**Lord’s Leaven Mission Society**

**Pastoral Management Institute**

**COURSE: DIVINE INDWELLING**

**LESSON 6: DIVINE INDWELLING**

**NAME OF ASPIRANT:**

**NAME OF FACILITATOR:**

**Date begun:**

**Date Accomplished:**

# 

**MEDITATION STUDY GUIDE**

**LESSON 6**

**DIVINE INDWELLING**

**KEY TO UNION WITH GOD,**

**TRIUMPH OF THE IMMACULATE HEART OF MARY**

**AND**

**RELEASE OF GRACE**

**Bro. Josefino T. Rona**

**Lord’s Leaven**

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**LESSON 6**

**DIVINE INDWELLING**

**KEY TO THE RELEASE OF GRACE**

**AND THE TRIUMPH OF THE IMMACULATE HEART OF MARY**

**DI for 3 to 5 minutes**

**Step 1.** **PREPARATORY**

Close your eyes. Make a quick inhalation through the nose for momentum. Hold the air for 3 to 5 seconds to focus on the darkness in front of your closed eyes. Exhale very slowly through your mouth.

**Step 2. RELAXATION**

Close your eyes. Make a quick inhalation through the nose in order to get momentum. Hold the air for 3 to 5 seconds to focus the mind on the part of the body to be relaxed. Exhale very slowly through the mouth and direct your exhalation to the part of the body, part by part, to be relaxed starting with the shoulder down to the feet, then back to the shoulder to the crown of the head, then the body as a whole. Always inhale quick through the nose in order to get momentum for exhalation. Feel how the tensions of your body are released as you exhale. Repeat this exercise as often as needed.

**Step 3.CONTEMPLATION**

Close your eyes. Make a quick inhalation through the nose. Hold your breath a little while concentrating on the darkness in front of your closed eyes. Now turn your attention beyond the darkness onto your bosom. Exhale very slowly through your mouth while you focus with faith in the Divine Indwelling Presence of the Most Blessed Trinity in spirit within the soul. Inhale-Exhale as needed. As you exhale, mentally let go and surrender yourself like a little child onto the loving arms of Father God, saying lovingly and very slowly, *“Lord God, I believe that You are present within me simply because You said it.”* Then, simply breathe normally, rest trustingly and lovingly in His arms in contemplation (as long as you need to rest in the Lord).

**Step 4.**  Make three successive short inhalation and exhalation to relax completely.

**Step 5**. You may repeat the process as needed to enter into the rest of the Lord in spirit within your soul.

**(*Silence for the rest of the minutes*)**

**Prayer of Divine Indwelling**

My Lord and my God, Father, Son and Holy Spirit, I believe that You are dwelling in spirit in the deepest center of my soul. I adore You, I love You and I trust in You; for You are the source of my being and my life in all that I think, say and do. Help me to see You in the heart of others, and see the reflection of You in everything that You have made. Help me to understand the things I cannot change. May Your name be praised, blessed and glorified forevermore. Amen.

**MEDITATION STUDY GUIDE ON LESSON 6**

**Set 1**

1. What is the subject of the present lesson?

2. What is man looking for on earth?

3. Why is man never satisfied with whatever he achieves and takes from the earth?

4. What can truly fill up the soul of man, why?

5. Please explain “Unless man will resolve to go back to God within him, man will never find rest.”

**Set 2**

6. How do we treat the negative things that are troubling mankind today?

7. In the midst of all the troubles and crises that happen, what did Our Lady of Fatima say that gives us hope?

8. What is this “Triumph” that Our Lady is talking about?

9. Message of the Holy Father (Pope Benedict XVI) in his commentary on the Third Secret of Fatima

10. What is Our Lady asking of us?

**Set 3**

11. What is the key that opens up all the treasures of God’s wisdom and knowledge and opens us up to the Solution of human pains and problems?

12. Cite the bible text that shows that the Divine Indwelling is the key that opens up all the treasures of God’s wisdom and knowledge?

13. Why is Col 2:2-3 extremely important for man?

14. Where is all the treasures of God’s wisdom and knowledge hidden?

15. Please explain “The Divine Indwelling is the key that opens up all the treasures of God’s wisdom and knowledge.”

**Set 4**

16. Why is it that many people cannot see the wisdom and knowledge of God?

17. Since we do not know how to be with God, what did God do?

18. What are we to do with this key?

19. What are we to do then so that His graces of wisdom, knowledge and all spiritual blessings can flow from within us?

20. What has Divine Indwelling got to do with our temporal need?

**Set 5**

21. Since we do not know how to be with God, what did God do?

22. What is the meaning of Divine Indwelling?

23. How did this Divine Indwelling happen?

24. Is God dwelling in the heart of man whether baptized or not?

25. How is God present in the “heart” of a baptized person?

**Set 6**

26. Who are dwelling in the “heart” of a baptized person? Cite the texts.

27. How is God present in the “heart” of a non-baptized person?

28. What Bible texts reveal that the Most Blessed Trinity (Father, Son and Holy Spirit) dwell within the baptized?

29. Cite and Explain the Revelation that the Father dwells within the center of the soul.

30. Cite and Explain the Revelation that Christ Jesus dwells within the center of the soul.

**Set 7**

31. Cite and Explain the Revelation that the Holy Spirit dwells within the soul.

32. Cite and explain the Revelation how God becomes one with us.

33. When did we become children of God?

34. Cite the Scripture texts that we are children of God?

35. What is the promise of God regarding the helplessness of His children?

**Set 8**

36. How can we be assured that we shall receive the fulfillment of His promise to supply us all our needs?

37. What are we to do then so that His graces of wisdom, knowledge and all spiritual blessings can flow from within us and attract the temporal tangible graces from outside of us according to our need?

