

2. HAVE QUESTIONS? HERE ARE SOME ANSWERS

WHAT IS THE "GOD" IN GODBUMPS?

GOD – Call it Father God, Mother Goddess, Source, Spirit, the Inner Self, Allah, or the Divine, this energetic force is in, around, through and for each of us. We can say God is within us; we are God; or, Spirit is directing our actions by working through us. We can also speak of Source as an external, impersonal power, a personal force that is for and with us always, or a sacred loving energy.

All of those things are correct. We are all individualized parts of the One Energy—the One Power and One Love in the universe through which everything is flowing and responding. By the way, when speaking of this One Force in the book, the authors use the pronoun "It" rather than "Him" or "her" since "it" is genderless and allows for many iterations of God or Spirit, personalized by each one of us to fit our unique understandings.

IS THIS A BUNCH OF WOO-WOO STUFF?

Maybe, maybe not. Airy fairy, woo-woo, whatever you want to call it, GodBumps happen. Our bodies are the densest aspect of who we are. It is through our senses and emotions that we encounter the wordless, but active, energy of the Divine. Messages from Source that seem to originate from within us or from a power greater than us are received willingly through the

BUMPS – via vision, sound or feelings. If we resist them, the messages come through pain and suffering in our dense bodies and emotions. It's our choice.

We can choose to believe GodBumps are woo-woo, that they mean nothing, or that we can use them to direct us towards oneness with all there is. It is really up to us. When our house phone rings, we can decide whether we want to answer it or not. And if we do, we can elect how much we want to communicate. In addition, we can also pick up a phone and make a call.

GodBumps work much the same way. We are being *called* for a message from the Divine. What we label it, how we answer it and what we do with it is totally up to us. Nonetheless, God has an infinite redialing program and eternal patience as It waits for us to connect.

WHAT ARE GODBUMPS?

Don't we mean Goose Bumps? Well, kind of. Spirit was having fun with the authors, Davie & Joyce, entertaining them it seems, because a playful person entered their lives who suggested “GodBumps” to use as a title to this book. Debbie R.'s suggestion fit so well that GodBumps became the title! Thanks, Texas Debbie!

Goose bumps vs. GodBumps -When we get the physical **goose bumps**, they usually are prickly, tingly sensations on the skin. On a purely physiological level, goose bumps end there. However, GodBumps have no known physical cause, such as being in a draft or contracting an illness. They are often precipitated by, or

simultaneous with, some insight, unexpected or scary event.

GodBumps goose 'goose bumps' up a notch or two to the spiritual level. Those same goose bumps become a way for the Divine to communicate with us through our senses, emotions and bodies. Except for ESP, which we cover briefly below, the physical body, emotions and sensations are the only ways we can receive messages from Source here on earth. If anyone is thinking, 'What about answers to prayer?' that is no exception—God both speaks and listens through our bodies and emotions and as we pray we make use of these sensations.