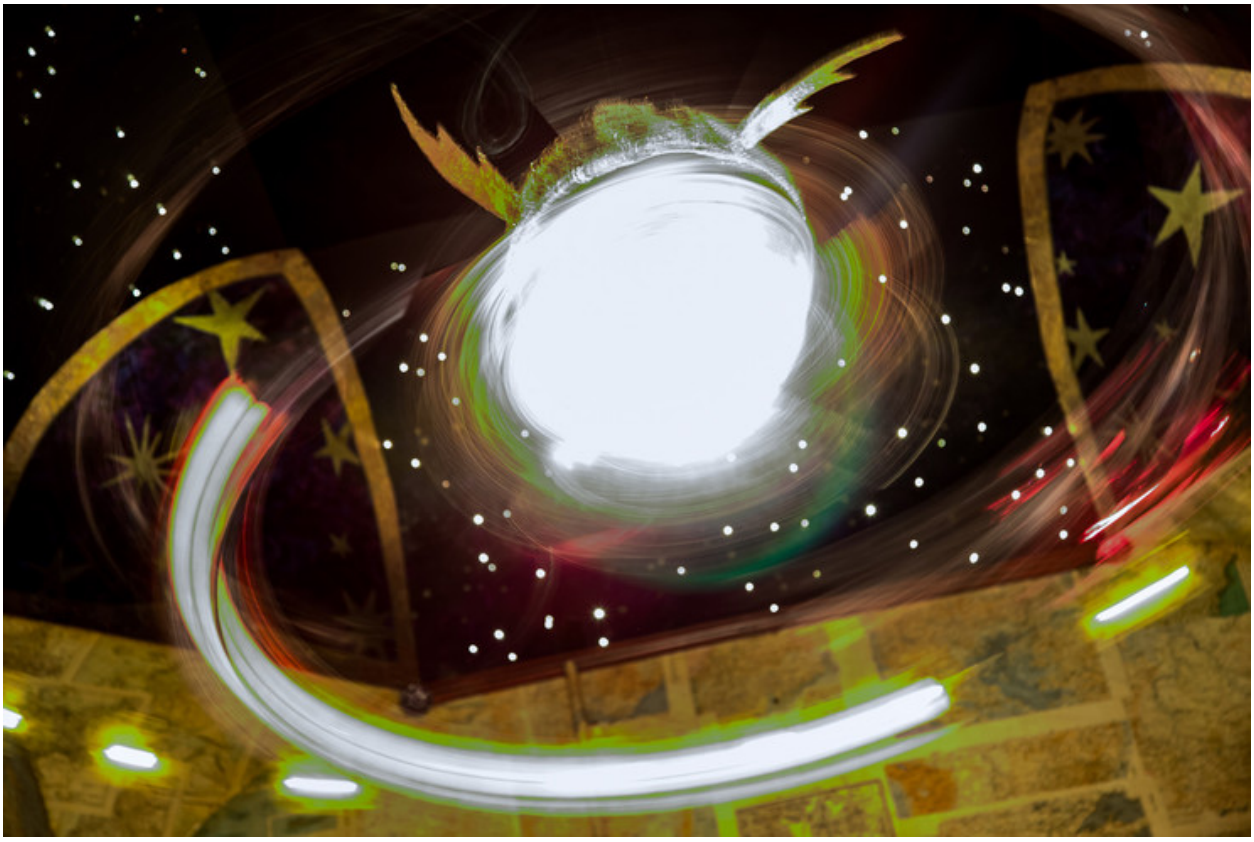
Originally seen at https://www.gettingtogod.com/all-articles/i-taught-myself-to-find-god

In the beginning, of my spiritual road that is, I held a slew of questions that put off those who tried to teach me about who I really am. I was an annoyance and I saw that in the frustrated faces, in the people who wanted to rattle off words from the church and the bible. They never questioned those words, so they never had the answers to the questions I had as a child.

More of what it was like for me, the spinning head effect

I found some things hard to believe that were told in the Bible, both as a kid and even now. It doesn't mean I have the information I need to judge them. It just means I find them hard to believe. So, as a kid, when I questioned such things and no one had the answers, I did what people do, I filled in the blanks myself. Through a lack of understanding and a lack of information, I came to a conclusion, none of it was real and God did not exist. Sometimes it seems like the easiest way to kill the rat is to burn the whole house down. That's exactly what I did and in leaving the church I attended for the first 12 years of my life, I dropped all contact and ran.



"Light Orbit B" by Shawn P Keenan

Over the years I would bounce back and forth between believer in spirituality and non-believer. It was because in my heart I knew there was more to me than this mass of tissue. Yet every time I tried to understand the "more", I only found the same channels I'd been previously led through. That quickly drew me back to the void. After a while, the nagging feeling of wanting to know who I am would come back into play and I'd start the whole process over again.

I’m not usually the type to back something so significant without proof. I might throw a penny in a fountain, knowing

it’s likely that my wish won’t come true because hey, it's just a penny. What I won't do is throw my heart and soul into a spiritual future without some significant information.

I went on for a while to do what people often do, make fun out of what I didn’t understand. I used terms like “Sheep", “Jesus Freak” and “Bible Thumper”. I assumed that the actual meaning of the word “Church” was “Money Maker”.

