

How to Connect With Our Deepest Love and Understanding

Transcript for the Holy Spirit Help video by Bill Free

Hello friends!

Thank you for joining me on my blog. My name is Bill Free. I'm a cofounder of the Teachers of God Foundation and a co-creator of the Living in Purpose Mastery Program. I'm so happy to be here and share with you in this way.

Today I'm going to talk about making and sustaining a connection with the Holy Spirit.

I love to use the term "my deepest love and understanding" for the Holy Spirit. I got that from Rupert Spira. He's one of the teachers that I love and admire. When he shared that with me, it really stuck.

The Holy Spirit isn't something that's outside of me. The Holy Spirit *is* me. It's my Higher Self. It's the truth of what I AM.

When I'm speaking to my deepest love and understanding, I make a connection with the Holy Spirit. It feels like it's right here. It's right here with me, as me. It's like a best friend.

I've been doing A Course in Miracles for ten years. Like many people that do ACIM for a long period of time, I still run into my own obstacles. I still run into my own nonsense and resistance. I still get stuck.

The good news is that it's okay. Walking on a spiritual path can be messy. In fact, you can guarantee that it's going to be messy because that's the purification process.

Most people get on a spiritual path and they think,

"Oh ya! Now everything's going to be perfect for me!"

At first, it seems like,

"I'm seeing things so clear now. Now I understand what I've been missing!"

A crack emerged in our consciousness, letting some light in. The light feels really good.

"The light feels so good! I'm on the right path."

How to Connect With Our Deepest Love and Understanding

The light comes in and it starts disturbing everything that's been an obstacle to your experience of peace and love.

It happens to me still. I've been A Course in Miracles student and have followed other teachers for over ten years. Stuff still happens to me. If it's happening to you, just hang in there. It gets better. It gets better because you develop this relationship with your deepest love and understanding - the Holy Spirit. I've found that for this to happen, I have to get quiet. Everything is in the quiet. God's voice is in the quiet.

Perhaps you have a situation in your life where your peace is disturbed. Maybe you have a financial situation, a relationship issue, or something about yourself has you feeling guilty.

Just allow yourself to go into that quiet place and say,

“Holy Spirit, would you look at this with me? I need your help.”

Or, “Deepest love and understanding, what should I do here?”

I guarantee that when you have that request, an answer is a promise. Ask and you shall receive.

During all of the years of my life, every time that I have asked that, it has been fulfilled for me. It will be fulfilled for you too, every single time. You don't have to have a relationship with God. You don't have to have a relationship with Jesus, the Holy Spirit, or Buddha. You don't have to have a relationship with *anything*.

Once, I just called out and said,

“God, if you're real, I sure need your help.”

Bam! The help came in a form that I didn't expect, but it changed the direction of my life.

In a quiet place, I invite you all to make that connection with the Holy Spirit. Have a real relationship with love's presence. This is your natural state.

Ever since I found ACIM, I spend at least 30 minutes every single morning in a quiet place. A Course in Miracles also suggests getting into a quiet place before going to sleep at night. It will quiet the “monkey mind” and put your mind at peace. Give your mind to the Holy Spirit (deepest love and understanding) before you go to bed a night. ACIM says that if you do this, your mind will be taken care of in the sleeping hours.

How to Connect With Our Deepest Love and Understanding

For me, I fail to do this a lot. This kind of ruins my next day. My mind is working overtime during the night, coming up with new chaotic ideas that I think about, worry about, and pay attention to. Really, the only thing that I need to pay attention to is the peace of God.

I'm going to give you a suggestion. If you're in a place where you really can't get out of your own way, pick up A Course in Miracles and read lessons 1-10. Read them and do them for ten days.

Stop at day five on,

"I am never upset for the reason I think."

This will be a game changer. It will change everything for you. It invites you to fill in the blank.

"I am afraid of this situation: _____"

It then offers the perception that,

"I am never upset for the reason I think."

Simply say,

"Holy Spirit, look at this with me. Deepest love and understanding, I'm upset about this. I'm really worried or fearful about this and I need your help."

That tool chest will work for you every single time. That's my suggestion for you.

If something that I said resonates with you, then take it and use it. I'm here only to be truly helpful and to be your friend. That's what the Teachers of God Foundation is here for. We aim to help people through the transformation from fear into love.

We have a 40 Day Program that's available for you all the time now. Just go to the Teachers of God Foundation's website, click on "40 Day Registration", and sign up. You can get right into some awesome teachings from my wife Lisa Natoli. She will help you to be uncompromising in watching your thoughts and emotions like a hawk.

Thank you for watching my video today.

I love you, I bless you, and I thank God for you. Namaste.