

# ***The Practice of The Presence, Which Is 'The-Following'***

***[A practical-Spiritual course, teaching students how to develop Intuition, via  
'Through-Experience' of The Practice of The Presence, 'Within-Meditation,' and  
'Within-Artistic-Expression.]***

***(Note: 'The-Following' is a two-word phrase meant to metaphorically and  
metonymically represent Spiritual 'Through-Experience' of The Presence.)***

## ***Lesson 1: Introduction to 'Within-Meditation Practice' and 'Beyond-Believing'***

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**Plate 1: "The Symbols Reaped via 'Through-Drawing,' a detail image within the drawing titled, "Spiritual Translation," 08, 2021.**

**Course Title: *The Practice of The Presence, Which IS 'The-Following'***

**Course Objectives:**

- 1) The student **'Will-Understand' 'Spiritual-identity',** relational to Creationary and Absolute Spiritual Comprehensions.
- 2) The student **'Will-Understand' 'Within-Meditation',** and how ITS Practice, Develops 'Momentary-Awareness,' of 'The-Presence-Within' one's 'Own-Consciousness.'
- 3) The student **'Will-Practice' Reflective-Reference, which IS Intuition,** or 'Beyond-cognition' Through an 'artistic-vehicle' of Spiritual-Expression (for example, Naive writing or art production.)
- 4) The student **'Will-Practice' 'Within-Meditation,' as a 'psychological-Spiritual' Reflection of The Presence of his-Own Awareness,** and through the study of his-Own Reactions Within-Living, will gain access to Increasing Spiritual-Comprehension of Peace, as 'Within-Experience.'
- 5) The student **'Will-Demonstrate increased 'consciousness-resilience,' Via Development of her-Own Focus, Through-Within-Upon 'Reflective-Reference.'** Note: 'Reflective Reference' becomes the natural-Reflective Process, and the Spiritual-Vehicle of 'Soul-Relevant' 'Symbol-delivery.' These will-Be the student's Own Devotional 'Spiritual-Expressions of The Presence of her-Own Spiritual-Comprehension.
- 6) The student **'Will-Demonstrate, 'Through-Application' via an 'artistic-Expression,' her Own 'Now-Comprehension,' or "Intuition" of The Presence of her Own Perception.'**

**Note:** Consciousness is a Reflective-non-substance. That-IS. It is a Paradox - experienced "Within-Upon-and-Through" Spiritual-Perception, which IS Intuition. Consciousness Itself... well, I posit that IT is actually just a Point, within-Intuition. IT IS A POINT. I will say that again, loudly and clearly for you... "Consciousness IS A Point of one's Own Focus 'Through-Within-Upon 'The Presence' of 'your-Own' Perception.

**Side-Note:** Naming of 'The Presence' as the "Spirit" or "Awareness," ... well, they are all synonymous within "The Experience." So, whatever you want to name What IS Holy within your 'Spiritual-Dictionary' does not matter. What does, is 'Your' Awareness of IT, which is 'Beyond-definitions.' Creation of a "Spiritual-Dictionary" is a useful tool for Reflective-Reference Through-Growing-Within 'Spiritual-Experience.'

Actually Noticing Through a "Reflective State," that is perceptually understood by the individual, as "psychological-Nothingness," or 'unaffected-Attention.' IS what is Really

Important 'Within-Upon-Through' The Point of your Devotional Focus. (This is an Important Paradox to Notice...) As such, as you proceed with your Spiritual-study, remember that we do not Practice 'thinking," but instead, "gift thoughts Always to That which we are 'Now-Naming,' 'Beyond-Believing,' as a Practice.



**Lesson 1 Introduction:** This course is meant as a 'Basic Spiritual Resource,' for Orientation to '**Beyond-Believing,**' which IS "Spiritual-Reality" for 'me, learned via '**Through-Experience,**' of '**Within-Meditation.'**

Please, take what you are "Drawn-To Within IT," as THAT IS ITS Ultimate Purpose, which IS to help 'you' with 'your-Own-Focus, Through The Presence.

