

Design Guide for Spiritual Health

-www.ConnectTheDotsToGod.com-

Connect the dots to understanding a Christian faith with our supernatural God of Trinity.

We are spiritual beings having a human experience in a relational universe.

Spiritual Creed: We have a free will to **find** spirituality on our own, through others, and through religion, and the choice to **seek** grace with the God of Trinity and **live** a spiritual life in a ...

1. Relationship with God (in our mind) through prayer and conversation
2. Relationship in Jesus (in our heart) through reading His words
3. Relationship through the Holy Spirit that can guide our human spirit
...and transform our soul to interact with the world
...through a metaphysical state of grace that flows in:

- love
- humility
- obedience with God through prayer and reading His words in Jesus

How is your Human Spirit today, is it awakened?

-Follow these steps as a blueprint to seek and feel the living energy of grace-



-Relationship with God the Father through Prayer-



We live in a relational universe of entity and energy, with a relational flow of 3's. An atom is the flow of 3 (proton, neutron, electron) and so are the planets, stars, and galaxies. Our Creator is a God of Trinity of 3 (Father, Son, Holy Spirit), and since we are only an energy and entity of 2 (soul, spirit), He grants us "Grace" as divine energy and the 3rd component of our relational flow (soul, spirit, grace) to be one in spirit with Him in life and in death of our body through salvation.

In life, God made humans as physical (in flesh) to be in relationship with each other, and metaphysical (in spirit) to be in relationship within yourself (human spirit and soul) and with Him.

Plug into the universe and walk with one foot in the physical world and the other foot in the spiritual world.

The Essay (titled "The Relationship") within this guide was written by an unknown author inspired after reading a powerful book entitled the Divine Dance. The message given is simple, God our Father wants a supernatural relationship with us to help us live a more spiritual life on Earth and to prepare our soul for celestial life in Heaven. Experience the metaphysical state of grace God had intended for each of us achieved through love, humility, and obedience with God through prayer and reading His words in Jesus.

Temporal (mind) versus Spiritual (heart)

Many of us have gone through life making decisions led wholly by our temporal mind influenced by our will, emotion, and physical body, but as we build a relationship with God through conversation (e.g., prayer) and reading His words in Jesus a manifestation occurs as our human spirit unites with the Holy Spirit and our heart is tied to God's heart and we begin to lead our lives spiritually. Our soul is tied to our heart, and when we are in a state of grace, our heart and soul are transformed by the spirit, and when we surrender to God in faith to lead our life we are blessed to receive His grace. When you put God first before all other relationships, all other relationships will thrive.

-Talk to God our Father daily-

Invoke the Holy Spirit

One of the most critical messages in this guide is how to invoke the Holy Spirit and plug into the Universe. Say the following words at the onset of each prayer, visualizing energy forming around your head-and-heart (vertically) and shoulder-to-shoulder (horizontally):

"Dear God my Father, I pray to you in Jesus' name, through the Holy Spirit"

Then **PAUSE**...the pause allows the Spirit of God to enter your body...you may not achieve this Presence your first few days of prayer if you're forming a new relationship with Him, but as you get closer to God in seeking grace, you will feel the change in consciousness through this act of faith as you achieve a state of grace. Then simply **PRAY** by conversation with love and humility in your heart. Be careful not to talk **AT** God and instead talk **WITH** Him allowing time to discern His will and guidance for you.

Pray to the Father, and His heart (in Jesus), through His Holy Spirit to bring peace (grace) to you and your prayers, and His Holy Spirit to come to the aid of other souls (and situations) in need of help.

-Relationship in Jesus through His Words-

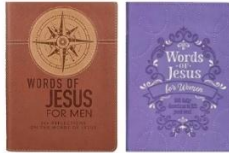


Jesus is the Word of God. Reading the words are critical because it both fortifies and transforms our spiritual heart (soul). This transformation is supernatural and subconscious, just be obedient and READ the Word of God in Jesus while seeking grace and your consciousness on EVERYTHING will change.

It is difficult having a relationship with God without knowing His thoughts through His words, and without it, our relationship with God would be a temporal and physical self-centeredness of our own worldly desires.

Jesus died for our sins, and a spiritual soul being in Jesus through a metaphysical state of grace at our death will reconcile us with God and bring salvation. Jesus is the heart of God, and God only having one heart would only have one Son, and so loved the world that He gave his one and only Son, that whoever believes in Him shall not perish but have eternal life.

