

A CLEAR Path to God

Have a look..

How to Regain, and Maintain, Lasting Inner Peace and Joy:

A Guaranteed Way to Experience God's Presence, Love and Rest One-On-One

PDF 1



BY JAN WEEL



Welcome Video

Hi! I'm Jan Weel.

I'm so thrilled that you've asked for this 2-step Guide.

2 Steps: Only *One* Goal

The single goal of this Guide is to show you HOW to do ONE thing only:

To experience firsthand, directly, one-on-one, **for yourself, the Lord's LOVE for you —for YOU, not for someone else, for you!**

You see, when you experience God's LOVE, you **automatically experience His peace and joy as well.**

These 2 simple steps show you how to access that full experience.

And you can access this experience of God's presence, love, peace, and joy not just once or twice or 3 times but **whenever you want or need to.**

When you do this regularly for a few minutes each day using these 2 steps, you'll build a solid, enduring foundation of inner peace and joy.

Why is this *so* important?

Because when chaotic times and life crises descend on your life, **they won't be able to rob you of your peace and joy.**

You'll have **an in-built reservoir of peace and joy** to draw from as you go through each minute, hour, week, month and year of your life —*for the rest of your life.*

Here's the thing.

Enduring inner pain and trauma with God's LOVE holding you tightly is a radically different experience from enduring inner pain and trauma without it.

Enduring inner pain and trauma with God's LOVE holding you tightly is a radically different experience from enduring inner pain and trauma without it.

This Guide is divided into 2 PDFS:

In PDF 1...

You discover how to put into practice 2 simple —but **exceptionally powerful** —steps to developing **inner peace, inner joy, and the ongoing experience of God’s presence and love.**

In PDF 2 ...

I share

- my own story of how I was introduced to this simple way of prayer
- the huge benefits that are yours when you practice the 2 straightforward steps to this simple but **guaranteed** way of being present to God, of praying

I want to assure you that if you truly want to regain and —just as important —to **maintain** your inner peace and joy, especially in a time of crisis, this Guide gets you off to a solid start.

These 2 steps **work!**

You’ll never want to look back.

You can find my credentials [here](#).

I'm a mother, grandmother, and Christian spiritual guide of 26 years...

I'm a mother and grandmother whose lifelong work of guiding Christian women (of any and all Christian denominations) over 26 years has been —and remains —to **empower Christian women to actually EXPERIENCE FOR THEMSELVES God's presence, love, peace, and joy firsthand, directly, one-on-one**, rather than just hear 'about' them third-hand or fourth-hand from other people.

I want you to know that the simple way of being present to the Lord and experiencing for yourself His love and peace and joy **always gets results**.

This is not surprising, for 2 very special reasons:

1. You see, **I** am not your teacher!
Instead, the Lord himself is.
I'm just the *facilitator* who introduces you to Him and Him to you so that **He can be your teacher!**
2. This is the way of spending time in the Lord's presence, i. e. of praying, that [Jesus himself taught](#)

How This Guide helped Sonia and Her Friends

Sonia is a mother, grandmother, and business owner

Jan sent me her free PDF Guide (which at that time she had called 'Tune in to Love') in the middle of this pandemic we are facing across the globe. The timing I believe was God appointed

*The concise and very practical way in which **Jan explained the ease at which we can enter into the presence of God and envelop ourselves in the love He offers us** as our Abba Father, was a timely reminder for me.*

I have walked this journey with Jan for about thirty years, and quieting myself and spending time in HIS Presence is very much a part of my own walk with Jesus.

'Tuning into Love' in this manner and journaling those things that the Holy Spirit speaks into my spirit helps me see my life with all of its challenges through the eyes of Jesus.

It truly dispels my fears and wipes away the anxiety that can so easily turn my life into turmoil.

One of the most helpful things about this Guide is that I can share these steps now so easily with friends and share this truly life changing process as we seek to know Jesus more intimately and make Him known.

