

## Aha!

Aha moments—we've all had them. The term is used to describe those swift and unexpected instances of revelation. It is used as an exclamation of astoundment, as if it is outside the norm to be graced with a novel idea or a fresh perspective. We are struck, as if by a bolt from above, with the understanding we previously lacked. We act surprised by these sudden flashes, but in Reality, they are to be expected. An aha moment is simply an acronym that serves as a reminder that I Already Have Answers.

At times, we feel frustrated, stuck, and uncertain as to what to do next. We find ourselves caught in the mire of confusion, unable to proceed for lack of sufficient information. Then comes the aha moment, the poke of a cosmic finger. It is Spirit's nudge reminding us that we already know, on a deep level, which is the best choice in any given situation. The answers we seek reside in the spiritual realm, the inner dimension.

Says the great mystic Meister Eckhart, "God and I, we are one in knowledge." It delights us to be in touch with that all-knowing nature of our true selves. It comes as a spark that overwhelms the senses and brightens the possibilities. A light bulb turns on. Aha! When one reaches awareness, he is said to have *insight*. He now *sees within* the answer he had previously been looking for outside himself. The aha moment is a shift to turning inward where the soul already knows what the physical mind yearns to understand. All knowledge and all resources reside in the Mind of God; we need only call them forth.

To tap into this universal mind field regularly, rather than on rare occasions, one must practice mindlessness. When the carnal brain is allowed respite, inspiration and divine knowledge come intuitively. In this, there is no mental strain. The information we long to acquire eases into our awareness when room is made for it to do so. When we are still, it takes but an instant to recognize that we Already Have Answers. Aha!

© 2011  
Reverend Mary Wanser

The Alliance of Divine Love, Inc.  
*DaySpring* international newsletter