

WHO I TRULY AM. THANK YOU FOR YOUR
COURAGE AND LOVE. I AM RESPONSIBLE FOR
ME IN YOUR LIFE AND WITH YOU ALSO COMMUNICATE
THROUGH YOUR LOVE AND AFFECTION TO
SHARE THE TRUTH OF LOVE, GOD

Talk to God AND get the Answers in 5 Easy Steps

By:



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A Journey from Depression, Addiction, and Heartbreak
to Self Realization, Empowerment and Love

Introduction

In July of 2002 I reached a crisis in my life. I realized I could no longer go on with my life like it was and I would either need to kill myself or figure out why I was not happy. I had been depressed on and off all of my life. I felt disconnected to everything and everyone, despite doing what I thought I was supposed to be doing: having good jobs, chasing several relationships and doing lots of fun and exciting things. I even came to the point where I was so depressed; I was suicidal and could barely function. I quit my job just before being fired. With no other choice, I set out on a journey to “find myself.”

In my deep despair, I began writing my prayers to God in my journal and after a while, I started hearing a voice that was giving me answers. I started to write down what I was hearing, I started to write down what I was hearing – which was being signed by God. God was writing to me – in response to my questions and pleadings.

At first, I did not believe it. I was totally confounded by what was appearing on the pages. I found myself arguing, fighting, and even yelling at God! But whoever was responding to me was telling me what I now know is the truth. These were the most loving, caring, and insightful things anyone had ever told me. In those times when I was the most despondent, I would get true, caring responses like this one:

“God, what do you want me to do!?”

“Nothing, Diane.”

(Now I’m feeling disappointed and incredulous and in my head saying – yeah, right.)

“Yes, that is the message. You don’t HAVE to DO anything. You can sit under a tree for the rest of your life. Your depression comes from your belief that you have to do something. Well you don’t. Focus on fun, joy and love. From there, your joyous action is my love in motion!
Love, God”

This confounded me because what I was writing felt so true. I certainly could not be receiving from God, because, well, God would not be writing to me! But after many months of this type of writing I picked up a book called “*Conversations with God, Book 1*” by Neale Donald Walsch. I started reading it and felt that I had heard many of the concepts before – but I realized I had written many of the concepts before. Here was confirmation. Here was God speaking to someone else – the same messages! I might actually be writing to God and God might actually be writing to me!

As I read several of the books by Walsch and others, I found myself putting down on paper what I would be reading the next day. The phenomenon of picking up a book and reading a passage that applied very appropriately happened to me over and over again. I was being pushed to a level of understanding that stretched the boundaries of my beliefs. I was being asked to look at the TRUTH. My Truth. “*In every moment of every day, what is the Truth?*” Still struggling with even wanting to be here (as in alive), I did not want to go back to my old life or have any part of it. But I knew that if I did not go to work soon, I would need to sell my house. I decided that finding this “Truth” for myself was the most important thing I could do, no matter what the consequences.

My journaling experience became more intense and more pointed. I expressed on paper what was happening with me and God responded through my hand. Still in the depths of depression, I had a glimmer of hope. I was beginning to understand that I might be here for a reason. My journals and my connection with the One kept me going.

Below are the 5 steps for asking your questions and receiving the answers. These five steps come straight from my program: The Journals with God, 30-day Journaling Challenge.

1. Decide

I’m telling you that you can receive, hear, and know the truth of your Soul – the thoughts of God! God has been writing to me for over 15 years. Many people get “hits”, feel guided, and experience coincidences. All of this is support and guidance from our own Divine knowing, spiritual connections and intentions. In order to receive and benefit from the guidance, you must decide it is possible, and especially possible for you. You must decide that Divine guidance is the only guidance you want. Since we have free will, it is up to us to decide to receive this guidance.

From [the Daily Reminders from the Journals with God, 10/8/14](#)

Good morning God. I have been thinking about how grateful I am that you speak to me and that I can hear you – whenever I stop and listen...

“Good morning my love. It has been your beautiful commitment and practice of coming here and listening intently that has made this easy and now natural for you. And you can do this – stop and listen, any time, like listening for a bird calling in the woods or in the call for love that whispers in every voice you hear. Stop and listen from your innocent heart. You can always hear me speaking to you.

Love, God”

2. Be Willing To Hear the Truth

Excruciating, complete honesty is the first step. Your journaling is a very personal, private experience, which you can choose to share or keep to yourself. But you must be willing to hear. This willingness will tear down the walls you have built that keep you from knowing and feeling and being “who you truly are”.

In my journals, God admonished me to “... *stop lying to each other and yourselves. And stop believing the lies – especially the ones you tell....*”*

Learning the truth about yourself requires rigorous self honesty, the practice of which must go beyond you. Once the commitment to being honest is made, the realization soon follows that you must be honest with everyone around you.