38. So, in moments of dire need, what do we have to do?

39. What does Sta. Teresa teach about the spirit?

40. Please explain what Sta. Teresa meant when she said “The spirit of the soul is made one with the Spirit of God in a union of two which cannot be separated from each other.”

**Set 9**

41. Please explain what Sta. Teresa says, “The soul remains all the time in the center with its God… It never moves from its center nor loses its peace, which is Christ-within.”

42. Please explain what Sta. Teresa says, “The center of the soul which is the spirit isnot touched nor disturbed; there the King dwells.”

43. Please explain “The center of the soul is the domain of the spirit. And it is in the spirit that God takes his dwelling place to unite himself with man.”

44. When God wants man to unite with Him where does God bring man?

45. Please explain what Sta. Teresa says, “To seek God within ourselves avails us far more than to look for Him amongst creatures….”

**Set 10**

46. Please explain what Sta. Teresa meant when she said, “The fact is God resides within us.”

47. Please explain what Sta. Teresa meant when she said “God is deeper in us than we to ourselves.”

48. Please explain what Sta. Teresa meant when she said “The soul is taken into… an abiding place in the soul as He has in Heaven… “

49. What does St. Augustine mean by “abroad” when he says, “You were within me and I abroad.”

50. Explain, “There abroad I searched for You. I pursued the beauties that You have made; but have not found You.”

**Set 11**

51. Explain, “You were with me, but I was not with You.”

52. Explain, “I distanced away from You through the things that You have created.”

53. Explain, “I have gone about the streets and the broad ways of the city of this world seeking for You, but have not found You.”

54. Explain, “I was wrong in seeking for You outside of me, when all the time You were within me.”

55. Explain, “My heart is restless until it rests in You, O Lord.”

**Set 12**

56. Please explain “Unless man will resolve to go back to God within him, man will never find rest.”

57. Where do we always hear this truth of God’s Divine Indwelling being proclaimed?

58. But are the faithful aware of the meaning of what the priest announces?

59. What is the proof that many Christians do not live the Divine Indwelling?

60. Why are many Catholics not living the Divine Indwelling?

**Set 13**

61. Why is it that man seems to be indifferent about it and still lives struggling to achieve what he wants to achieve?

62. What would happen if all peoples would be taught and would apply the key of Divine Indwelling?

63. According to the Catholic Catechism what is the first purpose of the Catholic Church? Cite the reference number?

64. What is the ultimate purpose or goal of the Catholic Church? Cite the reference number.

65. How can man allow God to act from the center of his soul?

**Set 14**

66. How are we going to deal with our wandering thoughts in our effort to be united with God?

67. What is man looking for on earth?

68. Why is man never satisfied with whatever he achieves and takes from the earth?

69. What can truly fill up the soul of man, why?

70. When God wants man to unite with Him where does God bring man?

**Set 15**

71. If man wants to experience heaven where should man go?

72. How can man allow God to act from the center of his soul?

73. When we say that sin is the greatest block in our effort to be with God within us, what does it mean in our experience?

74. What happens in the soul if man is in mortal sin?

75. Where does the soul go if one is in mortal sin?

**Set 16**

76. How are we going to deal with our wandering thoughts in our effort to be united with God?

77. What Scripture text shows that the spirit goes back to God when a person dies, while the body decays?

78. When God wants man to unite with Him where does God bring man?

79. If man wants to experience heaven where should man go?

80. Please explain the purpose of the mission of Lord’s Leaven: to tell everyone, especially the Christians, the Good News that they have already what they are looking for: “*all the treasures of God’s wisdom and knowledge*.”

**Set 17**

81. What is then the meaning of JUST DI?

82. What is the Divine Indwelling Prayer?

88. How often should we pray this prayer?

89. How are we supposed to pray this prayer?

90. What should be the attitude and prayer of one who lives in the Divine Indwelling?

**LESSON 6**

**DIVINE INDWELLING: THE KEY TO**

**UNION WITH GOD IN SPIRIT WITHIN THE SOUL,**

**THE TRIUMPH OF THE IMMACULATE HEART OF MARY**

**AND THE**

**RELEASE OF THE FULLNESS OF GRACE**

***"All things have been handed over to Me by My Father, and no one knows who the Son is except the Father, and who the Father is except the Son, and anyone to whom the Son wills to reveal Him." Turning to the disciples, He said privately "Blessed are the eyes which see the things you see, for I say to you, that many prophets and kings wished to see the things which you see, and did not see them, and to hear the things which you hear, and did not hear them."*** (Lk 10:23-24)

***“This is the will of My Father, that everyone who beholds the Son and believes in Him will have eternal life, and I Myself will raise him up on the last day."*** (Jn 6:40)

***"I am the way and the truth and the life. No one comes to the Father except through me.”*** (Jn 14:6)

***“Now all of us can come to the Father through the same Holy Spirit because of what Christ has done for us.”*** (Eph 2:18)

***“The Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.”*** (Jn 14:26)

**The present course and the lesson**

The course we are taking is Course 1: Introducing Divine Indwelling: Key to Union with God within the Soul, the Triumph of the Immaculate Heart of Mary and the Release of Graces. But the present lesson we are now tackling is Lesson 6: Divine Indwelling

**MAN’S CONSTANT SEARCH FOR MEANING**

Man is always on the search for happiness, comfort, pleasure from any earthly value, namely, education, economics, politics, or from any other value that are on the surface of the earth. He looks for these things which are outside of himself. Man seems unable to learn the lesson that whatever he achieves and takes from the earth can never satisfy his innermost being, nor fill up his soul, because the deepest portion of his soul is RESERVED only for his King and Creator. Nothing can truly fill up his soul but God; for the spirit of man deep in the soul is reserved only for God. Hence unless man will resolve to go back to God within him, man will never find rest. Let us listen, then, to St, Augustine.

