

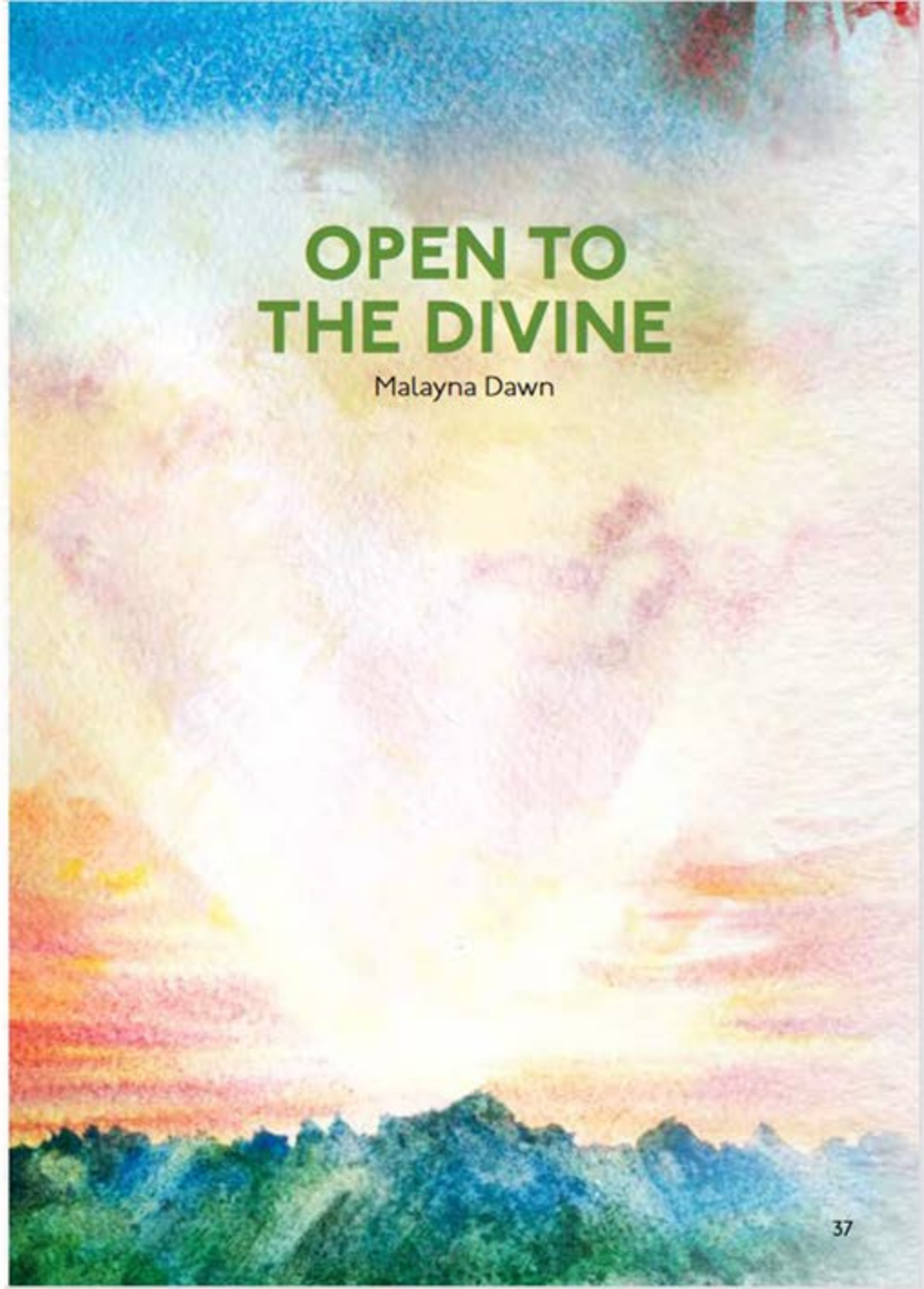


# LIVING ABUNDANTLY


Embrace Your Unlimited Good

## OPEN TO THE DIVINE

Malayna Dawn







As a starting point, the phrase “open to the Divine” can be understood as a call to action, an order given, a whispered imperative from within. Imagine a tightly closed flower bud, full of potential, everything held within. It must open and expand to reach its full expression. When the time is right and ripe, like releasing a held breath, it opens and blossoms. Ah.