We should focus on the New Testament readings of Jesus. The Old Testament scriptures were the foundation of Moral Law with over 300 prophecies about the coming Messiah's life, death, and victorious resurrection, but Romans 10:4 says, "Christ is the end of the law." You can read the Words of Jesus through a Bible (New Testament), or to really get to the Heart of God find a devotional book (as shown below) that only speak the Words that came directly from our Savior.



-Meditate on these words daily-

Build your Foundation

Take 3 minutes a day with the devotional in your hand, and (1) invoke the Holy Spirit by saying "Dear God my Father, I pray to you in Jesus' name, through your Holy Spirit" and ASK the Father to (a) "allow the Words of the devotional to transform your heart," and [b] "bring you in closer relationship with Him," and ASK to be [c] "humbly be one in spirit with Him," (2) next say personal prayers that are close to your heart and sharing your hope but trusting that His will be done, then (3) read the Word of God in Jesus

Grow in Grace

Living a life filled with love and humility in our heart and towards others, and praying with God, and reading the Word of God in Jesus every day will allow us to find grace with God. To achieve a deeper relationship and grow further in grace you may attend a local church to worship and receive sacraments including Baptism, Reconciliation, Confirmation, Eucharist, Marriage, Holy Orders, and Anointing of the Sick.

Each of the Sacraments are means by which visible actions and physical matter communicate supernatural realities, and His grace to us, and allow us to participate in the divine life. When we find ourselves in Heaven, we will no longer need physical signs because we will actually be living in the supernatural reality of the Trinity. For now, while we are here, Jesus wants to give us a foretaste of what is to come. These Sacraments are literal opportunities to participate in the divine life—in our physical bodies—while we exist in this physical world on Earth until everything is fulfilled at the end.

It is also important to understand that the more we participate in the divine life while we're here, the more our intimacy and communion with Him deepens. The more our intimacy deepens, the more grace we receive. The more grace we receive and the closer we get to God, the less likely we are to sin. So, there is a direct connection between taking advantage of the gifts of the Sacraments and rooting out the tendency toward sin in our lives, helping us to prepare our hearts for Him.

Our Father has a desire to transform our heart (soul) in His image

There is a design to our God of Trinity (Mind, Heart, Spirit), a design of humans in His image (mind, heart, spirit), and an intended design in our relationship with Him grounded in love, humility and obedience through the Holy Spirit that was taught to us and reconciled in Jesus through His life, death, and spoken Words. Follow the foundation and framework defined in this blueprint ("design guide") to seek and receive His living flow of grace and transform your soul...it is supernatural and metaphysical and flows freely in our atmosphere.

To reconcile with God is to no longer be in a "temporal" relationship but a "spiritual" relationship with Him which is achieved by seeking and receiving His grace and experiencing an awakening when one is in Spirit with Him. This transformation moves from "natural to supernatural" through God and "physical to metaphysical" in us.

While God initiates salvation through His unmerited favor (grace), humans must respond by accepting this gift and participating in the process of sanctification (becoming holy). Grace through faith, which must actively cooperate with God's help through works, sacraments, and living a transformed life, as faith without these works is considered "dead" and incomplete.

-Relationship through the Holy Spirit, your Human Spirit, your Soul, and the World-



Invoke the Holy Spirit as the conduit to your human spirit to transform your soul, as you pray with God, and read His words in Jesus, and guide you in interacting the world.

-Holy Spirit is the energy and relationship between God and Jesus-

At birth, our human spirit is dead, and we live by the soul which is made up of our mind, will, and emotion, and tied to sinful things of this world. The Holy Spirit will not dwell in a human spirit tied to sin, so we must repent through a change of mind and heart and by seeking God's grace in love, humility, and obedience with God through prayer and reading His words in Jesus. We can then participant in the flow of the Trinity through the Holy Spirit, influencing our human spirit and enlightening our soul, and experiencing a unique relationship connection within yourself and then to others. Our human spirit is made up of intuition, communion, and conscience...when in God's grace we can tune our human spirit into these faculties guided by the Holy Spirit and allow this new relationship (awakening/rebirth/regeneration/born again) between the Holy Spirit and your human spirit, and transform our mind, will and emotion tied to the soul. The earth is an "incubator" for your soul. You may use the attached Transforming Technique Document to help you on this journey.