Man is never satisfied and will never be satisfied with whatever he holds dear on the surface of the earth that is not God Himself. Why? because man is not made for these things or these values. He is made for God alone. This is what the First Commandment is all about. “Love God with ALL your heart, with ALL your soul, with ALL your mind and with ALL your strength.”

A deeper reason for this lack of satisfaction is because man is at the crossroad of his own being. He is made in the image and likeness of the Unlimited God yet placed in a limited container of space and time. His feeling of lack, feeling of dissatisfaction is coming from his nature of being too close to space and time and not realizing his unlimited portion of himself. In order to resolve the many unfulfilled desires it is most beneficial for man to go and unite himself with the UNLIMITED. His feeling of unlimitation is a calling to come and be one with the UNLIMITED.

Nothing that the soul does and tries to achieve can fill up the hunger of man because there is still an area in the soul which the soul nor the world can never fill up – and that is the area of the spirit which is reserved ONLY FOR GOD. ONLY GOD CAN FILL IT UP WITH HIMSELF. Therefore man will never be completely happy if God will not make man see the fullness of God’s union in the spirit of man. This is what Jesus meant when He said, “What does it profit a man even if he gains the whole world but suffers the loss of his soul?”

Man is made for God. Man is made in the image and likeness of God. And man can never be truly himself if he is not going to be what he has been made to be. So unless man resolves to be one with God then man will never find rest from all his longings. He is like a fish out of water. The Unlimited (image and likeness of God) in him will always demand fulfillment in his limited being (space and time). As St. Augustine said, *“Our heart is restless until it rests in Thee, O Lord.”*

**OUR LADY’S MESSAGE**

It is very important to note that in our campaign for peace, in “our war against war itself and all other problems pointed out in the Third Secret of Fatima,” we do not delve on the negatives, although we look into these to see the context of our Spiritual Battle. We rather concentrate on the ULTIMATE SOLUTION to all these problems.

In the midst of all the problems in the world today, Our Lady promised that “IN THE END MY IMMACULATE HEART WILL TRIUMPH.”

This “Triumph” that Our Lady is talking about is nothing else but the Triumph of Jesus when He said,

***“The world will make you suffer. But be brave; for I have already conquered the world. you will have peace by being united to me.”*** (Jn 16:33)

**Message of the Holy Father (Pope Benedict XVI) in his commentary on the Third Secret of Fatima**

*“****I would like finally to mention another key expression of the “secret” which has become justly famous: “my Immaculate Heart will triumph.” What does this mean? The Heart open to God, purified by contemplation of God, is stronger than guns and weapons of every kind. The fiat of Mary, the word of her heart, has changed the history of the world, because it brought the Savior into the world – because, thanks to her Yes God could become man in our world and remains for all time.”***

What Our Lady has been asking from us is **to be united with God in His Divine Indwelling within our soul** so that we may activate the KEY that opens up all the treasures of God’s wisdom and knowledge which help us to promote the solution to the problems of humanity.

***“I shall avail myself of the darkness which the devil has spread everywhere, to choose the souls of the littlest of my children and I shall give them my own light… Thus everyone will be led by this very obscurity to seek salvation in the light which issues from my Immaculate Heart. And all the triumph of my Adversary will have only served to help many souls to take refuge in my mother’s Heart.”*** (May 13, 77)

**DIVINE INDWELLING**

**KEY TO ALL THE TREASURES OF GOD’S WISDOM AND KNOWLEDGE**

Contemplation on the Divine Indwelling is the key that opens up **ALL** the **TREASURES OF GOD’S WISDOM AND KNOWLEDGE**. This is what Colossians 2:2-3 says. People simply have to know what this key is and how to use it. The Key to the Solution to our human pains and problems is our union with God who dwells in us. It is when we live all the time in the presence of the Father, the Son and the Holy Spirit like little children that we can feel the providence of God.

If the Divine Indwelling is the key, then every Christian must be taught this and how to use the key. This is the reason for the mission: to tell everyone, especially the Christians, the Good News that they have already what they are looking for: “*all the treasures of God’s wisdom and knowledge*.”

Christ-in-you **“is the key that opens up all the treasures of God’s wisdom and knowledge.”** (**Col. 2:2-3)**

To know the key that Christ is within our spirit is extremely important. In order to link with him within our spirit we must “worship him in spirit and in truth” in God’s Divine Indwelling within our soul. For in Christ are hidden all the treasures of God’s wisdom and knowledge.

“***For in Him all things were created, things in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities. All things were created through Him and for Him. He is before all things, and in Him all things hold together.*** ***And He is the head of the body, the church; He is the beginning and firstborn from among the dead, so that in all things He may have preeminence***.” (Col 1:16-18)

***“The hour is now here, when true worshipers will worship the Father in spirit and truth; for such people the Father seeks to be His worshipers. God is spirit, and those who worship Him must worship in spirit and truth."***  (Jn 4:23-24)

DI and Walk through are therefore important in order to form the habit of being always in the Presence of God and be united with him. Being mindful of the Presence of God within and to remain united with God evoke the light of God from within. This light of God is what God uses to enlighten us, to give us peace, to inspire us and to guide us every moment of our lives in our journey through life.

