

Ascension Notes



Blurting Out God

Blurting Out “God”

A Spiritual Practice

I’m always open to making up new (to me) ways of focusing on God (Creator, Father, Source etc. take your pick). You see I’m firmly on the path of a Paradise ascent already and feel lucky to exist with the realization of that reality. Sometime in Eternity I fully expect to be so perfected that I will be able to exist in that August Presence. Yes, yes, I know it is a long way off... I’m not delusional. However, if I can get a little boost in that direction, I’m all for it.

It was in that light the other day that I read this quotation from Hazrat Inayat Khan, a Sufi Master who lived a century ago. **“Even to utter the name of God is a blessing that can fill the soul with light and joy and happiness as nothing else can do.”**

It was one of those bits of wisdom to which we may be exposed and simply nod in agreement and move on. But on that particular day it stuck in both my heart and mind and I conceived of a new ‘spiritual practice.’ I’ve been doing it for a week and it seems to be valuable enough that I’m passing it on.

It is simple. When moved, throughout the day, I simply say “God” out loud. That’s it. For me there has been some real benefit in just going about my day and periodically I’m nudged to say “God”. The nudge often comes packaged in a bit of humor. I really like that. Sometimes it is because I’m reading and see the word and merely repeat it out loud. Most often I’m just galumphing along minding my own business and a little impulse strikes me out of the blue. So, I say “God”. I get a lift out of doing that.

That’s it. “God.”