Thank you, Jan, for sharing this with me.

Sonia

This Way Works Not Just for Challenging Times ...

But this way works not just for challenging times. It provides the spiritual backbone for the very *good* times of your life too.

A Very Important Question You May be Asking

Before we go into the steps, I know you're probably rearing to ask me this question:

'How can I be sure, Jan, that I'm really receiving God's love and peace and joy if my feelings after my prayer time don't match up?'

This is an extremely important question.

So ... **here's what you need to understand.**

To experience God's love is **not** to experience an emotional high as you might with a human lover.

This *can* happen with God too.

But it's not the usual way.

You see, what is taking place inside you from the very first second that you enter into God's direct presence is **far deeper** than the usual emotional response that you and I have come to associate with human love.

You *won't* emerge from this way of prayer in the Lord's presence lit up like a mega-watt bulb and shouting to the hilltops!

And it will require **a tiny bit of faith** to start off.

But you'll have the profound satisfaction of knowing that you have actually **started off a relationship/friendship with the Lord that is guaranteed to reward you with an enduring experience of deep peace and joy.**

You'll have the profound satisfaction that you've started off a relationship/friendship with the Lord that is guaranteed to let you **KNOW** —for the rest of your life —that you are deeply **LOVED**.

Your human understanding cannot get its mind around this kind of love.

It's way beyond the grasp of your intellect.

But it **can** be known by your **heart!**

And it's very important to understand what that word 'heart' really means in the eyes of Jesus and the Father.

So, I'm going to teach you.

Then it will all start to make good sense for you.

God's Own Loving Intention for You

You see, God's own loving intention for you as you journey through life in both its very joyful and extremely painful times, is to

- enfold you in an ongoing experience of His love
- give you everything you need not just to 'get through' your life crises but to **thrive** in their very midst
- guide you through your crisis/pain in such a way that *you emerge from it with your physical, mental, spiritual, and emotional health not just intact, but **stronger than before***

Please Remember This:

God NEVER EVER changes His intention for you!



You'll Need a Small Measure of Faith to Begin

As with anything totally unknown and unfamiliar, you'll need a small measure of faith to begin this way.

And the Lord has already given you this:

God has dealt to each one a measure of faith.

Romans 12:3 New King James Version

In fact, *anything* worthwhile in life requires a tiny dose of faith until you become confident in doing it.

You need to have a little faith to start your first job.

You need to have a little faith to give your first performance or teach your first lesson to the class.

You need to have quite a lot of faith when you're going to have your first baby!

In the same way, you'll need a tiny step of faith to begin on this way of praying.

But that is all you need.

Once you take that small step of faith, *the Lord himself picks up all the responsibility after that.*

[These scripture verses help your faith.](#)

*God NEVER EVER changes His loving
intention for you*

This way of praying *always, always, gets results.*

Please know that I myself *always* have you **lifted up to God in prayer.**

You can't possibly lose.

You won't regret taking a few minutes to go through this guide and discover these 2 simple steps!

These steps change your life *and* the lives of all those with whom you interact —your spouse, children, extended family, faith partners, work colleagues, neighbours and friends.

Scroll down for the 2 Steps ...

Step 1

The Day Before

1. **Decide on the time** you intend to spend in the Lord's presence the next day i. e. from 5 - 20 minutes (**no more than 20 minutes, maximum**)

Whatever time period you decide on, **stick with it**.

Don't change it once you've started your session.

2. **Make a deliberate effort to quiet your mind, emotions and spirit.**

For example, on the day before, do not choose to engage your teenager in an argument about the laundry, or scold or fire

your employee, or plan a confrontation with your boss, or punish your children, or argue with your spouse!

Leave all these for another day!

Your goal on this day is to *quiet* your mind and your spirit.

3. **Write the Lord a short letter** telling Him how you're feeling right now.
Be honest.

Tell Him what you need most from Him *right now*.

