

## How Do You Recognize The Leading Of The Holy Spirit?

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Once you have reconnected to the Father through the work of Christ and have invited the Holy Spirit to live in the temple of your being, start reading the scripture and ask God to show you its truth through the Holy Spirit's guidance. It's ok to use commentaries and to attend bible studies and to discuss the scriptures with those that you trust as spiritually mature, but the goal is to begin to sharpen the conscience so that God can speak directly to you about what His word is saying to you personally. Even if you have a desire to "minister" to others, God will first enlighten and change your state of "being" and this change will be the insights that you share with those around you. Ministry begins with a change in your state of "being". You become "fidelity", before you are authorized by God to speak against "infidelity". You become "wealth" in your being, before God gives you the go ahead to preach on "prosperity".

You must become the change that you wish to minister to those around you. Without a change in your own state of being, you are just a "preachy" individual who looks down on others and thinks yourself to be better than they are since you adhere to a strict code of behavior in certain areas of your life. Without a change in your being, you leave most of the needed work undone, and neglect the will and purpose of the Father. You preach "at" people instead of giving gentle instruction. As Saint Francis of Assisi once said, "It is no use walking anywhere to preach unless our walking is our preaching".

Since the goal of "being" is to obey God's will and purpose through the guidance of a "conscience" (the place where the Holy Spirit speaks from) that is sharp and clear; it is important that we point out here just how the conscience signals us to specific action. To understand this, we must separate and be able to differentiate between the human intellect, outside entities, the emotions, and the conscience. We must also understand how and where these function within the body and what they feel like.

We will start with the point where the "sharp" insights of the conscience manifest: the solar plexus. The solar plexus is an area at the base of the chest, above the stomach. It is where the bottom of the rib cage meets in a kind of inverted "V" shape. When the conscience is sharp and clear with truth, there will be felt a very sharp "stabbing" sensation in this area if there is a questionable behavior or action that is about to be taken. This can also

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feel like an electric “shock”. The feeling may also be felt to emerge from the backside of the lower abdomen and rise into the area of the solar plexus. It is a definite warning of impending danger and must always be obeyed.

If the conscience has been “dulled” through years of conscious disobedience or through the confusion of false teaching, you will really have to listen hard and search for this feeling at first. As you find it and obey its directives though, it will become sharper and more easily defined. The more you obey, the easier it is to hear the conscience and the more you disobey and disregard it, the harder it is to find and follow it.

A less pronounced form of this sensation is often felt when seeking direction for a specific action or when ministering to other people. Coming from the lower abdomen, there will be a sense of calm or release that rises to the area of the solar plexus. John 7:38 states, “He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water.” “Belly” means the abdomen. The solar plexus will feel an overwhelming sense of calm, peace, or “knowing”. This “knowing” will often rise from the solar plexus and flood the upper body. It will temporarily suspend the emotions and the intellect when this occurs and you will simply “know that you know” and the fact that you don’t know how you know does not matter to you at the moment. After you have finished ministering or seeking God, your intellect and emotions will again become active and you may doubt the insight you received. I have experienced times when I receive powerful insights and then my emotions go wild with fear, and my intellect questions how I could have thought such a thing. I have to still these doubts just like everyone else but have learned to recognize how they “feel” differently and how they are experienced in different areas of the body.

To understand this difference, the conscience will always rise from the lower abdomen and up to the solar plexus where it manifests as a “knowing” or as a “sharp” insight. It is always a clear indicator, or insight that directs you to a specific action, or state of being. When the conscience speaks there is no question about what it is saying and instructing you to do.

When the conscience does speak, your emotions may try to argue with it through telling you that you are not really sure about the insight or directive given. The emotions are felt between the solar plexus and the base of the

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neck. When you are emotional, your emotions will generate from the chest area and push down on the solar plexus, and voice of the conscience, like a thick gel that has been spread over the solar plexus area you receive a clear insight and it immediately goes dull and numb and you question whether or not you ever really heard anything. You must silence this "chest area" interference and return to the insight that came up from the lower abdomen to the solar plexus. In short, stay out of the chest area as a guidance system or you will be run by your own emotional ups and downs.

If you instead receive a clear insight at the back of the base of the neck, then you are receiving either a direct message from an angel or a demon. Isaiah 30:21 describes this, "Your ears shall hear a word behind you, saying, "This is the way, walk in it," Whenever you turn to the right hand or whenever you turn to the left". I have heard messages from both angels and demons at this area. I always respond to them by commanding the spirit to confess Who the Lord Jesus is. Angels will respond immediately by confessing that Jesus is Lord and they will most likely begin to praise God. Demons will be evasive and reclusive. They will sometimes openly curse God. This may happen to you occasionally, but if this is where you get your "insight" and direction, seek the help of the spiritually mature for deliverance or exorcism. Angels may bring an occasional message by this means to you but the Holy Spirit is the teacher of the church not angels. The Holy Spirit speaks from the "belly" not the base of the neck.

Above the neck is the intellect or "talking head". When you are guided by the intellect, your "talking head" will produce an "argument" or "debate" and will begin to "talk" to you about this in your mind. If you are sensitive and alert you will notice that this "talk" begins to trickle down into the chest area and you begin to experience "pleasant emotions" that gradually descend further and further until they slowly blanket the solar plexus and cover any "sharp" insights like a blanket of snow gently covers the ground flake by flake. The intellect doesn't attack the conscience like a raging snow storm, but instead just gently covers the conscience with its constant mental dialogue. When you cannot stop thinking about a situation it may be that your intellect has covered over the sharp direction of the conscience and the conscience is trying to get through to you to obey its directive. Remember that the intellect will start out in the head and move down to suppress the conscience at the solar plexus.

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It takes practice to discern your inner world and state of being but it is very clearly defined and so able to be managed. The conscience rises up from the lower abdomen and manifests at the solar plexus. The emotions start in the chest area and move down toward the solar plexus or remain active in the chest area. The back of the base of the neck is an access port where an angel or demon can contact you and the intellect manifests above the neck as the "talking head" and moves down toward the solar plexus. To follow the direction of the conscience, you simply respond to the insights that rise from the lower abdomen and which are felt at the solar plexus as clear directives for specific actions or alignment of your being. It is the "clear and specific" direction that rises from the lower abdomen that differentiates the conscience, from the emotions, the intellect, or a spiritual entity.

The dangers of not aligning with the conscience and its clear directives are many. People struggle through much of their lives attempting to understand what their purpose is and how to fulfill this. King Solomon after many years of both obedience and disobedience, stated in the book of Ecclesiastes that the meaning of life is to serve God and keep His commandments because this is the whole duty of mankind. He further cautioned, that God will bring everything into judgment and not just the outward and overt things but also all of the private and secret actions and attitudes that we hold. Emotions can be dangerous because they are so intense in our experience of them. We can "feel strongly" about things that have nothing to do with the nature and character of God and His will and purpose for us. Our intellect can "reason" and argue God and the work of Christ right out of our lives. Demons can speak the nature and character of Satan into our very being and lead us astray. We must learn to differentiate between the truth and what is false and enter a state of being that has obedience, and confidence before God. This will only result from a constant relationship and communication with God and His Divine will and purpose for us. It is not a state where you "arrive" at some status of "enlightenment" and then just stop your attempts to obey God. It is a continual process where you hear the prompts of the conscience and intentionally obey these. It becomes a life style of obedience to the conscience that is directed and instructed by the word of God and the Holy Spirit.