I mean, this is a "Spiritual Reference Manual of sorts," crafted by artistic-tendencies, and a sincere, Devotional 'Within-Meditation' Practice. The latter is completely 'Led' by the 'psychological-Nothingness' of Intuition, which was discovered 'Within-Meditation.'

**(Side-Note):** If you want to know 'who' 'I' am, well then, here is a poem, and a link to my website: <https://www.korabalesart.com/whoistheartist.html>. Nevertheless, ***the Point of ALL-THIS, IS to 'Help-Train' 'you' to Sit, and 'Look-Through' 'your-Own experience,' 'Within and Upon' the 'psychological Nothingness' THAT IS The Blissful Reflection of your-Own Divine Conception...*** so, 'I' am not very important. That-Is, 'I' am just a 'Spiritual-transcriptionist,' who is a Reflection of Him, just as everyone IS.

So, to keep it simple, Begin With What IS "In Front of You" - ALWAYS.



## **Exercise of Experience #1**

**Directions:** Appreciate NOW (Within 'The-Following Framework'). Start the timer for two or three minutes, and notice what you are noticing, and then your own reaction

within the noticing). *Simply, pay Attention to your Own Reaction, with what you perceive IS in front of 'you'.*

**Student's Reflective Reference of his**

**Own-Reaction:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(if you need more space, pull out a piece of paper. If you don't like to write, well-then - draw your reaction upon a preferred-paper.)

## **Exercise of Experience #2**

**Objectives: Obtain The Goal Position ->  
Conceptualize 'your-Focus' (Point),  
as the Entirety of your-Consciousness,  
Within The Presence of your-Own Perception,  
While "Now-Sitting."**

### **"Now-Sitting" Practice Application:**

(We are now pausing for FIVE Minutes, for you to sit with your eyes closed. Sit at the edge of where-ever (sturdy is better), positioning all of your weight evenly - distributed within the hips. Place your hands naturally upon your thighs, facing upward. You may prefer hand placement closer or further out from the body's torso. It does not matter, as long as you can relax and forget about them - is all that matters.

Further sitting up straight, with the chin parallel to the floor (or a bit lower) is helpful for your posture, which will decrease physical-restriction-sensations, to the experience of your-Own Consciousness.

**Lastly, make sure your eyes are gazing Upward,  
'Within-Upon-and-Through, the Spiritual Eye, which is located between and just above the eyebrows.**

**Side Note:** Placement of one's gaze Will-Become an increasingly-natural movement, as you-Develop your-'Within-Meditation Practice. Remember to Practice 'Gifting of ALL Thoughts to The Presence of your-Perception and Spiritual-Comprehension. In This-Way, 'you' Will-Become, 'Increasingly-Automatically-Adept', Within-Upon-Through, your-Own Focus.

**Please practice your Position (just described above), which Is-Called "Now-Sitting,"** Within your 'Now-Understanding' of 'Within-Meditation for a few minutes, and as you-Progress.

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### **Reflective-Reference of the 'Exercise of Experience'**

*By way of the "Appreciation of 'Now-Experience,'" more about your Own Spiritual-Perception was garnished. I mean, you **CREATED SOMETHING INTUITIVELY-USEFUL THROUGH YOUR Actual 'Perceptual-Experience. Reflectively.'***

*That-IS, IT-IS important for 'you' to know 'Within The Unknown-Reaction, (within 'The Exercise of Experience) if 'you' were perturbed, happy, confused, suspicious, tense, or peace-filled. That-IS, 'you' Know-consciously, your-Own Reaction (this is a prelude to a Spiritual-Comprehension, so for now, just keep paying-Attention to your-Own-Reaction, while remaining 'Always-Aware' of 'The Presence' of 'your-Own Perception' (Intuition).*

**Pause and Interiorize the Point of Your-Focus, Devotionally within the Spiritual-Eye- in a Relaxed-Manner.** Then ask and answer: *What just happened? Observe your Own Reactions to ALL of WHAT JUST HAPPENED (Notice what you were NOTICING).*

*Then, 'Now-Instead,' 'Always-Turn-Within' to Him (The Spirit), and Reflect Through-Him, asking 'The-Following':*

**"What IS Happening? (Spend a few moments not 'thinking,' but instead Reflecting Through your-Own Experiential-Spiritual-Perception (Intuition) of The Presence, "What is Happening, NOW.")"**

**Write down your-Reflection (which IS ANYTHING you-NOTICE Beyond-THOUGHT)**

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**Closing-Note:** As 'you' establish your 'Within-Meditation' and 'Naive Artistic-Practice,' Affirmations are-Useful, in Raising one's Spiritual Awareness.