Be honest.

4. **Choose a favorite way to relax at some point during the day.**

Paying attention to tiny things in nature is a very effective way of relaxing, of getting in touch with your heart and spirit, and of letting go of mental and emotional preoccupations.

For example, find the tiniest leaf that you can and hold it in your hand.

Feel its *texture* with your fingers.

Observe its *different shades of colour*.



Or go for a walk on the beach or another favourite place in nature, or for a brief swim if you live near the ocean or a lake.

Take time to appreciate your natural surroundings: the flowers, the birds, the ocean, the sand, the sunset, the clouds, the rain falling, the dew drops on the grass.

Watch a bird or squirrel hop gleefully from branch to branch.

Observe a butterfly or bird in flight, or at rest.



5. **Let your family, friends and work colleagues know that you are not to be disturbed during your time of prayer the next day unless there is an emergency.**

Let them know ahead of time that, the next day, you won't be answering phone calls or emails for the period you intend to spend in preparation and in the Lord's Presence.

6. **Ask a trusted friend to pray specially with you that the Lord would bless your endeavour to connect with Him in this new and intimate way.**

7. **Get hold of a timer** for the next day so that you can set it to whatever time you've decided on to spend silently in the Lord's Presence.
8. **The night before**, have an early night if at all possible.
9. Before you turn out the light to go to bed, choose a **SHORT** favourite passage of scripture (1- 3 **short** verses).

Read it twice s-l-o-w-l-y.

Gently note the single word, or few words, that stand out.

Jot them down on a piece of paper.

No more than **1 short sentence, maximum.**

***PLEASE DON'T FALL FOR THE TEMPTATION
TO ANALYZE!***

10. **Close your Bible and go to bed.**

The Lord takes over from here.

He will allow the scripture, and the few short scripture words you jotted down, to **permeate your spirit as you sleep.**

Step 2

The Day Itself

Your Preparation

Do not eat a full meal right before you enter into your time with the Lord. You will likely fall asleep!

Nothing's wrong with falling asleep. Just don't call it prayer!

1.

Take 20 – 30 minutes before your prayer time to **deliberately quiet down** from all your demanding responsibilities and activities.

Do something that you know relaxes you e. g. listen to quiet music, take a short walk outside in nature, light a candle and relax as you watch the flame, have a warm bath ...

(See also # 4 above: **Choose a favorite way to relax**)

2. Make sure you have a timer to hand.

3. **Decide on the time you plan to spend in silence with God.**

Once you've decided, **keep to this time**. Don't chop and change it.

4. Find an upright chair (preferably without arms) with a **firm** seat e. g. a dining chair.

Or sit comfortably on a floor mat.

Whichever you choose, **your spine should be erect**.

5. **Select a fairly short favourite passage of scripture (e. g. 5 or 6 verses)**. Read it s-l-o-w-l-y.

Notice which words and/or phrases catch your special attention.

No jottings this time!

Read the passage s-l-o-w-l-y **a second time**.

6. Now **close your Bible**. Put it aside.

7. **A critically important point: Choosing your sacred word**

Now choose a **simple sacred word** that appeals to you: e. g. **Jesus, love, joy, peace, light, maranatha** (which means, 'Come, Lord.').

When thoughts begin to bombard you, as they inevitably will, you will use this word to bring yourself back gently to interior quiet and to remind you of your **one intention** —which is to *let*

go of all thoughts and words, so that you can be more fully present to the Lord

8. Now **set your timer** to the time you have already decided on, i. e. 5 – 10 - 20 minutes.

9. **Let's enter now into the Lord's presence ...**



Now sit upright, hands resting gently on your thighs, palms up and open in a posture of receiving.

Close your eyes lightly now.

Allow your tongue and jaw to relax.

The stance of faith you are aiming for now is that of a child resting confidently, contentedly and peacefully in the arms of its loving parent.

