

Touching God

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“Glory, glory, glory, somebody touched me, Must have been the hand of the lord.” I heard this song by Bob Dylan when I was going to engineering school. I always wondered what is or what could be the touch of God. Although we are always in the lap of God, we tend to ignore or forget this embrace. Only occasionally when we realize this, we feel as if we have been touched by God. How can we feel that touch on demand?

Although human being is composed of billions of cells, the real human is actually the soul that resides in the body. The body is only a vehicle to negotiate this world. The brain/mind is the window through which we interpret the world events for the soul and react accordingly. The soul, being the breath of God, is always in touch with God. It is, however, also receiving messages from the world around us in terms of thoughts.

When two people are talking and someone turns the TV volume high, the conversation is drowned out by the noise of the TV. Similarly, when the soul is overwhelmed by thoughts it is receiving from the outside world, the link between God and the soul is weakened and the soul loses touch with God.

Mystics have developed especial techniques to block all the five sensory communications reaching the soul through the brain. By doing so, the connection of the soul with the world is minimized. According to D’Aquili and Newberg (the authors of “The Mystical Mind”), the mystics go into the state of thoughtlessness. In the absence of any worldly thought reaching their soul, their link with God, which always existed, is amplified and they feel peace and blessedness. They feel as if they are touching God. It is as if someone is trying to talk to you, but you cannot hear him because of the loud noise from the TV. When someone suddenly turns the TV off or put it on mute, you can hear that person’s voice.

While mystics can touch God at will, most of us only do so when we face hardship. During affliction, we cry out to God lying down, sitting, and standing. When the crisis is over, we lose that touch and go back to our normal way of doing things.

It is my experience that when I am in a bind, I turn to God much more whole heartedly than when I am having a good time. When I drive long distance, I am always concerned that my car could breakdown any moment and I would have to get it towed. Since I am an AAA plus member, it gives me great comfort that I can get my car towed for free if it breaks down within the first hundred miles. Once I pass one hundred miles, I find myself more inclined towards God. The fact that I will have to pay for every mile of towing is sufficient enough to turn me towards God. I am definitely touching Him once I cross the one hundred mile mark.

Bob Dylan also said “While I was praying, somebody touched me, Must have been the hand of the lord.” Yes, we can also touch God during worship, provided it is done with full devotion while minimizing distraction around us. The best time for this is early dawn. Although it is hard to wake up that early, this is the most effective time to touch God.

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Another way to touch God is to force ourselves to live in the present without thinking about the past or the future. Although we live in the spectrum of the past, the present, and the future, the past and the future draws the most attention of our soul. Usually when thoughts enter our mind, it is analyzing the present event in terms of our past experiences in order to plan for the future. Our mind is absorbed in either the past or the future. By blocking the worldly thoughts, we neither think about the past, nor ponder over the future. We thus end up living in the present. The bands of the past and the future shrink and the band of present becomes dominant. According to Tolle (the author of "The Power of Now"), only by living in the present can we touch God. He advises to give the fullest attention to the routine things we do in our daily life. For example, when walking, pay full attention to every step, every movement, and every breath. According to him, you can measure the success of this exercise by the degree of peace you feel within.

Another situation where we end up touching God is when we face a life and death situation. In such a situation, we are so busy dealing with the present that the past and the future never enter our mind. Since, according to Tolle, it is the living in the present that allows us to touch God, we end up touching God in this state. Since this is the case of extreme affliction, we turn to God with full devotion and beg him to save our life. Once He delivers, we lose that touch and go back to our old ways of doing thing.

We can thus touch God, as mystics do, by voluntarily blocking the worldly thoughts and living in the present. Sometimes we are thrown in that situation when we are in trouble or are struck by disaster. Either way, to be in touch with God is the best way to feel peace and blessedness.

About the Writer:

The writer has authored "Secrets of Angels, Demons, Satan, and Jinns – Decoding their Nature through Quran and Science," and "Atom to Adam – How, When and Where in the Light of Quran, Bible and Science (A Study of Human Origin)," both published by InstantPublishers.com (<http://instantpublisher.com/>) and "Lessons from the Qur'an," published by Ta-Ha Publishers (<http://www.taha.co.uk/>). These books are available from Amazon.com (<http://www.amazon.com/>) and Ta-Ha Publishers (<http://www.taha.co.uk/>), respectively. He has also published many essays on religious issues in the Charleston Gazette, West Virginia and written quite a few Islamic satires. He is a Chemical Engineer and possesses Master of Science degree in Chemical Engineering and has Professional Engineers license from the State of Texas. His e-mail address is mnajawaid@yahoo.com. His website address is mahmoodjawaid.com