All the treasures of God’s wisdom and knowledge are hidden in Jesus Who by His Holy Spirit dwells in the depths of the heart of each person baptized. This is how precious each baptized is.

God is the Totality of whatever goodness, wealth, treasures that man in his limited capacity can ever conceive. God made all these treasures available for man in God’s Divine Mercy. Everything that God “has conceived” is all for man’s good as God wants man to be “like him” as any good father would desire.

Since without God man in his very limited nature can do nothing, God has given him the key that can open up all the treasures of God’s wisdom and knowledge. And this key is God Himself who dwells in the soul.

It is simply for man to be with God, and God will release whatever is good for man. God may only release to man whatever good God may share only according to the measure that man is united with his God. Hence it is extremely important for man to grow in union with God forever.

There are several reasons why people cannot see the wisdom and knowledge of God. Some of the basic causes are ignorance, concupiscence, sin, distractions of the world, and pride of life.

Since we do not know how to be with God, God promised to give to us His Holy Spirit who will stay within us to teach us all that God wants us to know and to lead us into all the truths.

***“The Father will give you another Advocate who will be with you forever…. You know him because he is with you and is in you.”*** (Jn 24:16-17)

***“When the Spirit comes…. He will lead you into all the truths. The Spirit will take what I give him and tell it to you.”*** (Jn 16:13,15)

In order to let flow God’s graces of wisdom, knowledge and all spiritual blessings from within us there are two basic things that one need to do: DI and Walk Through.

The **exercise of DI** (Divine Indwelling) is to keep constant contact with God who is already in us. We only have to be recollected in God’s Presence within us in Contemplation and ask for His wisdom, knowledge and guidance.

The **Walk Through** is a process to study and share the endless truths of the Lord’s revelation in Scriptures and in the life of Church. All truth is already in us. We simply have to surrender ourselves to God’s instructions how to get into ourselves. This is the purpose of studying and sharing the Word of God in a team or community.

We now know that Divine Indwelling is the key that opens up for us all the treasures of God’s wisdom and knowledge which are hidden within the spirit of man. Such divine wisdom and knowledge enable us to see and understand that everything in Creation that God has made is a symbol, sacrament and indicator of God’s endless graces, generosity and providence for the survival and sustenance of man.

One who is truly one with God can never grow hungry, because God will give him the grace to see the endless potential of God’s abiding graces from the things of Creation. Just to think of it: one seed, planted and nurtured with love and care, yields a hundred seeds. A hundred seeds yields a thousand seeds. And a thousand seeds yields a million seeds. And so on. So, if guided only by the love of God, no one on earth will ever grow hungry. And yet there are a million other seeds available just waiting for man to nurture according to the intention of God: to manifest his love and generosity for all.

***“Man shall not live on bread alone but on every word that comes from the mouth of God.”*** (Mt 4:4)

**MEANING OF DIVINE INDWELLING**

**“The Father will give you another Advocate who will be with you forever…. You know him because he is with you and is in you.”**

**Jn 16:13,15 “When the Spirit comes…. He will lead you into all the truths. The Spirit will take what I give him and tell** it to you.”

Divine Indwelling means the revelation of the truth that God Most Holy Trinity (Father, Son and Holy Spirit) dwells in spirit in the center of the soul.

This Divine Indwelling is realized through the Sacrament of Baptism. At this moment God through the Holy Spirit enters into the soul, becomes one with the soul, takes possession of the soul and dwells in the domain of the spirit. From that moment on God lives in the sanctuary of the spirit within man. This is a truth that Jesus came to die for so that God and man shall always be inseparably together.

On the day of our Baptism, the priest anointed us and incorporated us into the life of the Most Blessed Trinity. The Divine Indwelling became effective.

God **is dwelling in** the heart of one who is BAPTIZED. This makes man and woman children of God.

God **does not dwell in** the NON-BAPTIZED although man participates in the “breath of life” or “ruah” or spirit of God which God breathed into man. This makes man God’s image and likeness. (The “spirit” is not the person of the Holy Spirit. Notice the small s and the big S. Read Rom. 8:16)

God is present “substantially” and “personally” in the heart of a baptized.

The Most Holy Trinity (Father, Son and Holy Spirit) dwells in the heart of a baptized person. (Romans 8:16 / Mt 6:6 / Col 1:27 / 1 Cor 3:16)

God is present “substantially” and “not personally” in the heart of a non-baptized. It means that by God’s design in making man, he made man in his image and likeness and gave man his own “spirit” or “breath of life” thus making man an expression or manifest-tation of God’s being, presence and life.

**SCRIPTURES ON DIVINE INDWELLING**

**Bible texts reveal that God (Father, Son and Holy Spirit) dwell within the baptized:**

The Father Mt 6:6

The Son Col 1:27

The Holy Spirit 1 Cor 3:16 / Jn 14:16-17

The **Father** is present in the innermost room of the mansions of the soul. Sta. Teresa calls this innermost room the “seventh mansion.”

