

Preface

I wrote this book at the insistence of two close friends and two published authors. In addition to the messages, most of the text was given to me by direct revelation during my pre-dawn meditations...not that I was looking to write a book. The Divine would show up, in one of the many forms He assumed, and start speaking. My job was, and still is, to listen and record what I heard.

This is where all my learning took place...in the quiet moments when it was just that all-knowing-Source and me. I mentioned this in passing to my dear friend, Linda Fallo-Mitchell, thinking that she may want the numerous spiral notebooks should anything ever happen to me. I figured that if my husband were to find them he'd probably just throw them out; likewise, my kids.

Years after learning about these journals Linda received guidance that the messages I had received were to be compiled into a book. That seemed like an insurmountable task to me for two reasons: first, because I can't type; and second, in spite of their source, I thought a lot of what was in the journals might be a waste of most people's time. Linda was not having any of my protests and her conviction led her to type almost all of my journal entries that summer. As she began typing she became more, not less, convinced that I had to write the book.

Drawing on her experience as a developmental psychologist, educator, and researcher, and using years of puzzle solving skills, Linda took my random, chronologically ordered revelations and grouped them into topics that became the chapters you will read in this book. Linda would send me a series of journal entries on a particular topic and tell me to make it into a chapter, which I would do and send it back to her for further editing. The only writing I did that was not by divine revelation was to connect the dots of my story and to connect otherwise random entries to help the story flow more smoothly. In this way, working in God-time, Linda and I eventually gave birth to *Everyday Mystic: Finding the Extraordinary in the Ordinary*.

The purpose of this book is to tell you that you have the power to live your life on what I call God's jet stream and to illustrate what a life lived on His jet stream can look like. Judging by my own experience, it can be a wild ride with results more glorious than anything you might have imagined for yourself. It will show you how to align yourself with the Divine, how to have God streaming live, and then how to follow Divine guidance. The title of this book, *Everyday Mystic*, is not meant to trivialize mysticism but to underscore the profound depth of who each of us is, as a part of, instead of apart from, the One, the Unity, God.

I write not as a learned person, a priest or an intellect. I am here to pass on to you what Jesus has shown and said to me. I was never religious nor did I know what to believe about Jesus until he spoke to me. Although I use the word “spoke” it is inaccurate because initially, he communicated without actually speaking. His first message was crystal clear—that the meaning of our life is pure love. That’s all he wants in its deepest truest form...for this love, which is the Divine within each of us, to be extended to everyone without exception. Extend it as if the person opposite you were the Son of God, because he is. And no matter how he chooses to live his life here on earth, God loves him/her no more or no less than he loves you. Jesus gave to me the gift of knowing what these words meant and what it felt like to be truly embraced by, and incorporated into, that kind of love. He allowed me, for what may have been a moment on earth but an eternity in heaven, to exist in his love. It is a love that is so beautiful, so totally unconditional...that I did not wish to return. Yet, I did return with the realization that life back here is not as easy as it is on the other side...or is it?

I am acutely aware that many will simply think I am crazy after reading about my experiences and the messages I have received. But I assure you I am not – wait, isn’t that the first sign of mental illness...that you don’t recognize your own condition? I was the first to wonder about my sanity after my earliest mystical experiences, which I was careful not to share with anyone. Looking back I see how much resistance I had to them. I completely shut down the first two experiences and returned from the third one intrigued but beguiled as to how I would apply what I learned in my own life.

I was concerned about how I would defend the messages I received, and then realized that it would be impossible, so I won’t. I received them in states of elevated consciousness or union with, dare I say, God? Quite probably considered by some as the basis for quackery. But how can the messages be quackery when they brought inner peace, love and joy into my life? My journey, this book, is taken from private journal entries that were never meant to be shared and, in fact, the journal entries themselves would never have been written were it not for the insistence of my mother. It was she who encouraged me to document my revelations even though I was working full-time and taking care of my two children. Knowing that initially I wasn’t following her instructions, my mom started writing a few notes whenever we spoke. Eventually, I relented and started scribbling notes myself.

Linda is convinced that the story lies in the ordinariness of my life and the extraordinariness of the revelations, the message being, as author and medical intuitive Caroline Myss describes, that we can be mystics without a monastery. My story is about how I began, in the course of my daily life, to see and hear God. My premise is that if I can see and hear Him so can you. I am here to tell you that you already have a direct relationship with God, if that is what you want. You already have God communicating with you in many different ways—you just need to open yourself to the infinite

possibilities. I wrote this book so that those of you who are already having mystical experiences, or would like to, don't have to go through the same resistance that I did. It is my hope that it will guide you, through the example of my journey, onto a practical path that can lead to mystical experiences and provide insight into how you can make living the messages a reality by carrying the feelings of the mystical experiences with you into your ordinary life. Once you put the principles in this book into action you will have taken the first steps to making your life heaven on earth.

