As you progress on your journey to unlock the Voice of God within your conscious mind, these meditations and Eastern techniques will gradually become unnecessary as you begin to hear the Voices of the Father and Mother in Heaven directly. The transformative and healing effect of simply sitting alone in a room, relaxing on a mat on the floor, and surrendering to the Father and Mother as Their Voices heal the mind and body is beyond description. Gabriel has guided me to experience many different forms of healing from both Western psychology and Eastern

spirituality in preparation for my work, yet what the Father and Mother in Heaven have accomplished in just a matter of months has exceeded every technique I have encountered in the physical world.

However, to reach that point, you must learn how to "pay your emotional debts to God." This is not something that can be learned intellectually—which is why only one chapter is devoted to the subject—but something that must be learned through direct experience. I offer these experiences in the guided meditations and directly to the people I take on as students.

In the next chapter, we will guide you through a meditation to receive direction from your guiding angel regarding the next step on your individual journey with the God-consciousness. You may be guided to leave an offering here, seek out a different teacher, or pursue an entirely different path. Trust that whatever direction you receive will be the right next step for you.

XII. Guided Meditation III: Receiving Divine Direction

In our third and final guided meditation, you will be guided to ask your guiding angel to provide you with divine direction from the God-consciousness. This guidance is intended to lead you to the next step of your spiritual journey now that this text is nearing its completion.

We recommend keeping a pen and paper nearby as you perform the meditation. Once it is complete, write down the guidance you receive. If the guidance comes in the form of a vision, write a description of the vision in your own words. If it comes in the form of an intuitive "knowing," write down that knowing in your own words.

We also recommend that, after a night of sleep and dreaming following the guided meditation, you use the Call of God and Hand of God techniques to ask for additional guidance the following day.

Once again, this meditation is best performed while reclining in a chair or lying on a mat on the floor, as performing it while lying in a comfortable bed can easily lead to falling asleep.

This guided meditation is hosted on YouTube. At the time of this writing, you will need a YouTube Premium subscription to avoid interruptions from advertisements.

<https://youtu.be/GDEANeb1IFA>

XIII. The Shadow of God

“Naked came I out of my mother's womb, and naked shall I return thither: the LORD gave, and the LORD hath taken away.” — Job 1:21

Before you embark on your journey with your guiding angel, there is one last important—but difficult—subject we must discuss: the shadow of God.

So far, we have spoken about positive subjects, such as how the God-consciousness, through love and grace, wishes to lead you on a path of abundance and prosperity. This can leave one with a view of the angels similar to a "music festival" version of spirituality—one in which everything is supposed to be fun, positive, and light.

While much of my journey with Gabriel has been filled with moments of jaw-dropping beauty, deep compassion and grace that fill the heart, and a level of intimacy unlike anything I have encountered before, everything in the world casts a shadow. The angels and the Father and Mother in Heaven are no different, for the nature of human life means They cannot guide us in a way that creates only light in our wake.

One example of this is death. Every human being, no matter how blessed their life may be, must inevitably have their final dance with the angel of death. The guidance of Gabriel and the Father and Mother in Heaven has kept me safe and free from harm throughout this incredible journey They have taken me on. However, there will come a time when that protection ends, and I will have to go forward into my own death. When this occurs, it will cast a shadow upon the lives of those who love me and have journeyed with me. If you view this as a betrayal by the God-consciousness, then perhaps you have not yet accepted your inevitable fate of returning to the dust from which you came.

Your interactions during the early stages of working with your guiding angel will be overwhelmingly positive and beneficial. They will work to prove to you that the voice you hear in the stillness truly belongs to them and to build trust with you. Once this period has passed, however, a season of trials, tribulation, and destruction will begin.

They will not only lead you into challenging experiences intended to trigger and uncover the emotional blocks between you and the God-consciousness, but They will also begin removing elements from your life that are not in alignment with your “True Self”; the path the Father and Mother in Heaven have intended for you. Sometimes these removals are blessings in disguise, as miserable jobs, superficial friends, and abusive family members are stripped away. At other times, you will be asked to make genuine sacrifices.

One of the other truths of being human is that we cannot have everything. The path of abundance and prosperity spoken of in this text is not one that leads to everything a person could possibly desire, but rather to the particular things that bring profound joy to that individual's heart.

The Father in Heaven has foretold to me a life of many blessings, the most important of which is the fulfillment of the deepest purpose that burns within my heart: a life of service to the Father and Mother in Heaven. In preparation for this path, He has asked me to sacrifice my old friendships, my biological family, my former career, and all the money I earned that did not come through His direction.

However, now that I am on the other side of much of it, the question becomes, "Do I regret my decision to commit to this path?" The answer is absolutely not.

As I reflected upon my life, I realized that deep down I never truly desired to raise children. That desire had largely been conditioned into me by my parents and had led me away from my True Self. What has always burned within my heart is the desire to serve God and to create something unique and meaningful that benefits the world.

For many of you, the opposite will prove to be true. What will be burned away are the false beliefs you have come to accept as important through the influences of Western culture and marketing. What will rise from the ashes will be what is most sacred to the continued prosperity of mankind: a healthy, happy family where biological or adopted children are raised and supported by a spiritually fulfilling career.

Beyond the material rewards of the physical world, the experience of having the Voice of the Father and Mother consciously present within my mind has been rewarding in itself. In only a matter of months, Their Voices have removed addictions and emotional trauma that decades of work through Western psychology and Eastern spiritual healing could not.

Just the other day, I twisted and sprained my wrist to the point where any movement caused excruciating pain. The Father in Heaven instructed me to place my wrist in a splint and devote the day to rest and listening to His Voice. By the end of the day, all the pain had disappeared, and I was able to move my wrist freely with only a small amount of lingering stiffness.

The Voices of the Father and Mother in Heaven also provide a level of emotional support, intimacy, compassion, and grace unlike anything I have ever experienced through human relationships. I spent a year in isolation with Them, training for the work They have prepared for me. As a result of Their constant presence within my mind, I no longer know what emotional loneliness feels like. I no longer require social relationships to maintain my emotional well-being. I still desire those relationships because they enrich life, but I no longer depend upon them, for conversing with the Father and Mother in Heaven brings a timeless joy to my moment-to-moment existence that cannot be found through any other means.

So, as you continue on this journey, there will be moments when you question all of it. There will be moments when you curse and scream at the invisible angel guiding you and wrestle with the Father and Mother in Heaven. There will be moments during your trials and tribulations when you lose faith in the invisible Voice directing your life. There will be moments when you question

your own strength and wonder whether you truly have what it takes to rise to the challenges before you.

In those moments, search deeply within your heart and ask yourself whether you truly believe that a loving and benevolent God-consciousness lies at the heart of the Universe. If your answer is "yes," then hold tightly to that belief and keep moving forward.

For when you emerge from your dark night of the soul, you will come to know an eternal joy and peace that all who concern themselves with the matters of the heart have been searching for.