**Matthew 6:6** ***“When you pray you go into your room, close the door, and pray to the Father who sees you in secret.”***

The “secret of God” hidden in the soul is **Christ Within**. God wants this secret to be known to all because Christ is the “*key that opens up all the treasures of God’s wisdom and knowledge.”* (Col 2:2-3). Hence the main mission of everyone is to tell all peoples that God resides in the soul of everyone baptized.

**Colossians 1:27** ***“God’s Plan is to make known his secret to his people, this rich and glorious secret which he has for all peoples. And the secret is CHRIST IS IN YOU ….***

The **Holy Spirit** dwells within the soul of the baptized as his **temple**. “The Father will give you another **Advocate** who will be with you forever…. You know him because **he is with you and is in you**.” (Jn 14:16-17)

**1 Corinthians 3:16** ***“Do you not know that you are the temple of God and that the Holy Spirit dwells in you****.”*

Through Baptism the Holy Spirit joins or manifests in the spirit in the soul of man. He joins the spirit of man to witness that we are the children of God. By this union and work of the Holy Spirit, the Holy Trinity dwells in man.

At Baptism man becomes a child of God. It is in the spirit, in the deepest center of the soul that God enters into man at Baptism, making man’s nature a super nature.

**Romans 8:16 “*God’s Spirit joins himself to our spirits to declare that we are God’s children.”***

**Galatians 4:6-7 “*Since you are His child, God will give you all that he has for his children.”***

Thus we now come to the knowledge of the truth that the Father, the Son and the Holy Spirit are dwelling in the center of our soul. And it will be there that each one has to go to worship God. The worship in church is the liturgical renewal of our union and commitment to this Indwelling of God within us.

God’s union and indwelling within our soul in the area of the spirit makes us his children. And since we are his children he promised already to give to us all that we need to have in our lives. As we walk in our daily round of events, we must always be in contact with God within us, like a child holding on to the hands of his father. Then we shall notice that events are placed in their proper place

**Jn 14:16-17 *“The Father will give you another Advocate who will be with you forever…. You know him because he is with you and is in you.”***

**Jn 16:13,15** “***When the Spirit comes…. He will lead you into all the truths. The Spirit will take what I give him and tell it to you.”***

God is already in us. All truth is already in us. We simply have to surrender ourselves to God’s instructions how to get into ourselves and be recollected in God’s Presence within us and ask for His wisdom, knowledge and guidance. This is the purpose of studying and sharing the Word of God in a team or community.

Not knowing how to live in fellowship with the invisible spiritual nature of God, one by faith needs to invoke all the time the aid of the Holy Spirit who already is our guarantee that we shall receive everything from God according to our need.

In case of dire need, man only has to go to God within him and bring back to God’s presence within His promise of Providence, “a kind of reminder” to God of what God already said. But at the same time we must love Him and try to avoid the blocks of sin so that His graces of wisdom, knowledge and all spiritual blessings can flow from within us and attract the temporal tangible graces from outside of us according to our need.

**STA. TERESA D’AVILA (Avila. Spain 1515 – 1582)**

**Doctor of the Church**

God revealed to Sta. Teresa the truth and fact of God’s Indwelling in the spirit within the soul of the baptized. Logic declares that “contra factum non valet argumentum,” meaning, “There is no more argumentation when a fact is presented. God’s Presence in the soul of the baptized is a fact. Hence there is no more arguing about it.

And Sta. Teresa has been declared a “Doctor” meaning Teacher or the Church, more than any theologian or scholar out there.

Sta. Teresa d’Avila, Doctor of the Church, stresses the revelation of God’s Indwelling **AS A FACT**, that **GOD RESIDES WITHIN MAN**. Man may not understand this truth, but if man with his faith in the word of God and the teaching of the Doctors of the Church surrenders to this fact every moment of his life to God in a never ending contemplation, man will have garnered the best while he journeys on planet earth.

Sta. Teresa teaches that in the center of the soul is the domain of the spirit. And it is in the spirit that God takes his dwelling place to unite himself with man. (Rom 8:16)

“*The soul is taken into… an abiding place in the soul as He has in Heaven…* ***The Lord appears in the center of the soul****… The* ***spirit of the soul*** *is* ***made one with the Spirit of God*** *in a union of two which cannot be separated from each other* **(Interior Castle)**

Sta. Teresa teaches that the soul remains all the time in the center with its God. God’s Divine Indwelling “Christ-Within” remains all the time in the center of the soul. The center of the soul is the spirit.

**“*The soul remains all the time in the center with its God… It never moves from its center nor loses its peace, which is Christ-within… The center of the soul which is the spirit is not touched nor disturbed; there the King dwells… To seek God within ourselves avails us far more than to look for Him amongst creatures…. The fact is God resides within us.”***

To unite with God man has to go into the spirit, by making an act of faith in the truth of the Word of God revealing his Divine Indwelling and to make the exercise of Self-Emptiness by exhaling towards the heart and live in his presence.

There is, therefore, an oasis within man where man can find rest and comfort. This is what Our Lord meant when He said, **“*Come unto me all you who are weary and are heavily laden. I will give you rest.*”** (Mt 11:28)

The Spirit of God becomes one with the spirit in the soul in a union which cannot be separated because the spirit is, in a way, claimed by God as His own. It is now returned to God forever since the day of Baptism. At the moment of death the spirit goes back to God where it belongs. (Eccl 12:7).

However the soul may not be united with God. When one is in sanctifying grace, the soul is united with God. But when the soul has mortal sin, the soul is estranged from God and is blocked away from that union. At the moment of death the soul in mortal sin is forever separated from God. It is hell.