I am a mother, a wife, a friend, and a volunteer, all those things that many of us are, have been, or will be. I have an MBA in Banking and Finance and worked 60 hours a week at IBM for 18 years, which included most of my kids' childhood. In 1998, I walked away from half my salary to work part-time—30 hours a week. I worked part-time for a year until I finally quit, walking away from my salary and our family's only source of medical coverage. My husband was starting a new business and our financial future was less than certain. However, I felt that my path was leading me home; not only to my children, but to my life's purpose.

I have never had the luxury of experiencing the traditional life of a mystic or chanting the sacred OM on a mountaintop. Instead, I share my time, my love, joy and sorrows with my husband, children and friends. Many of my early revelations came when I was balancing family and corporate life. The revelations continued as my life evolved from corporate executive to homemaker and volunteer, to full-time Reiki practitioner and teacher, to founder of the *Global Peace Movement* and *Channeled Grace Healing Circles*. My list of responsibilities and activities is long, just like yours. In my social life, and in life in general, I believe in having fun and in laughter - lots of it. The only thing I may be doing differently is finding time each day to sit in quiet solitude to listen to what God has to say. Sometimes I have a question for God but many times I don't...I simply listen to, or look at, what He chooses to reveal to me.

I know that you can do this too. Sharing the story of my path is not intended to highlight how I am different from you. This story is about all of us. What makes you and me special is our divinity and unity with each other and all that is. Years ago I was asked by a woman, let's call her Eloise, for advice on a relationship issue. I decided to meditate on it and received a message for her from God. I was excited to pass it along because, as is always the case with God's messages, it was a beautiful, simple solution in which everyone would win. Her response surprised me but I suspect it may be the response of many others. It was an angry, demanding, "WHO ARE YOU TO THINK YOU CAN TALK TO GOD?" I responded that I was nobody; that's the whole point. I am nobody special and God is talking to me so that must mean God is talking to everybody.

It is my hope that the messages I have received will help you on your journey of self-discovery and will lead you to a life of inner peace, love and joy; that they will help you to discover that *you are in Him and He is in you*; that you will learn to love yourself

unconditionally because that is the way God loves you. All of the messages from God and His messengers have love at their core...unconditional love of oneself and one another.

The Light burns within you—it *is* you. Begin to see yourself as the physical manifestation of the Divine. As such, direct revelation is already there for you. Make time to sit quietly and listen to and see what God chooses to reveal to you and out of the ordinariness of life will come the extraordinariness of a relationship with the Divine in you.

With love and recognition of your Divinity,
Theresa Joseph

Introduction

This is a story about finding the extraordinary in the ordinariness of our lives. It is already there, woven into the fabric of our everyday lives. It is about surrendering to Divine will and about humility. I unknowingly started on this journey by taking a Reiki¹ energy healing class in my spare time, picking up a book on angels and remaining open to the infinite possibilities that exist within the realm of consciousness. Jesus entered the fray and I followed what I thought were his signs, not knowing where they would lead. Today, I am still just following the breadcrumb trail that he leaves me, which, to-date, has led me to pastures filled with more inner peace and love than any I would have found on my own.

From the time I took that first Reiki class, over 15 years ago, until fairly recently, I was hesitant to refer to this energy that I experience as God. Instead, I was happy to adopt the Reiki nomenclature of “universal life force energy” since it lacked any religious connotation. As I became more intimate with this universal life force energy, I began to feel that it was more of an organizing force with a consciousness that we were all tapped into. I started calling it Energy, the Universe, Source, the Divine. Then, tired of explaining myself, I lapsed into calling it God, which to me meant that genderless, ineffable *Something* that is Everything and Nothing at the same time; that Consciousness which pervades our very being and connects us to all things, living and inanimate. To me, now, God is Love.²

God loves us so much that He created us in such a way that we are never separate from Him. As a part of Him we embody those attributes we ascribe to God, and although I don't see the need for religion, I do understand how religion, or a philosophy teaching one to love unconditionally, can be useful. I see no difference between an atheist who loves unconditionally and a Christian, Jew or Muslim who loves unconditionally. The God, Energy, Everything/Nothing that I am familiar with transcends religion and defies our attempts to define It. Jesus is my teacher and you will find many messages from him in these pages, yet he has never appeared to me as a Christian or a Jew. He has never told me to go to church or to synagogue, but neither has he told me not to. Mother Mary has

¹ Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive...Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person, including the body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing. Source: www.Reiki.org. Reiki is currently used in hospitals, hospices, spas and wellness centers.

