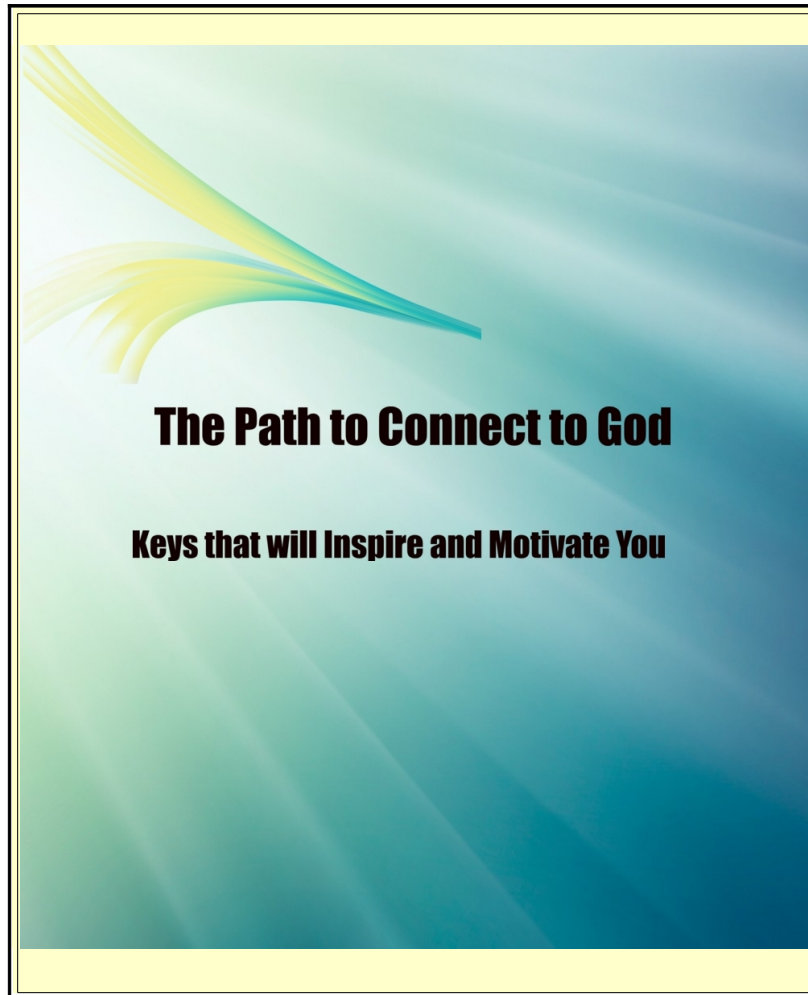


# **The Path To Connect To God**

*Written by:*

**Gladys Cruz**



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**~Dedication and Acknowledgments~**

This book is dedicated to all of my readers far and near.  
To those that encouraged me. For those who believed in me.

To the Sovereign God who drew me with his love.

## **About the Author**

Gladys Cruz has been a Certified Life Coach since 2006. She has had a dream to write from her own experiences, her life and the process of development as a lady. This is a new beginning for her in the writing world. She is in her sixties and has four children and six grandchildren.

Gladys Cruz is also a minister that has traveled intensively to different countries. When she has opportunities to share, she shares with humor, courage and transparency.

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## ~Introduction~

My Journey on this road has been the greatest experience I have ever had. The purpose of this e-book is to motivate, inspire and intentionally assist you on your path in connecting with God.

You may ask what events in your life triggered you to search and discover if there is a God. In this e-book you will learn something about me and the turns and twist of my eventful but mysterious journey. I will share heartfelt experiences since I was a child that led me on this quest to know God. I will share some information regarding my childhood in order to help you the reader visualize and take you on this adventure as you embrace the God I know.

## Chapter 1 Where are you God?

As I reflect back to my childhood years, I can clearly remember my question to God. Where are you God? Let me build the stage so we can take a look at the whole picture.

My parents came from Puerto Rico in their early twenties. They came to this country searching for a better way to raise a family. They had eight children, three boys and five girls.

My mother never worked in the corporate world, but she really had the goods to be a housewife and a great mom. She made sure the house was always clean and tidy. We were very poor, but she made sure we had breakfast, lunch and dinner every day. She labored at home to the best of her abilities in spite of the physical and verbal abuse that came from my father. The spirit and nature of my mother set an example for me who I learned to appreciate later on.