Most people think of themselves as honest, and I believe there are varying degrees of “socially accepted honesty”. Society, the media, business, laws, religions, have all created a set of rules that constitute polite honesty or the ideas of right and wrong based on doctrine and laws. These "rules" have skewed our understanding of the truth. The truth is not what causes the least pain for others; the truth must be what causes the least pain for ourselves, or more accurately, what honors ourselves. In so doing, the Divine is honored, which honors everyone. It is essential to become very clear about where you find your real truth. The only place you can discover this is from your own heart, your “gut” – your soul. This is what God has written to me: “... *Ask yourself again and again: What is the Truth? Then tell it with all of your being. Love, God*”*

**From the Journals with God, Canvas # 62*

3. Write it Down

My process begins by writing the date and location. I then start writing as if I am writing a prayer or a letter to my best friend and want to express what was going on with me. I rant and rage and let it out. I am now talking to the Divine. I call the Divine “God”, which is the name I know for the One Energy of the Universe. You may write to whomever you know as this Divine one for you. This is your time to be with the Divine. This is your time to say whatever you want about what is going on in your life. This is the time to begin your conversation with the Divine. Write with an open heart and allow the feelings to fill you. As you are writing, ask yourself what the real burning question is right now that you want to know the truth about. Begin this with the attitude of knowing that you can hear and receive the wisdom and guidance from the Divine through your mind, hands, heart and pen.

As God has written to me: “*I talk to you as I do everyone who cares to listen – or not*”. (***Journals with God***, Canvas # 16 10/24/03). When I felt like I had gotten it out, I would ask what I felt was the most honest question I had about what was going on. Then I would write my name... “Diane”...and listen for the words...

...thank you for writing this. This is a very good thing you are doing right now for people who want to know how to connect with Me. This is going to be very helpful. This is an excellent start in

sharing your work with others – and sharing the real message which is; everyone can do this. I am so excited about how many people we will touch. All for now...

Love, God

Just as in this example, I would listen for a word, then write it – repeating this process. I would always hear words and as I was writing more I started expecting certain answers. I had to get my mind out of the way and listen with my heart. From the surrendered heart you will receive the words of God.

What continues to amaze me is I rarely get what I expect. A few people who have read some of my *Journals with God* on canvas have commented that “you really didn’t get your question answered”. But God always answers the real question in my heart on a higher level. She stretches my comprehension. At first, I did not believe I am God. I have heard that God is within us, but not that She *is* us. I could not grasp that. But after hundreds of pages of her telling me that She and I are One and that I could know the thoughts of God, I started getting it. This was discovering who I truly am. Now I know this. I feel the connection every day, and the words of God become mine.

The message from God is always perfect, concise and loving-- sometimes lovingly blunt. At time I have needed the proverbial 2 x 4 across the head, but God has always waken me to increasingly higher levels of understanding. She also knows exactly what I can comprehend, even when I don't get it right away. Occasionally I go back and read something I wrote days before while thinking “I don’t get this”. I would then “get it“, like a ton of bricks just fell on me. When I pray to know the truth, I always get it. But as Christ has said, “Pray for anything, you have it, it’s yours”. I have said and always seem to experience: be careful what you ask for, because you always get it.

So, the question I have for you is, “Are you ready?” Are you really ready to learn who you truly are and to live as that person? Are you ready to walk into the pain of the delusion you have been living and be willing to face it? Are you ready to hear what lies you and those you’ve trusted have been telling you for years? Are you ready to listen to the truth? This is the commitment that you must make in order to walk this path.

If you believe that you, too, can hear from God, you will. I am telling you, you can; God has said that everyone can. So now it is up to you. Are you ready to start?

4. Make it a Practice

Practice is the way we become proficient at something or learn something new. A practice is a term used for spiritual rituals and activities repeated on a regular basis. The way to open a spiritual connection is through dedicated practice. Many people have found that a lifetime of spiritual connection comes from a lifetime of spiritual practice. The connection comes easier over time and becomes part of who you are. You may be connected without the practice, but the connection is strengthened through the practice. .

You may also find that your connection is showing up through visions, imagery, pictures or dreams. You may want to draw pictures or describe your images and write down your dreams. Everyone is different, and this process may be the catalyst for you to truly find your own process and practice. Nothing is wrong. Take this concept and make it your own.

