

Divine Presence in Everyday Life

By Trista Haggerty

This past year I set about planning another journey to a sacred temple. The difference with this trip was that I didn't need to schedule airline travel or book hotel reservations. This trip was a three week journey to my inner sacred temple that took place in my home. My intent for this journey was to connect with the presence of the Divine in my everyday life.

In the past 17 years, I've traveled to sacred temples in many places through out the world. While visiting the temples, I've had profound experiences that provided me with deep soul nourishment, healing and transformation. But it was often difficult returning home and back to my everyday life where I was juggling many different responsibilities with work and family. I craved to experience the magic and Divine presence I felt at the temples on a daily basis in my own home.

This is the very reason I put together this journey. I didn't want to live my life feeling like I was making it through the day, or just getting by while dreaming about traversing the landscape of yet another temple and feeling the awe inspiring presence of the Divine. I wanted to experience it in my everyday life. I chose the first three weeks of December. I felt the time of Advent would be a good time to create a sacred space in my own home with the intent to bring about change of patterns, change of daily rhythm and to experience the Divine.

My three week journey was an experience that was more than what I could have ever imagined. I designed a daily "itinerary" that easily fit with my life as a mother and with my work and responsibilities. During this time, I brought into my sacred space, which consisted of an altar, a rug for yoga, white lights and roses, everything I wanted to change and/or let go of. My daily time for prayer and yoga was something that I was truly eager for each morning and was a wonderful way to start my day. The presence of the Divine was palpable and I truly felt that I was held through out this journey. Because of this my daily life felt easier, less stressed, and with less struggle.

As the holidays approached along with the "end" of my journey, I knew the real work would begin when my college kids returned home and we would be spending our days together with family and friends. I was so deeply nourished by the past three weeks and was now following a wonderful daily rhythm, that I

was not only concerned I would lose myself amidst the hussle and bussle of holiday and family, but I was mostly concerned with stepping back into the old construct that much of our family dynamic consisted of. As I had spent the past three weeks experiencing the Divine in everything I did through out the day, I became very aware of my old construct which consisted of fear and separation. My journey had offered me a new paradigm where love replaced fear and connection to the Divine replaced the feeling of separation and loneliness. It was amazing to me to be able to make this shift and without experiencing this contrast, I'm not sure if I would have been able to recognize the construct of fear that existed in my life. It was so subtle and had become a part of myself that it was as familiar to me as my own breath.

As my family returned home and my attention turned towards the holidays, I was determined to be present with each and every moment while continuing to walk in the presence of the Divine. I was clearing off my kitchen table, choosing my favorite table cloth and lit candles in preparation for one of my adult children to arrive. I became very aware of my old programming and fear that "this will never change" , a long time grief over the lack of the family dinner table in our home. Bad habits had been fully in place with my busy family and their busy lives. But as I paid particular attention to creating a beautiful space at the table for my child, I chose to let go of my old programming and open the space to new possibilities. As my son arrived home, hungry and exhausted from a week of finals and a long train ride, I handed him his plate of food. I watched him begin to take his familiar route upstairs to his bedroom, but I was still determined not to let my old programming take over. I turned and looked at my lovely table and said to my self, "this is a divine space and anything is possible." The temptation to verbally stop him in his tracks and tell him he had to sit at the table was an overwhelming urge, but instead I stood in the beauty of the space I had created. He stopped suddenly and without saying a word turned and came to sit at the table with me. To me, this was a miracle and I relished our conversation and our sharing at the table. I was deeply grateful.

Now this may sound like an insignificant moment and yet, for me, it was a profound experience and just one of many that took place over the holidays with my family. It also became a new blue print for me as to how to create change in all areas of my life that supported more of who I am and how I want my life to be. Each and everyone of us has a choice for miracles in those split second moments of our lives where we either choose to respond out of our old construct

of fear or to let go and surrender that moment to the Divine. It is understandable why any of us resort to what is known and comfortable in these moments, because the alternative choice is to choose the unknown. It is a different type of fear that creeps in in that moment, for it is as if we are suspended in air, with no footing, no foundation, no familiar ground to stand on. It is similar to the moment we are about to fall with nothing to hold onto and we are so present in that moment of “in between”. The moment between our feet coming off the ground and our bodies hitting the ground. This is the moment in time when miracles can happen, when the presence of the Divine can usher in a new experience and a new paradigm in which to create our lives. The letting go that precedes the entering of the Divine is a necessary component. Being willing to stand in complete vulnerability is the threshold, or the gateway to a miracle just waiting to happen.

I believe that our awareness in these day to day moments is what can help us to shift our lives in all aspects from old constructs of fear that have created much struggle and pain in our lives to creating our lives from an entirely new blue print where the connection to the Divine is infused in all that we do. And perhaps, it is in these moments, where we choose to let go and open ourselves to Divine presence, that our old construct will begin to drop away and a new way of living will begin to blossom.

*Trista Haggerty, co-director of Hawk Circle and The Earth Mentoring Institute in Cherry Valley, NY. has traveled the world visiting the ancient temples and sacred sites where she experienced first hand the initiatory rites encoded in the landscape. She offers retreats and individual tele-sessions for healing to restore balance and wellness to the soul. Trista can be reached at **trista.haggerty@gmail.com**.*