We can consciously release our held breath and release our controlling grip to feel the expansion as we allow ourselves to open and blossom.

Consciously opening to the Divine is a process. For the flower, once the petals have space to fan out and blossom, there are layers upon layers to reveal phases of the bloom cycle, reaching outward to the full extent of each petal.

For us, we reach out with our bodies and our senses, extending our energy beyond what we can physically feel. We engage heart and spirit to connect with energy in motion, becoming one with the unseen space. As we expand our aligned consciousness and heart into the infinite, our focus shifts. We blend with the air and the light. We feel nourished and loved, supported and uplifted as we breathe, swim, and dance in the openness.

We feel divine love calling our true selves to continue the process. Nudging us to reach, encouraging us to expand, merging into oneness with the Source. We *are* the space between and the sparks of light, both spaciouly empty and full of energy in potential.

“As the shining forth of the sun brings out the wealth of meadows, the beauty and fragrance of the rose, or the full corn to the husk, so shall the shining divinity of each of us call forth wealth, peace, health, and love where all had seemed a wilderness of sorrow. Only steady shining Truth can accomplish this.”

—Myrtle Fillmore, *How to Let God Help You*  
(Unity Books, 1956)

Once we are open to the Divine, it is a state of being. Being open to the Divine is the way we move through the world. With consistent practice, we can feel our way swiftly through the process and expand the state of being at will, even in the midst of an overwhelming experience.

In the space of a breath, in the space between heartbeats, in the space it takes a brain synapse to fire and inspire, we move from the world of dense form into spaciousness. Here we access the allness of the Divine. We may first turn within or choose to expand outward, but whatever we choose is simply a path to the same Source.

Entering that timeless space, we are renewed with energy, energized with the sparkle of possibility and hope. We can also rest in faith that the Divine is positive, purpose-filled creativity and love. We move from *ah* to *a-ha* and can harness the sparks of light as divine ideas.

Using the metaphor of outer space is helpful, not only because of the beauty of the stars in a limitless expanse, but because our physical bodies are literally made of the same elements found within those stars. This knowledge can reinforce our connection with all that is. We are part of the divine wisdom that has unfolded as creation, and we have access to that same wisdom and creative power within us.

“The power to become is your divine inheritance. You can overcome, you can succeed, you can be healed—if you believe in your divinity, bless it, act as if it were the real and true of you and keep on in the effort to ‘open out a way whence the imprisoned splendor may escape.’”

—Rev. Eric Butterworth, *Discover the Power Within You* (HarperOne, 1968)

As humans, being open to the Divine is something we need to remember. Our senses may pull us back into the world of matter, and we can even close ourselves off from conscious awareness of the Divine, but it is always present. Our true essence is the spark of divinity within us, and when we let it animate us and lead the way, we find ways to celebrate all that we are and all that is.

## WAYS TO OPEN TO THE DIVINE

- ♦ View an inspiring video playlist curated for you at [tinyurl.com/open2divine](http://tinyurl.com/open2divine).
- ♦ Draw or paint the imagery from the poem by Richard Real that begins Myrtle Fillmore's *How to Let God Help You*, Chapter 7:

Back of the canvas that throbs, the painter is hinted and hidden;  
Into the statue that breathes, the soul of the sculptor is bidden;  
Under the joy that is felt, lies the infinite issue of feeling;  
Crowning the glory revealed is the glory that crowns the revealing.  
Great are the symbols of Being but that which is symbolized is  
greater;

Vast the created and beheld, but vaster the inward Creator.

- ♦ Read more of the poem *Paracelsus* by Robert Browning, where Butterworth found the phrase “imprisoned splendor”:

There is an inmost centre in us all,  
Where truth abides in fulness ...  
and, to know,  
Rather consists in opening out a way  
Whence the imprisoned splendor may escape,  
Than in effecting entry for a light  
Supposed to be without.

*Malayna Dawn is the communications consultant to the Unity Southwest Region as well as the board chair for the Unity Church of Alhambra Foundation. Visit [malayna-dawn.com](http://malayna-dawn.com).*





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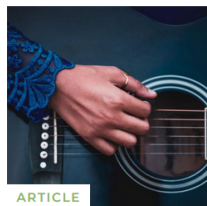
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