

The God Particle

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“I believe that God is in me as the sun is in the colour and fragrance of a flower – the Light in my darkness, the Voice in my silence.” —Helen Keller.

God delights to hide Himself so only those who seek Him can find Him. But even for those who seek Him, He can be elusive. And yet, He is closer than our own breath. So why do we find it difficult to encounter Him?

We’ve heard that God dwells inside us. “Do you not know that you are a temple of God and that the Spirit of God dwells in you?” (1 Corinthians 3:16). This same God who dwells in unapproachable light (1 Timothy 6:16) chooses to dwell inside us fragile humans. Many of us picture this indwelling Spirit as a flame that burns within a hidden chamber of our souls, mysterious and inaccessible.

God Within Us

Let’s consider a new metaphor: a water drop. Water-drops in the atmosphere, such as those in clouds, are created when water vapor condenses on tiny particles of dust. At the center of every water-drop is a tiny particle. Similarly, every soul is wrapped around a particle of God, but this particle, although tiny, is boundless since the infinite God isn’t confined. God, therefore, is found at your innermost center.

It’s not just that God dwells inside you, but He is at the center of your spiritual makeup, an integral and enduring part of who you are. He is not added to you, but you are added to Him. God is the foundation onto which your soul is built. This means that everyone you meet is also a God-particle wrapped in a soul. People have inestimable value because they carry God within them. Each of us contains a “drop of glory.”¹

St. Teresa of Avila was a sixteenth-century nun who wrote *Interior Castle*. In her book, she describes the soul as a castle with a series of mansions through which one journeys toward the central mansion. She wrote that God’s mansion

“is the center of the soul itself.”² She is saying that God Himself abides at our innermost center. So if you were to plunge into your innermost center, you would find God in His fullness. The deeper you descend into this center-point, the more spacious the view, a paradoxical form of expansion. The practice of “centering” ourselves is, in essence, reasserting God as our center.

Flow From Within

In my book, *Four in the Garden*, Cherished learned that he could connect to Creator via a special connection found at his innermost center. This divine connection was called an umbilicore. It functioned as a spiritual umbilical cord from which he received nourishment from Creator. As in the story, God dwells inside us at our center, and His Life flows outward to nourish our souls.

God’s Spirit or God’s Life is often described as a spring of water that wells up inside us. In John 7:37, Jesus said, “He who believes in Me, as the Scripture said, ‘From his innermost being will flow rivers of living water.’” This flow of living water comes from our innermost center because that’s where God dwells.

God’s Accessibility

Having God at my center implies that God is always accessible to me. I used to view God like a switch that would get turned off if I felt unworthy or guilty. I pictured Him as moving further away depending on my behavior. Then I would have to work to close the gap between us. But, now, I only need to find God at my center, and my experience of God is almost immediate.

So how do we encounter God when He is found at our center? First, we must believe that our connection to God already exists. Our belief in connection creates connection. Feelings of doubt will shut it down. Second, quiet yourself and peer inward, placing your consciousness at your innermost center as best you can. Keep your mind out of this exercise. This inward gazing

is like diving into a well, but the well is full of debris. When you encounter this personal debris, lay hold of it, bring it to the surface, and deal with it courageously. Otherwise, it will block your way. We find God by peeling away ourselves. God is hidden treasure (Matthew 13:44) buried in the center of our souls, and we can find Him when we tear away the onionskin layers of self. Let us be like the man in the parable who, in his joy, sold all he had to acquire the treasure. Dive in, go deep, and risk all.

If you persevere in clearing this well of its clutter, you'll discover that the water of this inner well, the water in which you're swimming, is God. You'll find yourself floating in God, encompassed by His love. In a wonderful reversal, your soul is now wrapped in God, and God moves to the outside as described in John 7:37: From your "innermost being will flow rivers of living water," which is God Himself spilling out into your life and into the lives of those you touch.

¹ Rick Hocker, *Four in the Garden*, page 185

² St. Theresa of Avila, *Interior Castle*, page 154

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