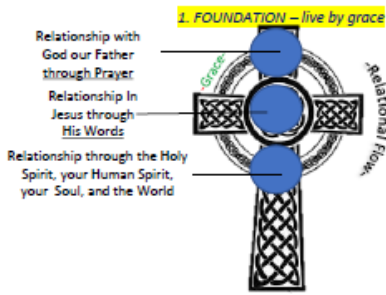
The seven gifts of the Holy Spirit we may receive are tradition, wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of God.

The essence of the Trinity are relationships achieved through the flow of love (based on humility and obedience). You may think love is only an earthly characteristic, but the dynamics of love (through kindness) is metaphysical and must be at the core of our soul to allow energy to flow and enter into a state of grace and connect with God through spirit in this world and exist with God in the afterlife.

-Plug into the Universe, and let your human spirit transform your earthly soul to a spiritual soul, through a flow of grace with our God of Trinity-

[Spread the Word](#)

Telling your family and friends about the www.ConnectTheDotsToGod.com website is one way to spread the Word and find us on Facebook to extend your reach.

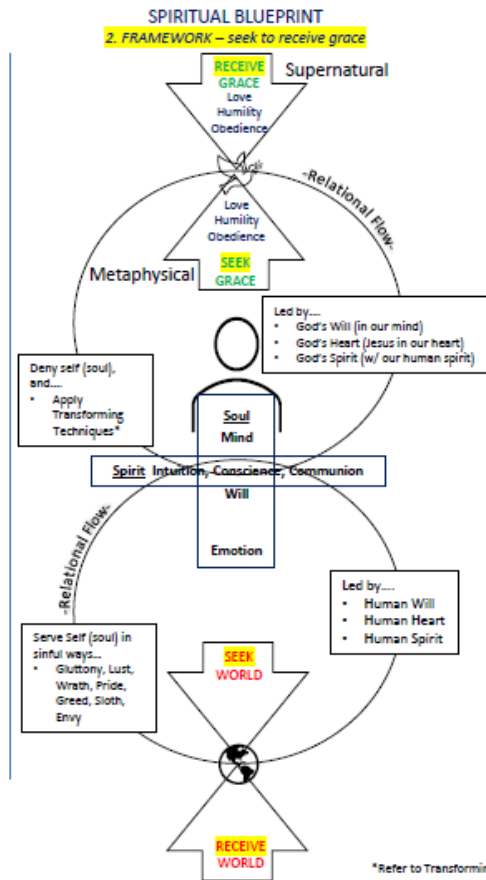


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Awakened Spirit, Sanctified Soul

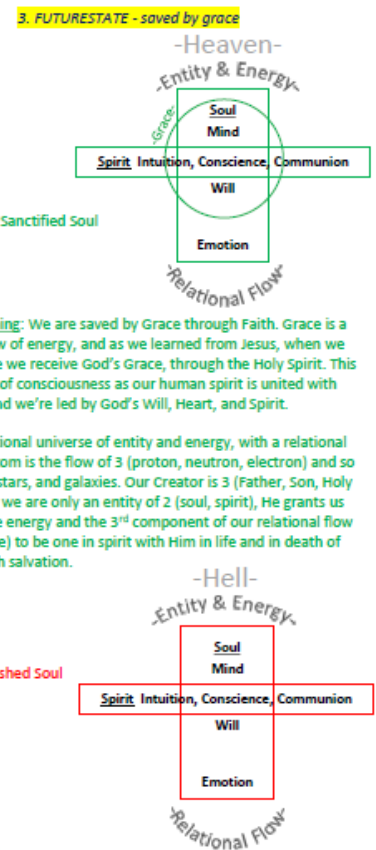


Spiritual Awakening: We are saved by Grace through Faith. Grace is a supernatural flow of energy, and as we learned from Jesus, when we seek God's Grace we receive God's Grace, through the Holy Spirit. This causes a change of consciousness as our human spirit is united with the Holy Spirit and we're led by God's Will, Heart, and Spirit.

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Dead Spirit, Punished Soul



Transforming Techniques

This document provides techniques as a tool (rooted in love, humility and obedience) that can guide and transform your earthly soul into a more spiritual soul and grow in your relationship with God through grace. Seek grace with God and you shall receive more grace with God. Before your mind, emotion, or will jumps to an earthly response to situations rooted to sin, simply apply and replace with a spiritual (grace-filled) response, such as those listed below. This is not an exhaustive list, and new items can be added as you desire to grow in your transformation and relationship with God. These techniques provide framework to grow spiritually and find healthy alternatives to past earthly behaviors.