² I anthropomorphize that Love by using the traditional Christian/Judeo masculine pronoun **solely** to facilitate the telling of this story.

also delivered messages to me as have the Catholic saints, St. Thérèse of Lisieux, St. Teresa of Avila, St. Rita, and the energy I call God, yet I find myself outside the boundaries of traditional religious practice. Instead, when possible, I try to spend two hours a day in silence with these entities and with God. Their love for us all is as alive and well as if they were here among us.

I know I am not the only one who can sit in silence and receive messages from Jesus, Mary, saints and other spirits, but those who have seen the messages that have been revealed to me say that they must be shared with the world. As I started to include these messages in the book I kept feeling that I had to edit them or to couch them in some way, which ended up diluting both the messages and the feelings I was asked to convey. This was happening because I was trying not to offend anyone, even atheists, to whom I have written a note in the appendix. But then I was left apologizing to God. Therefore, in an effort to be true to the God who speaks to me, I offer the messages unedited. The Source who has made Itself available to me and spoken to me with unconditional love and lack of judgment loves everything and everyone. It doesn't exclude anyone based on his or her belief system or his or her way of life. We need to follow this example, and when we do we too will know heaven while we are here on earth. Heaven leaves no one out. God loves everyone and is waiting for us to love one another.

So please, as you read, do not get caught up in the names of the messengers. For those of you who are uncomfortable with my messengers please replace their names with ones of your choosing. They are not coming to convert you or to endorse a religious belief and they have no ego. They endorse unconditional love and don't seem too concerned about how you get there. Do, however, allow yourself to get caught up in the messages and you will see that they transcend the presence or absence of religion. As with all mystical truths they defy characterization because they speak to the heart of every person regardless of cultural or religious background. As St. Thérèse of Lisieux said, *we must own the deeds*. I found that living life according to the messages in this book brings inner peace, love and joy. As you find that peace and love inside you, you will become the embodiment of peace and love, bringing heaven to earth.

I offer how I found the Extraordinary woven into the ordinariness of my life. I am not suggesting that this should be your life, as mine is full of wrong turns. I am saying that if you want to have an intimate relationship with the Divine, you can. This book tells you how. Based on my experience I don't see anything that stands between you and the Divine or between you and your divinity. The messages are what I have heard and, sometimes, what I have had to translate from a feeling that I was immersed in while in "heaven." I have been convinced that making the messages public could make a difference in the world, but for that to happen the messages contained herein need to be put into practice.

From a practical perspective, to be an ordinary person on the spiritual path requires a

combination of action and stillness. It may begin with, and be interspersed with, your quiet interactions with God, but in between it demands that you live your life. It demands you put one foot in front of the other to cross a street. It demands that you help yourself and it asks that you help others. You can sit and pray all day for groceries to appear on your shelves, but my guess is that unless you get up and go to the grocery store, those shelves will remain empty. Please don't confuse this with the pilgrim's journey in which he deliberately sets out fully trusting God to provide, and He does. That is a different level of awareness that is there for you too, but it may take some time to achieve. The first step is to help yourself and continue to ask for God's help and guidance. Trust that it will appear but if it doesn't—go buy those groceries.

This brings up that fine line between trust in God and doing what you are asked as you co-create your life with God. What is your part? That is something you will work out with God, but it is also something I address in this book. There is no formula and no one-size-fits-all solution, so while you are working out that balance—live your life. There is no instruction manual to tell you when to get up, when to pray, when to listen for God's voice. So, as you are working it all out, help yourself and help others. Love yourself and love others. Forgive yourself and forgive others. Let love and forgiveness permeate your life every minute of every day. The rest will begin to fall into place and as you evolve so will the lessons.

I start this book with a recent story about how I followed God's will for me, which was to move from my beloved home. It will take you through the struggles with, on the one hand, wanting to surrender to God's will and, on the other, wanting to live the life I had planned for myself. It isn't always, but in this case it was difficult obeying and trusting God's will for me. Should you find the story interesting and would like to know how in the course of your ordinary life you can recognize the extraordinariness that is a part of your daily life, then sit back and read on as I share with you what God has shared with me.

The book is organized into three parts. The first part is my journey or, more aptly, how a former-banking-relations-manager-ends-up-hearing-angels-Jesus-Mary-and-others. Part II is how, based on messages I received from the Divine, I feel we can all help to birth a new world in which love and, therefore, peace reigns within ourselves and throughout the world. Part III chronicles the messages I have received from God, Jesus, Mary and others. Part III can be read from beginning to end and/or can be used as part of a daily meditative practice by simply opening to a message for inspiration or guidance.

Throughout the book, italics indicate the voice of the Divine or Spirit/Holy Spirit.³ These words are meant to help you to create your own life of love and inner peace. Many of the

³ Spirit/Holy Spirit as I use it, is one method, but not the only method, by which God communicates with me.

messages from Spirit were meant for deep reflection over the course of weeks or even months. Likewise, this book is meant to be read in small sections; reading and stopping to reflect on how the passages apply to your life. The first Appendix provides you with an in-depth explanation of what it is like for me when I see, hear or feel the presence of Divine beings. All client messages are shared with their permission and client names have been either omitted or changed to protect their privacy.

