

# Effective Communicating & Connecting

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Since experiencing a pivotal life challenge in 1990, (when I was stuck with a dirty needle during an emergency at the hospital where I worked and went through a year of testing for HIV), I have sought to find and share the inter-relationships connecting science and spirituality and the bridges between the logical left brain and the creative/intuitive right brain.

My journey of discovery has led up some very interesting paths and through many life challenges over the years, leading me to many teachers from A-Z. Yet a significant block to sharing what I discovered was the fear many people had of what I termed “meta-spirituality”, the integration of metaphysical concepts within the understanding they originate from God.

Extraordinary abilities were perceived to be limited only to biblical figures or spiritually chosen and very special people. Outside of that limited definition, extraordinary abilities and experiences were deemed to be related to satanic or evil influences that should be shunned to preserve the integrity of one’s soul.

Although psychic references can be found throughout the bible as they relate to dreamwork, clairvoyance, clairaudience, auras, telepathy, psychokinesis, healing and discarnate abilities; the very word *psychic/metaphysic* immediately closed many people’s minds.

During my recent travels, a visit to a conservative church in Pennsylvania shed a great deal of light on how to effectively share meta-spirituality when the minister emphasized that in relationship with God one need only to “ask and you shall receive” and provided the following examples:

- 1) *God-send me a sign.* Judges 6: 36-40 (Gideon and the fleece)
- 2) *God-send me a person.* Luke 2: 36-38 (The prophet Anna)
- 3) *God-send me an angel.* Genesis 18: 1-15 (Sarah and Abraham)
- 4) *God-send me a vision.* Acts 10: 9-16 (Peter has a vision.)
- 5) *God-send me a dream.* Acts 16: 6-10 (Paul has a dream.)

This sermon reached a congregation of eight hundred people. Although the words “psychic” or “meta-spirituality” were never referenced, people received the message and expanded their consciousness, strengthening their connection to God.

The truth is so simple, wonderful and miraculous!