

## Challenge #2 – Daily Conversation with God – The Why

### The Container That Holds It All

This week's teaching begins with a simple but profound remembrance: there is more to our lives than the experiences we are having.



Most of us move through our days identified with what is happening to us—our joys, our challenges, our relationships, our bodies, our thoughts. These experiences are real and important. They are part of being human.

Yet if we look more closely, we discover something else.

There is the experience itself.

There is also the awareness that observes the experience.

And beyond even that, there is something greater still.

Call it God, Source, Divine Intelligence, Spirit, the Mystery, or simply the “All That Is.” Whatever name resonates for you, it is the deeper presence that informs awareness, which in turn informs our experience.

We might think of it as three layers:

- **Experience** — everything that is happening in our lives.
- **Awareness** — the ever-present witness observing it all.
- **The Divine** — the infinite intelligence from which awareness itself arises.

Our experiences change constantly. Our bodies change. Our circumstances change. People come and go. Seasons pass. Moments appear and disappear.

Yet awareness remains.

And beyond awareness is the unchanging presence that holds it all. This week's invitation is to consciously reconnect with that presence.

## Challenge #2: The What: Be in Conversation with the Divine

Every day, **intentionally** connect with God—or whatever name you choose for the sacred. The conversation does not need to be long or formal. It does not need to be spiritual-sounding. It simply needs to be real.



### Begin with gratitude.

*"Thank you for this sunrise."*

*"Thank you for this warm shower."*

And then say whatever else is true.

You can ask questions.

You can express confusion.

You can celebrate.

You can complain.

You can laugh.

You can say, *"Why is this happening?"* just as easily as *"Thank you for this beautiful day."*

**Authenticity** matters far more than eloquence.

### Easy to do every day

To make the practice sustainable, attach it to something you already do every day. Perhaps while drinking your morning water. While showering. While walking. The goal is not to add another task to your life. The goal is to **remember**.

### Why This Matters

Most days, we become absorbed in the details of life. We focus on the lantern—the immediate circumstances in front of us—and forget the vast sky surrounding it – and what is beyond.

When we pause to **consciously** connect with Source, something **shifts**.

We remember where we come from.

We remember who we are beneath our roles, our stories, and our struggles.

We begin to carry a different **frequency** through the day—a subtle sense of connection, trust, and perspective.

### Context changes everything

We still **engage fully** with **life**. We still feel joy, grief, excitement, uncertainty, and everything in between. Our feet remain firmly planted on the **earth**. But we experience it all within a larger **context**.

### Trusting the Larger Intelligence – It's ALL of it

One of the great gifts of this practice is that it reminds us that life is unfolding within an intelligence far greater than our individual minds.

Our minds constantly ask *why*.  
Why did this happen? Why now? Why this loss? Why this challenge?  
Sometimes answers come.  
Often they do not.

### All is as it should be:

Yet there has **never** been a moment in the history of existence when the **Divine** has looked upon creation and said,  
**"Oops. I missed that one."**

**Nothing** falls outside the awareness of **Source**. Nothing arrives by **accident**.

Our **personalities** may resist what is happening. We may celebrate it, grieve it, question it, or rage against it. All of that is part of being **human**.

But beneath the waves of our reaction lies a deeper possibility: **trusting** that life is unfolding exactly as it **must**.

Not because we understand it.

But because we are willing to remember that there is a **wisdom** larger than our understanding.

### The Relationship That Gets Us Through Everything

When we **cultivate** a daily **relationship** with the Divine, something remarkable happens.

We discover that we are never navigating life alone.

The relationship itself becomes the support.

The relationship becomes the anchor.

The relationship becomes the place we return to in moments of joy and moments of sorrow.

### And that is the heart of this week's teaching.

Not that life instantly becomes easier.

Not that pain disappears.

But that we begin to experience every moment—beautiful or heartbreaking—within a larger **container** of **love**, **Divine intelligence**, and **trust**.

A container that holds our experiences.

A container that informs our awareness.

A container that continually reminds us that we are part of something infinitely greater than ourselves.

So this week, take a moment each day.

Say hello.

Say thank you.

Have the conversation.

You may be surprised by how profoundly life changes when you stop looking only at the lantern and begin remembering the sky – and what is beyond that..