It is clear in the teaching of Sta. Teresa that the center of the soul is the spirit. Nothing at all can disturb that place deepest within us; for that place in us is reserved for the King. It is there that God dwells. It is there that we have to go to meet our Friend, our Father, our Brother, our Life, our God. God is waiting for us all the time in the center of our soul.

**“To seek God within ourselves avails us far more than to look for Him amongst creatures….”** (Sta. Teresa d’Avila)

This abiding place in the soul where God takes “the soul” is the area of the spirit in the center of the soul. That area is where man shall start to live “in Heaven with God.” The Spirit of God and the spirit of man are so one, since Baptism, that they cannot be separated, even if man is covered with the darkness of sin. God still dwells in the soul. This is what Sta. Teresa teaches that the abiding place in the soul which is the spirit is where a taste of heaven can be experienced, when God gives it to the soul. It is a foretaste of heaven.

However, his presence and light is blocked by sin. Hence it is necessary that we strive to remove sin from our soul and our lives.

When God wants man to unite with Him God brings man into the spirit within man, and there God and man make their dialogue and fellowship beyond imagination and words. God appears in the center of the soul within man.

People are looking for the reason of their identity. They will not be able to find it until they find God in the center of their soul; because God is the reason, the cause, the source of our being and life, our identity. So to seek God within ourselves is to seek the personality of a close encounter with the source and meaning of our life. To look for God in other things are only reflections of the attributes and the power of God. But God wants that we relate with Him “with all our heart, with all our mind, with all our soul and with all our strength” – all within us.

All the ultimate things that man is seeking are placed by God within man. It is the life, the power and the treasures of God himself. All the things that man seeks outside of himself will just disappear one day. No wonder Jesus said, “Lay up for yourselves treasures that neither thief can steal nor moth can destroy; but rather lay up for yourselves treasures that will last forever.” This Treasure is God and his Kingdom within.

**“The fact is God resides within us.”** (Sta. Teresa d’Avila)

Thus to look for these treasures within man is far more beneficial for man than to look for whatever in the things around him.

**ST, AUGUSTINE OF HIPPO**

**(354 – 430 AD Algiers, Africa)**

**Doctor of the Church**

St. Augustine of Hippo, the fourth century great scholar, philo-sopher, a Manichaean heretic, debater, politician, got converted and found peace and true love for God when he realized the truth of God’s Divine Indwelling. He wrote this in his Confession towards the end of his life, saying,

*“Too late have I loved You, O Beauty, ever ancient yet ever new! Too late have I loved You! Behold, You were within me and I abroad; and there abroad I searched for You. Yet deformed as I was, I pursued the beauties that You have made.* ***You were with me, but I was not with You****. I distanced away from You through the things You have created, which could have not existed if these were not in You. (Conf Bk 10 Ch 27) I have gone about the streets and the broad ways of the city of this world seeking for You, but have not found You for* ***I was wrong in seeking for You outside of me, when all the time You were within me.*** *(Ch 31)* ***My heart is restless until it rests in You, O Lord.”***

To St. Augustine “abroad “ means the “different things, realities and values that God created or that man has made, this be physical, economic, social, cultural, political, etc. of the things of this world that man normally pursues on earth.

St. Augustine searched for happiness and fulfillment in all these things, but never found them, until he realized saying, “My heart is restless until it rests in Thee, O Lord.” From that moment on he never stopped contemplating God in his life and did everything the people will live by the truth of Divine Indwelling.

St. Augustine realized that God was always with him, but that he was not serious about being with God. He just lived in the first mansions of the soul.

Every day of his life, St. Augustine was in pursuit of worldly values. He achieved them indeed, but he realized there was still something lacking within him. The more he absorbed the things of the world, the farther he felt away from what he seemed to be looking for.

The more he searched and the more he achieved, the more he was not satisfied with what he achieved. He was thirsting for more. As he traveled and searched for the things of this world the more distracted and dissatisfied he was.

It was later in life that St. Augustine realized that all that he achieved was in vain until he pursued the simplicity of God in all these things. He realized that he could never be fulfilled with his efforts looking for things outside of himself until he had to look for God and his truths within him.

This statement became the famous conclusion of the life of St. Augustine and of every saint and contemplative. Man can never find rest in any of his pursuit until he makes his decision to steer his life towards UNION WITH GOD WITHIN HIM and seeing everything from the point of view of this union.

Meditate on the words of St. Augustine; and find out how these words are echoed in our own experience. St. Augustine realized this only towards the end of his life as a Bishop of Hippo, when he already was an old man. That is why he wrote in his confession with tears in his eyes, saying, “Too late….” Like any other ambitious man, Augustine also looked for what the world offered him at that time with all its glamour, attractions and noise. In the end, he found himself still restless and unfulfilled, until he realized that only in God within him could he find his rest. Thus he wrote his confession. **“I was wrong in seeking for You outside of me, when all the time You were within me. (Ch 31) My heart is restless until it rests in You, O Lord.”**

**Set 12**

Man is made for God. Man is made in the image and likeness of God. And man can never be truly himself if he is not going to be what he has been made to be. So unless man resolves to be one with God then man will never find rest from all his longings. He is like a fish out of water. The Unlimited (image and likeness of God) in him will always demand fulfillment in his limited being (space and time). As St. Augustine said, *“Our heart is restless until it rests in Thee, O Lord.”*

**LITURGY AND DIVINE INDWELLING**

In every Holy Mass this message of Divine Indwelling and the truth of God’s presence in everyone in the congregation are proclaimed. This is the only greeting repeated by the priest every time he says **“The Lord be with you.”**

Many Catholics do not realize nor live this truth of what the priest announces at Mass because this has not been explained or emphasized by many priests of the Church.