My father was the breadwinner of the family. The details of how that came about are not important. What I will share is that his preaching was very religious and very ritualistic. The preaching did have a sound of punishment from God if we did not obey. He made us go to church, even if we did not want to go. We had no choice in the matter.

Our hearts were rebellious against the God that we did not know. To this day, the rebellion in my siblings is still active. Church left a bitter taste in their mouth. I hope somehow I am reaching you and your quest to connect to God. I can recall the instability and chaos in the home. It added to the confusion that was already in my mind. The question of where God was existed in my mind for a long time.

We lived many years in the projects of New York City. This is where my journey began. I can remember so clearly at approximately six years of age, as I looked out the living room window I said "God where are you"? Why was I born? I somehow knew that God existed, because I did expect an answer from him. Of course I did not get one, but who knows what would have happen if he did answer me. Many years passed by but the thoughts regarding God would not go away. I felt the thoughts haunted me. Many thoughts crossed my mind regarding God and who I was, but I just pushed them away since I had no one to help me understand the mystery concerning God.

I cannot remember exactly when, but we all joined a Pentecostal church. I thought it was strange because of the activities that took place. The services were very long and I never heard a message regarding the Love of God. My father attended but showed no interest. My mother seemed to enjoy the services. The singing,



praying and all the emotional frenzy that took place kept me in a state of confusion. I was searching for God in the church, but I never found him, at least not then. The elements that made up the services raised questions regarding my search for God. The preaching was about heaven or hell. There was no message that would even come close to answering my questions. My question regarding connecting to God was never answered until many years later.

I felt that the "church" was not able to answer questions regarding purpose and my identity. On this quest of exploration and discovering my life was out of balance that it took major turns. The turns my life took never lead me to the solutions and the answers to the emptiness I was feeling. My life without God was something I could not comprehend. Nevertheless the void within me was still there and it could not be satisfied with anything or anyone. If you are relating to what I am sharing then the purpose of this book is being fulfilled.

**Motivational quote:**

*No matter how slow the film, Spirit always stands still long enough for the photographer it has chosen. ~Minor White~*

## Chapter 2 Why Was I Born?

In this chapter we will discover how the path to connect with God revealed secrets that I would have no knowledge about unless my curiosity had ceased. Somehow I knew sooner or later the Truth would be revealed. There were times during my rebellious state I felt abandoned by God which led me to push any thought or idea about him to the back of my mind. At that particular time many of my nights were filled with thoughts regarding my birth, why I was born and how God was supposed to be involved in my life. Have you ever wondered why you were born? There are so many teachings out there stating that if you have a relationship with God, then your life would be OK. Well I will not dispute any teachings or for that matter any book regarding the salvation of man. As you continue to read, my thoughts for you is that you will be inspired to search out the answers you have been searching for.

As I continued to develop in my emotions even as unhealthy as they were, deep in my heart I was never able to get pass this obstacle that seemed to hinder me. At least that is how I processed my thoughts. I understand the mystery of conception and how I got here, but the void in me about WHY I was born became a cloud in which everything seemed gloomy and dark.

My life was void and empty without understanding my purpose. I purchased books on self-help, purpose and even looked up words to find a description to identify my being.

While in high school, I signed up for a program then called "co-op". The program was set up for a student to attend one week of class and one week of working. This was my first job. I surrounded myself with people in my job, both professionals and nonprofessionals. At sixteen I was exposed to a world that was foreign to me. Keep in mind, we were isolated as children. We were not allowed to have friends or enjoy our youth. The possibilities were endless and for once I thought, wow this is the reason I was born. Little did I know....

This was far from the truth. At that time, I did not know my quest to understand the mystery of why I was born was far from becoming a reality. I shared my concerns with co-workers, friends and anyone who would listen, but I was still feeling empty and without purpose. Their responses were God is in heaven and he loves you. Well, most people know that, but that does not identify our purpose as human beings. I certainly did not understand my purpose, but I knew that I was born with purpose. I tried to smother any hint of questions regarding why I was born. The anxiety within my heart and the emotional roller-coaster I was on created major disorders.