This is the image described by the psalmist in Psalm 131:

I don't concern myself

With matters too great or awesome for me.

But I have stilled and quieted myself

Just as a small child

Is quiet with its mother....

Psalm 131 NLT (my emphasis)

as a small
child is
quiet
with its
mother



Remember that the Lord **welcomes** you into His presence as
your loving heavenly father

your Papa

your Daddy

your Abba.

Your Single Goal

Your single goal is to open up that space inside you in which **God** can unite **Himself with you, and you with Him** —YOU, His cherished, profoundly and unconditionally loved, **daughter.**

You do this by *detaching gently from* —**never fighting**—*your thoughts.*

You and God have now consented to spend precious time together in each other's direct presence —alone!

Don't Fight your Thoughts!

don't
fight
your
thoughts



When you pray with and from your heart, your thoughts are *the Lord's* responsibility, *not* yours.

Your only responsibility is to **let them go!**

The Lord will use your thoughts in whatever way He knows *will benefit to you*.

You must trust Him on this.

Your one goal now is to practice freeing up your heart and mind from the clutter and never-ending, movie-screen of your mind and from the perpetually-running 'conversations' that preoccupies them—so that you can be truly more fully present to God.

Don't to try to empty your mind!

This is impossible anyway.

Know that thoughts *will* come.

If they don't come through the front door, they will come down the chimney.

This is normal. *Don't* let this frustrate you!

Your goal is not to fight thoughts but to learn to *let go of them gently*.

When thoughts begin to bombard you, **return to your sacred word.**

This is critically important. Why?

Because it reminds you of **your single intention in this prayer: namely, to let go of thoughts.**

You might have to do this quite a bit, especially when you start out on this way of prayer or on those days when several different issues are competing for your mental and emotional attention.

Think of your thoughts as feathers in the air that you allow to float by on the clouds ...