The proof that this is not lived by many Christians is the fact that a lot of troubles are popping up in many Christian and non-Christian communities. One sign that the Divine Indwelling and the Gospel is lived is the openness and respect that people have for each other in spite of their many differences.

Many Catholics do not live the message simply because they do not know how to do it. There are many apostolates that bring the good news but the problem is the need of a discipline of practical application in Catholic communities to put the Divine Indwelling as a way of life.

Although God has already poured into man all the graces beyond man’s comprehension, yet the freedom of man remains whether he will surrender to God within him or remain ignorant about it still and live according to his superficial limitations of his senses, intelligence and will.

If people would be taught and would form the habit of living the Divine Indwelling, then there will be mutual respect because of God’s presence. There will be dialogue and integration of thoughts, ideas and actions, a sharing of charisms, and not bigotry and heated confrontations and wars. There will be peace.

**CATECHISM OF THE CATHOLIC CHURCH**

The Catechism of the Catholic Church teaches:

*“The Church’s* ***first purpose*** *is to be the sacrament of the* ***inner union of men with God.*** *Because* ***men’s communion with one another is rooted in that communion with God****, the Church is also the sacrament of the unity of the human race. In her this unity is already begun…, at the same time, the Church is the sign and instrument of the full realization of the unity yet to come…. God desires that the whole human race may become one People of God, form one Body of Christ and be built up into one temple of the Holy Spirit.”* (#775, #776)

*“The* ***ultimate end*** *of the whole divine economy is the* ***entry of God’s creatures into the perfect unity of the Blessed Trinity.*** *But even now* ***we are called to be a dwelling for the Most Holy Trinity.*** *“If a man loves me,” says the Lord, “he will keep my word, and my Father will love him, and we will come unto him, and make our dwelling with him.”* (#260)

**DIVINE INDWELLING AND CHRISTIAN LIFE**

Man can allow God to act from the center of his soul by means of **contemplative faith** when man believes in God’s Presence as Jesus said it. But faith is not enough. One has to make the **Interior Journey** constantly towards union with God through a never ceasing awareness and exercise of Divine Indwelling. A third important act to allow God to move from the center of the soul is to have a regular **Walk Through** with others who are in the same journey.

The first thing to do is to realize that wondering thoughts are normal operations of the brain. And it is extremely difficult to stop them. How to deal with them is first to recognize them, and to let them be as they are.

But when such thoughts come up it is to remind one that one should learn how to relax by doing the Divine Indwelling Relaxation Exhalation. Distractions are actually a call to surrendering in God and Union with him. One should learn the discipline of keeping silent and contemplation, however vagrant and noisy the mind may be. JUST DI!

Man is always on the search for happiness, comfort, pleasure from any earthly value, namely, education, economics, politics, or from any other value that are on the surface of the earth. He looks for these things which are outside of himself. Man seems unable to learn the lesson that whatever he achieves and takes from the earth can never satisfy his innermost being, nor fill up his soul, because the deepest portion of his soul is RESERVED only for his King and Creator. Nothing can truly fill up his soul but God; for the spirit of man deep in the soul is reserved only for God. Hence unless man will resolve to go back to God within him, man will never find rest. Let us listen, then, to St, Augustine.

Man is never satisfied and will never be satisfied with whatever he holds dear on the surface of the earth that is not God Himself. Why? because man is not made for these things or these values. He is made for God alone. This is what the First Commandment is all about. “Love God with ALL your heart, with ALL your soul, with ALL your mind and with ALL your strength.”

A deeper reason for this lack of satisfaction is because man is at the crossroad of his own being. He is made in the image and likeness of the Unlimited God yet placed in a limited container of space and time. His feeling of lack, feeling of dissatisfaction is coming from his nature of being too close to space and time and not realizing his unlimited portion of himself. In order to resolve the many unfulfilled desires it is most beneficial for man to go and unite himself with the UNLIMITED. His feeling of unlimitation is a calling to come and be one with the UNLIMITED.

Nothing that the soul does and tries to achieve can fill up the hunger of man because there is still an area in the soul which the soul nor the world can never fill up – and that is the area of the spirit which is reserved ONLY FOR GOD. ONLY GOD CAN FILL IT UP WITH HIMSELF. Therefore man will never be completely happy if God will not make man see the fullness of God’s union in the spirit of man. This is what Jesus meant when He said, “What does it profit a man even if he gains the whole world but suffers the loss of his soul?”

When God wants man to unite with Him God brings man into the spirit within man, and there God and man make their dialogue and fellowship beyond imagination and words. God appears in the center of the soul within man.

If man wants to experience heaven, it is in his soul that he should go and wait for the Holy Spirit to draw him to the Presence of God.

Man can allow God to act from the center of his soul by means of **contemplative faith** when man believes in God’s Presence as Jesus said it. But faith is not enough. One has to make the **Interior Journey** constantly towards union with God through a never ceasing awareness and exercise of Divine Indwelling. A third important act to allow God to move from the center of the soul is to have a regular **Walk Through** with others who are in the same journey.

