

# Meditations for Remarkable Relationships

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*wareness meditation is one of the most powerful antidotes for removing the blocks to the Awareness of love's presence which is our Natural State and leads us directly into Remarkable Relationships with everyone and everything we experience.*

*Don't wait for what is already yours.*

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**Let's Begin** by asking yourself mentally and pausing after each question.  
**Don't ask the intellect to answer, let the answer be revealed.**

- *Am I Aware of my experience right now?*

*The mind stops when this question is asked because it cannot be answered by the mind.*

- *Am I Aware of my experience?*

*Now you have shifted from having attention on the objects of experience to Awareness of the experience itself.*

**Pause here. See if these ideas hold true.**

- *I am Aware of experiences, feelings, emotions, beliefs, and time/ space. They all arise in Awareness of them.*

*Now closing your eyes, being aware of being aware in the experience of Aware presence. Ask the mind mentally with eyes closed to bring you closer to the noticing of experience.*

**Inquiry Questions** to be mentally answered in contemplation.

- *Does this Awareness have a gender?*
- *Does this Awareness have an age?*
- *Can this Awareness be located?*
- *Was this spacious Awareness ever born?*
- *Are there any boundaries in this open space of Awareness?*

*Become Aware of this expanding spaciousness knowing itself as Awareness.*

*There is no edge to this unlimited space known as Aware Presence.*

*Yes, I AM Abiding in this place, Resting in Oneness and Peace, resides right here where I Am.*

*Notice as Awareness how this knowing feels itself and knows itself has being, Yes!.*

**Simply love** is what you are beloved, right here.

*God Presence is right here too.*

*The Peace of God shines eternally in this place.*

*This is our Abiding place.*

**THIS IS GOD'S ETERNAL PRESENCE, THIS IS HOME RIGHT HERE.**

*Notice the breathing. Being Aware of it as it rises in Awareness.*

*Still there may be rising in this Awareness, sensations, sounds too!, Joy and Happiness are shared in experience and the knowing of it. Take another deep breath again becoming Aware of the breath. Include the body breathing, the movement of the chest in this Awareness. Feel and know the luminous self-enveloping all experience as Presence as love.*

*Gently and quietly rest here now and slowly open the eyes without giving attention to objects, colors, labels, anything specific. Just notice the space around all of the objects for a general view including all the objects seen as they are encompassed by this Awareness.*

*Awareness encapsulates and saturates all objects of experience with a gentle gaze which allows everything to be included. Awareness of this experience, saturates, and envelopes all objects of experience to be included in itself like a current is included in the ocean.*

***Closing the eyes again.***

*Rest here as Pure Presence. You can put your hand on your heart if that feels comfortable for you. Just experience this Pure Presence as your Essential Irreducible Self,*

*This luminous Eternal Presence is what you are. Thoughts, feelings and experiences arise in this place of pure Love and you Awareness are unaffected at all. You are this. Yes. Yes. You are. This Pure Presence of love.*

***Repeat these words in the mind. Yes!.***

*I AM LOVE... I AM*

*And So, it is... AMEN*

***For a FREE 16-minute audio of this meditation click Here <https://soundcloud.com/billfree/mindful-awareness-meditation/s-m36aB>***