In searching for purpose I needed to emerge from the shadows and identify who I was and who I am.

I was not closer to having my questions answered than when I was six years old.

**Motivational quote:** *We must accept that this creative pulse within us is God's creative pulse itself. ~Joseph Chilton Pearce~*

## Chapter 3 My Purpose

So here I am in my middle twenties with a circle of friends, a good job which I enjoyed, and a future to behold. I was still in anguish and the hollow feeling was overtaking me. My life became a tumble weed and I continued to spiral downhill. I literally felt I was in a tunnel where only darkness exists. My life was going around in circles, and I was getting nowhere. I needed to discover my purpose for the sake of my sanity. When a person finds themselves in this situation, an environment that's filled with torment and unhappiness, they more often than not either turn to drugs or alcohol.

I found myself questioning God over and over again about my purpose and if he was real, and wandering why I was not getting any answers. An individual can observe the beauty in nature, the miracle of a birth and the universe which can further solidify the thought that God does exist. Today I know that it was his Spirit beckoning me to respond to the energies I was feeling. People do not know how to respond to impressions or promptings they are sensing within, because they are unaware of their feelings. My dear beloved, I have a question for you. Can you see yourself where I have been? Are you wearing the same shoes and walking the same path?

If your response is positive, then you are on the journey to connect to God. You will never be the same. I want to encourage you to

continue your search until you feel satisfied to know that you were created with purpose. A new pair of glasses was given to me which gave me a clear vision of purpose. Please take note, the path I traveled to connect with God was a lifelong journey.

As I reflect on those "special moments" of my quest I knew intervention was on the way. My heart had become soft, pliable and open to embrace the journey in my connection to God.

## Chapter 4 The Challenge of Believing

This chapter will be brutally honest in order to impact your beliefs regarding connecting to God. Once you learn to understand why you were born and some of your purpose, the challenge of believing will be the next level of connecting to God. Connecting with God means you have an avenue to communicate with a spiritual being.

Connecting will open the door to communicate which will lead to discovering your purpose. It will take faith in your heart to trust and believe him. Don't be afraid of what you are not acquainted with. Sometimes the unknown and what you are not familiar with is the reality of life.

The previous beliefs you were taught and grew up with, will try to dominate your mind and enforce what you think is correct. If you do not yet know your purpose, there is a hidden gem inside of you. It is up to you to explore all avenues to the Truth. Wrong beliefs will keep you stuck in your perception of Him. My life took many turns but this time I felt I could communicate my heart to him. This is a true connection, when you're able to begin a relationship with your creator.

I continued to ask questions, while still inquisitive about him. The Path to connect to God will enlarge your heart to the point of no return without him. You will go forward until you know you are becoming one with him.

The challenge of your faith will be tested when those around you will question your life and your beliefs. Faith needs to be the foundation of your life and purpose. Please understand that as I am writing I am writing from the principle of hindsight. In your challenge of believing be assured that you will come to a crossroad. A series of crossroads await those who are seeking to connect and discover their purpose.

Without reform, our minds give in to questioning once again the reality of God.

That is why I was compelled to write this book, to assist you in exploring who you are. Faith lives in your heart. It may be dormant, but words can awaken you once again to believe. There is hope in a measure of faith.

**Motivational quote:** *Try not to become a man of success, but a man of value. ~Albert Einstein~*



## Chapter 5 As I Stray Away

Let's take a look at the definition for the word "stray".

It means 1. To deviate from the direct course, leave the proper place or go beyond the proper limits, especially without a fixed course or purpose. 2. To wander; roam.

As I recall and reflect back on my life, hind sight has a way of showing us the complete picture.

The definition for "hindsight" is recognition of the realities, possibilities, or requirements of a situation, event, decision, after its occurrence. It brings clarity to where there was a blur in thought. The turmoil was so overwhelming to the point that I could not understand why I was still in a state of desperation and restlessness. In my mind and emotions I felt like I reverted back to the place of a cocoon. The butterfly is protected in a cocoon. The cocoon is the protective shell which hides the butterfly until it is ready to fly and handle the environment created for its nature. My life was wrapped in emptiness and isolation. I took cover from any thoughts that would lead me to investigate once again the God that I thought I knew.

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