My spiritual practice is my lifeline. I write at least once a day and sometimes more. When I am at home, I keep my notebook, canvases, laptop, digital recorder, guitar – everything I need to capture whatever I feel

is coming through me – close at hand. I carry my notebook and recorder with me if I'm working away from home. When I'm on a defined schedule, I write before work and at night before bed. I like the mornings and I like to get up, get ready for work or my day, then sit down with a spiritual book and read for a few minutes. I always have at least one spiritual book in progress. I find this gets my mind on the right track. This journaling process is about connection, but it is also about teaching the mind new truths. After reading a chapter or so, I will then go into meditation. I spend at least 10 minutes – sometimes up to 2 hours (when I feel I need it and have the time) focusing on feeling the Divine within me. Then I write for 10 to 30 minutes, or longer. (I must admit I've been late for work more than a few times during very intense periods, but it was worth it.)

5. Ask... and Receive the Gifts of the Universe

There is a beautiful life awaiting you when you are living in the truth of your soul and with the Love of the Divine. You only have to ask...

From [the Daily Reminders from the Journals with God, 11-11-14](#)

Good morning God. Today I read in A Course in Miracles about grace being the highest state of being in complete acceptance, peace, and love – the experience of being in heaven. I wonder if this is what I'm feeling since my experience on Sunday. I'm feeling a deep peace, compassion, and awareness of unlimitedness of myself and everyone. I'm not phased by the unconsciousness and fear I see in the world and all around me. I'm excited about what is possible. This feels familiar and at the same time, foreign. But, no matter what it is, this is where I want to live!

*“Good morning my love. You can live wherever you want to live as you have free will “on earth as it is in heaven”. You can choose your perspective as we have talked about, and choose to do what it takes to achieve what ever you want. You desired to awaken – to live in a state of grace. You asked Me how to achieve this day after day and you have done what you have been asked to do. You have listened as I told you over and over again who and what you and everyone are and why you are here. You have done the work to forgive everyone and everything. You have decided to heal and remove all your erroneous beliefs. You have done what I have asked you, so you have and are experiencing the results. I don't tell you that the kingdom of heaven is yours and not let you get there. Yes, you are experiencing a state of grace and the peace that passeth all understanding. You are aware of the true nature of reality as a knowing and not just an idea. Now, enjoy this. There is this tiny part of you that can't quite trust this peace, but I will just ask that you let it be and let it observe. And it is important that you stay vigilant in attending to being in love and acceptance as you interact with the world. You have been here before – thus the familiarity. But you have also been lured back into the illusion. I'm going to remind you that nothing you truly wanted was found there. Here is where the relationships you want and the life you want to experience now exists. And yes, there are others who can join you here – who want to join you here. Welcome home.
Love God”*

These 5 steps will help you get the answers you seek, no matter how difficult your life may be right now. Do your first journal entry today and schedule 10-15 minutes every day to do it. Do it for at least a week without any expectations and see what happens. If you would, please let me know if this was helpful to you.

If you would like to go deeper, let me be a companion with you on your journey. You can receive a daily inspiration in your in-box with The Daily Reminders from the Journals with God. You will be able to see first hand how I talked with God every day to get the answers I need as I am asking the same questions we are all asking about love, work, relationships, fears, dreams and hopes. You can see how I have dealt with difficult situations, like living through a flood and losing my family through divorce. See the links below.

If you would like to bring structure to this process to consistently and reliably receiving your answers from God, you can take part in the Journals with God 30-day Journaling Challenge. I found for me that it took a commitment to write every day, but actually doing it made it the habit that ultimately created my close relationship with God and facilitated the transformation that I have experienced.

Past graduates of this program have said...

“Thank you so very much for all your heartfelt and poignant outpourings to God, and to all of us. You are so us, as we are you, and each message to and from God has been so much aha for me, to remind me of this so beautiful resource we call God, who listens to and talks to us whenever we are willing to open the windows of our being. I am still writing (almost) every morning, and feel so much inner warmth as I do. I love doing it.”

Calista, Lyons, CO

“I have now done the 30-Day Challenge twice and I find it an excellent addition to my other spiritual practices. By speaking with God, I get more in touch with that that I really do know at a deep, or higher, level. Frequently it helps me shift perspective on that which is occurring in my life at the time. At other times, it is a wonderful reminder to simply pause in my day, come to the place of inner Peace, and consider my world. I recommend it highly for ANYONE - spiritual novices as well as those well on their way to spiritual mastery. The simplicity of the program is its excellence. These conversations can be entered into at whatever level a person is and have tremendous value.”

Larry, World Traveler

“I’ve managed to get our family debt free and we are embracing our new journey... Everyday I think about how grateful I am to have had you teach me this way of life. It is such a joy and I continue to attract more of the same.”

– Christie, Denver, CO

Sign up for the Daily Reminders from the Journals with God at:

<http://www.dianedandeneau.com/coaching/daily-reminders/>

Learn more about the Journals with God 30-Day Journaling Challenge at:

<http://www.dianedandeneau.com/coaching/journals-with-god/>

Blessings on your Journey.

Diane Dandeneau