My transition

Some time around 2005 I became a regular attendee at the Seattle, WA chapter of IANDS (International Association for Near Death Studies). I continued for the next seven years. The meetings generated an immense amount of understanding toward who I am, somewhere inside my body, but not just the body. IANDS is full of people who share stories about what happens when a person is clinically dead, then brought back to life by rescue. I got to hear what people saw, who they spoke to and what kind of profound changes it all made in their lives.

By about the year 2015, I had become a very spiritual person, just not in alignment with any God. I believed in the universe as a whole and that I had a soul, but not in the fact that there would be any one mind that corralled the entire thing. Though I knew I had a future outside of

my body, I had no attachment to any specific being and no idea what that future would be.

That very same year, things changed

There was a night when my partner and I were not getting along. I was reeling from damage caused by both other people and my own ignorance. She saw that and said a prayer, asking God to come speak to me and help with my troubles. And when it happened, I had no idea it was triggered by her request. It was nothing from the ordinary and I had no idea how to process it.

"Lucky Seven" by Shawn P Keenan

The voice

Someone did just what my partner asked. A voice tuned in, seemingly out of nowhere. Something within or outside of me spoke to me. Let me be clear, I don't hear spiritual voices the same way I hear a human speaking. Sound shaped by lips and tongue does not enter my ears. It's hard to explain, but the best I can say is that it's more like a download of information. I think maybe what happens is that, in order for my puny, human, head-mounted computer to understand, I have to take that information and put it into internal words.

Anyway, it happened as clearly as the words on this screen. I "heard", I listened and what happened from there will take a steady stream of blog articles to explain.

Why do I think the voice is not my own thoughts?

I don't know what you think of what I'm saying, but let me run through a quick list of what I would have thought in the past if I'd heard this from someone else:

- Maybe this guy had already heard people say, or maybe he'd read about, what "the voices" are saying. It somehow got stored in his brain subconsciously, he

forgot it all on a conscious level and it's now coming back through "a voice-oice-oice-oice".

- Maybe there is some sort of internal collection of common knowledge that we all have. Again, it could be coming from within.
- Maybe a few happy-pills a day would clear this right up?

"Scared Snow" by Shawn P Keenan

I understand the need for those possible explanations. Why? Because I'm a nerd at heart, a scientist. I've worked for most of my life with physical devices, electronics,

mechanics, computer code and a slew of other types of geeky experimentation. From education, from experience comes my natural need to immediately find the most conventional, comfortable reasons. It's only when my findings don't fit a precedent that I start exploring the oddball theories and possibilities.

I did my own tests and got results I couldn’t deny

Before I started using terms like "God does this" and "God does that" (something I'm still not used to hearing out of my own mouth), I decided to test the holy waters. I made very specific requests to God and in return, I’ve had very specific answers. Within those answers are things I’ve never heard.

Take meditation for example, from some far out, unearthly place I started hearing instructions on how to do it, do it right and do it efficiently. Later on I read a few books and came to find out that, the things I was told to do have already been common knowledge for many years.

Another example... There was a moment before my daughter came along. She was a direct answer to a time when I was angry with God, making a demand that he show me what so many mishaps and self-improvement struggles in my life were worth. A few days later, while my

partner and I were actively trying to not have children, it hit me, "she's pregnant". And at age 42, while on birth control, it was a reality (there will be an entire article on that later).

What you should believe when it comes to God

Anything you choose. One of the things I think is right about America is religious freedom. That includes the right to believe in anything I don't agree with, or nothing at all. Do I think that leaves a non-believer in the dust? I don't know. But what I do know is that everyone should have the right to be on whatever path they need to be on at any given moment.

And for those who do believe, many of us believe because we've seen things we can't deny. That means instead of judging others, we have to be there for them if they ever want more information. Everyone on this rock is a child in some sense. That gives us more potential to be peers and guides. It gives us less right to be the judges we often think we are.

"Canyon Rainbow C” by Shawn P Keenan

How do we get to an understanding?

It’s complicated, not by the soul and not by God. We get confused by many other things. There are those who hide behind religion so they can damage others. There are those who engage in it for the sole purpose of making gobs of money. People dub themselves “teachers” who have no deep answers. People sometimes have information that seems to support the idea that there is no such thing as life beyond what we see.

How do we best get to the real information? We do our own research. I don’t mean hoping on the internet and searching for “is god real?”. I don’t mean asking your neighbor. For those things, you’ll get back almost nothing but argument (yes I realize you may have found this site by searching for "is God real?", but in my experience, material like this is rare.)

I’m talking about what I did to find answers. I experimented for myself by asking for things like signs and answers. I learned how to listen and how to open my mind. I built my relationship FIRST, on a realistic, practical basis, then moved on to building human connections and reading things written by people. Because I had some foundation to work with when I started asking more questions toward humans, because I knew myself before I

looked for a church, I became aware of where to connect and what to dodge.

The intro is about over, so what can be expected in the future?

Articles, articles, more articles. I will detail how I built my relationship with God and how I avoided all of the junk that others try to throw into it. There will be specific answers to the most common questions, like “If there’s a God why would so many bad things happen?”. Articles will detail things like why certain things don’t work when they should, like prayer and requests for signs.

This comes from my alignment between practical education about human made machines, human behavior and spiritual life. I have a unique view due to decades of self-improvement (with and without spiritual information), working with children and families and working with electronics an mechanics.

My goal is not to change your life. I can’t because that’s your choice and maybe you don't even need it. My goal is to lay out information about how you can find your own reasons to connect.

Take it or leave it. I respect your right to believe whatever you feel is right, no matter what.