**DIVINE INDWELLING vis-à-vis SIN: MORTAL AND VENIAL**

When sin is present in our life, there is dirt or block between the soul and the spirit that prevents the light of God to shine forth from within. Hence man’s awareness and attitude starts to depart from being aware of God’s presence. The thought of man is no longer the awareness of God being present, but is filled with the things and curiosities of the passing values of this world, however, legitimate. Man begins to feel that he “lacks” things; that things do not satisfy him, that he begins to be bored. He begins to be attached to human relationships, boyfriend, girlfriend, husband, wife, family, friends, job, money, pleasure, etc. These things become ends in themselves in man’s pursuit. Although he believes in God, yet God is not the priority but the things and values of this world, however legitimate.

However, sin mars this relationship. Mortal sin completely blocks that intimate relationship between the soul and God, even though God remains within the spirit as in his temple. The soul is darkened by sin although God remains in the spirit. Hence the Sacrament of Reconciliation is necessary to remove the sin and to restore the light of God to shine forth from within.

At the moment of death, if man is caught up in mortal sin, then the spirit of man goes back with God in heaven (Eccl 12:7), while the soul and body of man goes to hell (Gehenna Mt 10:28). Since life comes from the spirit and not from the superficial nature of the soul itself, then when the spirit is separated from the soul, man is “dead,” Eternal Death, we call it. Hence it is important that man is pure and clean within him before the presence and sight of the Lord.

If a soul is in mortal sin and his body is still alive, then that soul is totally blocked away from being in union with God, although God still dwells in his spirit within the soul. But the soul no longer participates in the sanctifying grace of God.

If a soul is in mortal sin and his body is caught in physical death, then that mortal sin is considered a second death or eternal death. That soul goes to hell and suffers there forever.

The first thing to do is to realize that wondering thoughts are normal operations of the brain. And it is extremely difficult to stop them. How to deal with them is first to recognize them, and to let them be as they are.

But when such thoughts come up it is to remind one that one should learn how to relax by doing the Divine Indwelling Relaxation Exhalation. Distractions are actually a call to surren-dering in God and Union with him. One should learn the discipline of keeping silent and contemplation, however vagrant and noisy the mind may be. JUST DI!

***"The spirit will go back to God who gave it to us; while our body will return to the dust of the earth."***(Eccl 12:7)

When God wants man to unite with Him God brings man into the spirit within man, and there God and man make their dialogue and fellowship beyond imagination and words. God appears in the center of the soul within man.

If man wants to experience heaven, it is in his soul that he should go and wait for the Holy Spirit to draw him to the Presence of God.

**THE MISSION OF LORD’S LEAVEN**

Although God has already poured into man all the graces beyond man’s comprehension, yet the freedom of man remains whether he will surrender to God within him or remain ignorant about it still and live according to his superficial limitations of his senses, intelligence and will.

If people would only be taught and led to form the habit of living the Divine Indwelling, then there will be mutual respect for one another because of God’s presence. There will be dialogue and integration of thoughts, ideas and actions, a sharing of charisms. There will be peace and not bigotry and heated confrontations and wars.

This is the reason why Lord’s Leaven Mission Society has been established in order to make the mission of Divine Indwelling a practical way of life for all Christians and likewise to share through the Walk Through the truth that God has already laid out for us “all the treasures of God’s wisdom and knowledge.”

**Meaning of “JUST DI”**

JUST DI means JUST DO IT (**constant exercise of contemplative Divine Indwelling**). They simply have to close their eyes, bow down their heads and exhale slowly through their lips towards the heart and say, “Lord, I know you are dwelling in my soul.” This exercise must be done regularly until one takes the habit of Divine Indwelling. No other thought should occupy as priority in one’s mind, except this truth and how to spread this truth to all.

**Divine Indwelling Prayer**

In order to exercise the Divine Indwelling, the following prayer is suggested to be memorized and prayed often during the day. One should pray this prayer very slowly and meditatively, making a pause at every phrase and letting the prayer sink into the heart with love and humility:

***“My Lord and my God, / Father, Son and Holy Spirit, / I believe that You are dwelling in spirit / in the deepest center of my soul. / I adore You. / I love You. / I trust in You / for You are the Source of my being / and my life / in all that I think / say / and do. / Help me to see You in the heart of others and see the reflection of You in every thing that you have made. And help me, Lord, to understand the things that I cannot change. / May Your Name be praised, / blessed/ and glorified / forevermore./ Amen.***

As often as one can afford to say them. Suggested is to pray the prayer every hour for nine hours each day, similar to the Divine Office Prayer of the Church.

Before we pray the prayer we are supposed to exercise self-emptiness and DI. We relax by exhaling slowly through the lips and letting go every part of the body to prepare it in contemplative mood before we enter into the Presence of God within the soul. Then with faith, humility and love, we slowly pray the prayer before the Father, Jesus and the Holy Spirit.

*“Oh my God, Trinity whom I adore,* ***help me forget myself entirely******so to establish myself in you, unmovable and peaceful as if my soul were already in eternity****. May nothing be able to trouble my peace or make me leave you, oh my unchanging God, but may each minute bring me more deeply into your mystery.* ***Grant my soul peace. Make it your heaven, your beloved dwelling and the place of your rest. May I never abandon you there, but may I be there, whole and entire, completely vigilant in my faith, entirely adoring, and wholly given over to your creative action.****”* (CCC #260: 2565)

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**GOD DWELLS IN SPIRIT**

**WITHIN OUR SOUL**

***Just exhale slowly***

***towards your heart***

***and think of Him***

***within you***

***in silence.***

***“Be still and know that I am God.”***

***(Ps 46:10)***