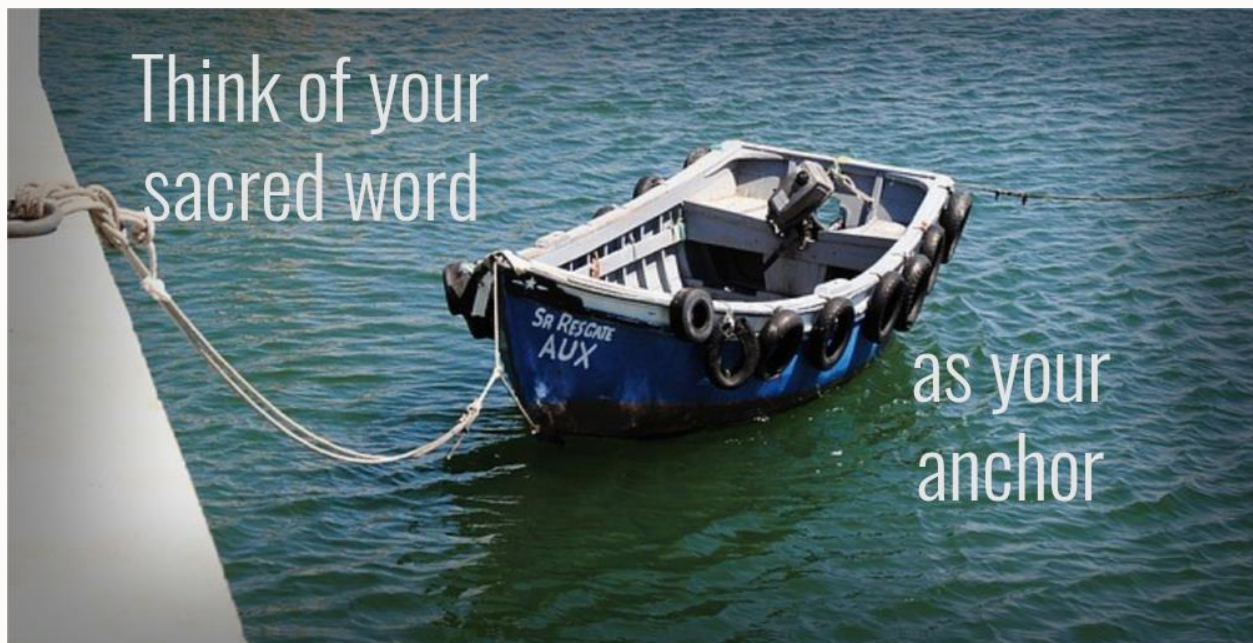


or as boats on a river that you allow to sail by ...



Your Sacred Word

Think of your sacred word as your *anchor*.



When thoughts bombard you, simply return *very gently* to your **anchor**.

Your sacred word (the word you have chosen, see #7 above) reminds you of **your ONE intention in this prayer**, which is to **experience God's presence and love directly**.

You do this by letting go of your thoughts.

10. **When the timer goes off**, open your eyes gently. Take a minute or two to come out of the silence.

This helps you make the transition back to your daily routine.

If you find it helpful, you might wish to pray the *Our Father* very s-l-o-w-l-y, pausing for a moment between each line.

11. Now **go to a different place in your house or outside environment**.

Take a notepad with you.

Take a *brief minute or two* to **journal**.

How to Journal



Going to a different place in your house or outside environment puts some distance psychologically between the time you've just spent in silent prayer and the time you spend reflecting on it — journaling — afterwards.

These are two very different activities!

In the prayer in God's presence, you **let go of words and thoughts**.

When you journal, you **return to words and thoughts —BUT ONLY BRIEF ONES!**

Take out your diary and jot down, *in very brief terms*, any thought, emotion or insight *which arises spontaneously*.

Don't **invent** insights or emotions or reflections.

Let them arise naturally.

DON'T ANALYSE.

Don't reflect on what you 'think' went on in the time of prayer.

Analyzing and thinking can cancel the very real benefits of this way of prayer.

*Remember it's what your **heart** (the whole, entire person that you are) experiences that is the important thing.* There'll be lots of time to 'think' at some other time.

Try to learn to leave any revelations that the Holy Spirit wants to give you to *Him*, and the timing He chooses for these!

You can absolutely trust that God's Holy Spirit *will* reveal anything that *He* wishes to reveal to you.

Don't Try to Pretend Away or Minimize Your Emotions!

Don't try to pretend away or minimize your emotions!

It's a waste of time! The Lord already *knows* what you're feeling.

Remember it's what your **heart** (the *entire* person you are) experiences that matters to the Lord.

If you feel only emptiness or pain, don't be afraid to jot this down in your journal.

These jottings will help to **anchor** your time spent in God's Presence, to **settle it** deep in your subconscious mind.

They will also help you recall your prayer journey in the days, months, and even years to come, whenever you wish or need to.

Brief journaling ensures that there will be less chance of your losing or forgetting your prayer experience in the Lord's presence during the bus-i-ness of the rest of the day, and of the days and weeks to come.

This simple way of prayer, together with your journaling, gradually expands that space inside you where the Lord **can soak *every single aspect of your humanity* in His deep *healing* love, *healing* peace and *healing* joy.**

This space is called your *heart*.

In short, you [allow God to find you](#) ...

- *WHEREVER* you are on your journey with the Lord
- *JUST* as you are, warts and all

and *LOVE* you into *new* life!

Remember My Answer

To Your Very Important Question!

Whenever you're tempted to doubt the reality of this prayer, remember my answer to your very important question:

(See Page 7 above, [A Very Important Question You May be Asking](#))

*Enduring inner pain with God's love
holding you tightly is a radically different
experience from enduring inner pain without it*

DISCLAIMER:

Results from this way of prayer will vary from person to person. Case studies or testimonials are not indicative of everyone's results. Each individual's results depend on factors outside my control.

END OF PDF 1

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