

Hello Friends.

Hey, NAMASTE It's Bill Free here. And I want to thank you for being with me on this video blog. And I originally was doing this video blog with workbook with two workbook lessons from the course workbook. Lesson 155 and 157 and I'm still going to do that here, but I might break it up into two parts because it seemed like there was more content, more to say about each one instead of combining them both together. I may do that, but I'm going to, I'm going to see what happens. So let's just see where it goes. There's an experience that I have had many times from reading the course and of course you can, you can find this experience in many parts of the course, but I want to focus on two workbook lessons, maybe three that will absolutely blow your mind and it'll bring you into the experience of your divine self, of, of your being.

And the first workbook lesson is in quiet, I received God's word today. So that sort of establishes the, the idea of how we connect with this self, that we are, how we connect with the being that we know ourselves to be. That is described in the other two workbook lessons that I want to share with you. And the first one is I will step back and let him lead the way. And the third one is into his presence. Would I enter now?

So let's start with those three workbook lessons in quiet. I receive God's word today. So if you would join me, if you're watching this, you'll probably have to, you know, pull over or you know, just really give your undivided attention to this experience in order to have the experience that I'm offering you. And so when we start with this one. In quiet, I receive God's word today.

We, we pause. We simply just pause and, and in quiet doesn't mean that there's no sounds going on. It doesn't mean you turn this recorder, this MP3 off or this video off. It means in quiet, we, we pause and we move. We shift from the awareness of the object of, of giving our attention to the object of experience, to being aware of the object of experience. So just for a moment in quiet, I receive God's word today can be used to pause, to simply just pause and be aware of the experience. And in this awareness, in this aware presence, everything happens hahahaha.

including including my phone going off. This is where everything happens, beloved. And first we start out with just pausing and being quiet. And then moving into this workbook lesson. The first of the next two is workbook lesson 155 that says, I will step back and let him lead the way and I'm going to invite us to drop the Pronoun I will. Step back is the personal self or the illusion. We'll step back the personal self identity and let presence lead the way. Let Holy Spirit lead away. Let I am that I am lead the way, quiet presence. Lead the way. I will step back and let him lead the way. So we'll take off the the pronoun and just say, I will step back and let presence lead the way.

And this is a beautiful paragraph from this workbook lesson. You can read it along with me if you like.

" There is a way of living in the world that is not here, although it seems to be you do not change in appearance though you smile more frequently. Your forehead is serene, your eyes are quiet and the ones who walk the world as you do recognize their own. Yet those who have not yet perceived the way we'll recognize you also and believe that you are like them as you were before. "

This is the beginning of recognizing the self. This is the beginning of the workbook. Lessons that know the self as I or I am and recognize that there is a way of living in this world where the person that we

thought ourselves to be steps back, pauses and the I am steps forward and how is that done? It's done simply by acknowledging the I am, acknowledging awareness of your experience is the quickest way that I know is being aware of being aware that is dropping into the within experience of your being. Being aware of your experience, allows you to the the personal self drops back and the awareness steps forward and is more of a general gaze experience as Jesus describes in the early workbook lessons of gazing at things and not judging it or labeling it but looking at it like a processional passing by or looking at it like a passing cloud.

So you're more of a gaze in the early uh, experience of this understanding and knowing of experience. You're, you're just starting out gazing and then you're allowing gazing to turn into the awareness of experience where awareness is aware of the objects of experience and includes the objects of experience without labels and without judgment. And I'm going to invite you to join with me. We'll just do a little one minute exercise here where we'll close our eyes and we'll allow awareness to step forward, aware presence and this awareness. We'll do a couple of inquiries and just ask, does this awareness have an age? this aware presence and we'll investigate that question and does this awareness have a gender?

investigate that. And then does this aware presence, this awareness have a beginning or an end? Is there an edge to this awareness or have we just located ourselves into and as the infinite, the infinite being that we are and it is my experience that we have located the infinite eternal being and now I invite you to just gently open your eyes and include all of the objects of experience, the physical objects that the body's eyes land on, but don't give any specific attention to one thing. Just gaze at all the objects of experience remaining as the awareness of them. Even the awareness of sounds. There's an awareness of the sounds and and yet you are not the sound. There is an awareness of the physical objects and yet you are not the object and there is an awareness of sensations in the body. Maybe there's, there is tingling in the fingers or on the face. Maybe there's you feel pressure on the body. There's a sensation there that you're aware of the sensation and yet you're not the sensation itself and now we're going to include all of these objects of experience, all of these sensations, all of the senses. We're including them in the fullness of awareness and

we're locating ourselves as holiness. My holiness envelops everything that I see and now we're including all of the time and space, physical experiences and yet we're remaining as the awareness of experience as God created me and that's just the first step. That's like part one of this two part blog that I want to share with you where we have entered into this space of pure presence. As I will step back and let presence lead the way and we'll continue with this. We'll come back to this experience again in part two with workbook lesson 157 into his presence or into presence. Would I enter now? And it gives another description of the embodiment of the being that you are and this is a direct experience. This is a direct experience of your beingness that is offered to you, offered to me, offered to us with just using just three simple workbook lessons in quiet. I receive God's word today. I will step back and let him lead the way and into his presence, into presence. When I enter now, and I look forward to continuing this with you on workbook lesson 157 next week and I'll see you then, NAMASTE!. Thank you for being with me.