Mind

- When you are in discussions with others and are in a disagreement of opinions, such as different political opinions, simply move your way of thinking and share in conversation that “the truth is always somewhere in the middle.” This approach always diffuses a situation.
- When you see someone in public and in a past prejudice you might have seen them as a lesser person, instead of letting your mind jump directly to a past label in your subconscious mind, quickly replace past labels with a new mindful title “he’s a gentleman that deserves dignity” or “she’s a lady that deserves dignity.”
- When you pass an attractive person in public don’t look directly at them and let your mind lead to lust, just keep them in your peripheral.
- When you have a direct encounter with an attractive person in public see them as a child of God and not someone to be objectified, see them as having a mom and dad that would want their child treated with dignity.
- Sinful thoughts may surface in your mind, know that they come from unclean spirit(s) and do not belong to your spirit, dismiss them and let your mind place them at the foot of the cross.

Emotion

- When you see someone on the road acting aggressively, to avoid your emotion leading you to anger, instead in your mind say the person must be rushing to the hospital and have mercy for them.
- When someone cuts in front of you in a grocery line and you sense anger boiling up, instruct your mind to put the temper at the foot of the cross since all sins have already been forgiven there.
- When you are face-to-face with someone that has verbally offended you with a statement, pause, and simply smile and look at them in silence for 10-15 seconds. The silence will most likely make the offender uncomfortable and dig themselves deeper into discomfort and scramble with words. Do not dignify the statement and either change the topic or if you were only passing by the person simply say to have a nice day.
- When emotions are getting high, and tempers may be elevating, suggest a safe word or phrase such as “can we have a calm and rational discussion.” Define that there are rules that apply for the calm and rational discussion that includes:
 - Each person is allowed to have 5 minutes to say everything on their mind without being interrupted
 - After each person speaks, each should ask did you hear what I said, and can you repeat what I just said
 - When drawing your conclusions from a calm and rational discussion, say to the other that I heard all that you said, and let’s not rush to a decision and both put more thought into it.

Will

- The Holy Spirit will not dwell in a human spirit tied to sin. We may intermittently fall to sin throughout life, after each transgression, simply repent my having a change of mind and heart and asking for the God of Trinity to forgive you and immediately seek to come back into grace with God. Do not dwell on the sin and do not allow this incident to keep you outside of a relationship with God.
 - If you feel your sin is too grave to bear on your own, consider this an open doorway to finding a church and receive the sacrament of Confession and have a holy person help reconcile you with God.
- If you’re in a situation and your mind begins racing with prideful and opinionated thoughts, instead pause, and temper your will by “saying less.” Use the adage “less is more,” and use fewer but more meaning words.
- When you’re in a public setting and there is a parent with a crying child, and the child is causing a disturbance, be sensitive to the parents struggle and use your self-control not to glance at the parent to add to their discomfort.
- If you’re struggling with someone’s behavior or action taken on a situation, and it is the opposite of how you would behave or act, challenge yourself to flip your opinion, apply a “180 degree perspective” that aligns with the other person for a 2-week trial period, and see if you can learn to be more compassionate to the other person and transform any bias or wrongful judgement you may have held.

Prayer Guide

Pray to the Mind, Heart (Jesus), and Spirit of God. This is the God of Trinity. Start each prayer with stating "*Dear God my Father, I pray to you in Jesus' name, through the Holy Spirit.*"

- Give Him thanks, praise, gratitude, and your petition of prayers.
 - **Thanks** - for His relationship with you, and for His Holy Spirit that brings Jesus into your heart, His will into your mind, and transforms your soul through Grace.
 - **Praise** - for His amazing creation and allowing you to be part of His creation.
 - **Gratitude** - for all the blessings He has bestowed upon you, especially Jesus sacrifice that brings you in communion with Him.
 - **Petition of prayers** - talk from your heart.
 - Most prayers are made to the Trinity, however, when in prayer with the God of Trinity you can also talk directly to Jesus (the Heart of God) when struggling with very personal and important issues.
 - This is how your relationship with Jesus will grow, and many times you are given extra grace, and you will feel His peace.
 - Jesus is the Shepard of your heart (soul) and is your Savior, and it's important to form a personal and intimate relationship with Him.