

Making Space for the Divine

Insights of a modern mystic

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Nothing shows up in your life unless you make a space for it.

If you want a special person in your life, you need to make space for that relationship. Let's face it, you're not likely to attract that special person into your life if every waking moment of your day is already taken up by work, sport, and social commitments.

Something has to make way to allow that person in for your relationship to flourish.

It's the same with the divine.

If you want a relationship with the divine, you need to make it a priority and that means making space for it in your daily routine.

The most common excuse I hear whenever I suggest to someone they take up meditation or any other spiritual practice is: I don't have time to do that.

Would that be your response?

In the field of personal productivity, we talk about the difference between being busy and being productive. Being busy is simply filling your time with activity. Being productive is engaging in focussed activity - tasks aligned with a productive objective.

In my experience, you can be busy and non-productive, and you can be productive without being busy. It comes down to how you choose to use your time.

If you want to develop a relationship with the divine but don't think you have time to meditate or pray, make a list of all the things you spend your time doing. Then, declutter that list.

If you're serious about developing a sense of your spirituality, you need somewhere between twenty minutes and an hour each day.

When I started on the mystical journey, I simply got up half an hour earlier each morning so I could meditate. Over time, I started watching less TV and spent more time reading and writing in my journal. Then, I gave up a few weekends to attend retreats away from home. The more time you make available to the divine, the easier it becomes to allow the divine into your life.

The secret is choosing to make it a priority.

Works every time, whether you're making space for the divine, a relationship, or your life's work.