My story is included for the sole purpose of illustrating how un-special you need to be to hear God's voice, what I call God streaming live, and to ride on God's jet stream. God's jet stream is what you ride on once you start acting on His guidance. On the jet stream synchronicity becomes the norm in your life and solutions to problems are presented, seemingly, out of nowhere. You will see evidence of this in the chapter entitled "Following Divine Will." The default setting for God is to love us unconditionally. God knows we are fallible so it is a good time to stop thinking you must live up to some perfect ideal before God will interact with you. If God's love had to be earned, he would not be talking to me. So, please do not be like Eloise who chose to forego the Divine message and instead focus on being right about whom God does and does not talk to.

The words of Jesus and highly evolved spiritual teachers are living, dynamic words whose meaning evolves with changes in the reader. They are meant to be read and re-read as you grow and change. They are not stakes in the ground but more like signs leading the way. It is up to you to take the steps and, ultimately, to make the journey into their deeper meaning. The meaning I glean from Divine messages depends on my level of consciousness at the time. The meaning changes as I grow and as my understanding deepens. Then I find that my earlier interpretations may not have been so much "wrong" as also part of my journey. This is an ongoing, spiritual awakening of which this book and the messages I share with you are only one part. Spirituality must be incorporated into your everyday life to make a difference. It is an attitude with which you approach every relationship beginning with the one you have with yourself. And so you will see that many of the messages revolve around the central theme of loving yourself unconditionally.

Jesus spoke in simple words because the message is simple. Love. Forgive. That's it. So what is so complicated about this and why would you read this book? Because you need help putting those two words into practice and you need to know that ordinary people are capable of the extraordinary life that comes when you follow Divine guidance. The first time I heard St. Thérèse of Lisieux she said, *Lay down your swords and pick up a broom to sweep away the obstacles to peace—misunderstanding, judgment, and a sense of lacking. You lack nothing.* I will show you what she means.

Part I: My Journey

We can learn about mysticism or we can practice being mystics.

Rabbi David Cooper

*God is a Verb: Kabbalah and the
Practice of Mystical Judaism*

Chapter 1 Following Divine Will

And everyone who has left houses, or brothers and sisters, or mother and father or children, or property for my sake will receive a hundred times as much and inherit eternal life...

-Jesus *The Gospel according to Matthew* verse 19:29

We moved into town with everything we owned in the back of the pickup truck we borrowed from our friend's landscaping company. En route, our mattress and box spring flew off onto the interstate and were run over by a truck. The mattress survived, albeit with tire tracks, but the box spring was crushed. As anyone who has bought a house knows, there is very little money left over to replace things, so losing something as simple as a box spring can be stressful. Fortunately, in the years to follow, our lives grew more comfortable. I wasn't raised "comfortably." I grew up in an old, draughty house on a lot of land with not a lot of money. My parents were ahead of their time, organically growing vegetables on 10 acres and maintaining a 250 year-old farm house. My siblings and I were the built-in child labor. With the exception of a lucky few we all have our childhood horror stories, so I won't bore you with mine. Suffice it to say that majoring in economics and getting my MBA took me a long way from growing my own food to my new town, with no regrets.

So imagine my surprise when, after living happily in Fairfield County for 21 years, I heard a voice in the middle of the night say, *sell your house now. I will find you something.* I knew that voice as he has spoken to me many times before and mostly I am okay with what he has to say. But this time was different. This message was contrary to all I believed my life would be. I imagined myself living some version of my current life, in my house, well past the age when my children (ages 23 and 18 years) had their own children. I imagined myself walking my grandchildren the 100 yards from my house to the beach and looking out my windows to see the sun dancing on the Long Island Sound. There may be more beautiful places in the world but not within 45 minutes of New York City. I was in paradise, and Jesus was asking me to leave.

I did the only reasonable thing I could think of—I ignored him. Realizing that I couldn't do this forever, I took the bait and asked him where I should look for a new house. He directed me to the "middle of the state." Since I am no geography wizard, "the middle of the state" had no meaning to me. I pulled up a map and saw Hartford, Connecticut in the center, but what really caught my eye was a town called Litchfield, spelled out in large bold type, seemingly just west of Hartford. In later investigations I would not even see Litchfield on the map due to its microscopic size, but on this day it appeared as the most prominent town close to the "middle of the state."

I contacted a local family who had bought property in Litchfield County and got the name of a realtor. I figured it couldn't hurt to look, even though my Jewish husband thought I was out of my mind; and he didn't even know that I started my search because Jesus told me it was time to move.

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