**Memorize and Apply 'The-Following'** as a Devotional-Affirmation, Within the 'Now-Sitting' Position. Use after Initial-Relaxation, and use of the Body-Scan Relaxation and Spiritual-Comprehension Expansion Method (read "Drawing With The Master," for detailed Instructions).

### **Spiritual Comprehension 1:**

**The Form of one's Focus,  
IS the Function of the Form,  
Within-Experience.**



#### **Wrap-Up Reflections:**

Where this lands us very quickly, within a course about 'Within-Meditation,' are the subjects of 'Consciousness' and Spiritual 'experiential-perception' (Intuition) (next lesson).' For example, our primary goal of a 'Within-Meditation' course is to assist 'you' in 'getting out of your own way,' *psychologically-speaking, so that increasingly-fluid transitions into "Momentary Awareness," flourish within your-Own Experience of The Presence.*

THIS-IS 'What IS Happening.'

To this end, please Practice 'Within-Meditation,' for a 'natural-duration, within your-Own Experience (as described above) for Now, and daily continue developing your Own Reflective-Practice, via artistic-Reflective-Awareness of The Presence Within Your Perception (literally, draw and then write about it, after meditation).

This means a special location should be established for 'Within-Meditation,' as you are learning, as well as one for artistic-Spiritual-Reflective Work (art and writing - if not the same location, and understand these can be wherever works for 'you.' I have found the quieter the better, but explore your Options (there is always outside...)

Also, find a calendar for managing your 'must-do' activities (work, artistic-Reflective-Practice, and Within-Meditation). These preparatory efforts are meant only as useful suggestions, and should be explored within the moment, within The Presence of your-Own Perception.

I understand Intuitively that if 'you' are reading this, there is a Spiritual-Reason. That is for 'you' to Appreciate or not, via your Own Intuition - but that said, I will do my Best to Present "The Spirit" of 'This-Information' Efficiently, given the artistic-tendency of 'me' (laughter is heard coming from 'somewhere')...

### **Lesson 1 Week 1 Homework:**

- 1) **Practice 'Within-Meditation' daily x 2, at least.** I recommend for now, the approach should be 'your' Application of Devotion Through-Within-Upon The Presence of your-Own Perception, within the "Now-Sitting" Position.
- 2) **Create a Spiritual Dictionary**, wherein you will note daily, any Spiritual-Vocabulary that 'you' Intuitively Find-Relevant.
  - a) Memorize the New 'Within-Meditation' Vocabulary, and add this to your 'Spiritual-Dictionary.'
- 3) **Decide upon the location of your 'Within-Meditation' Practice, as well as where you will create your Art.** I teach how to understand the Spiritual-Reflection of The Presence via 'Through-Drawing.'
- 4) **Read Lesson 1 three times, at least. Please note:** Cognitive Structures, such as memory, and abstract-relational understanding will improve, reflective of your Own Devotion to your-Spiritual Development, 'Within-Meditation' and 'Within-Drawing.'

So, throughout the next week of "Focus-Training," do not forget you are Practicing 'The-Following':

- a) Gifting ALL thoughts and actions to The Presence of your-Own Perception, Devotionally.
  - b) Paying-Attention to *how you are spending your time (always Looking Through the Presence in Observation Through your-Experiential-Perception of Him), Always Expressing Gratitude-Within & Without for 'whatever.'*
  - c) *Practicing Artistic Expression Through The Presence of your-Perception daily. This is Devotional-Application of one's-Focus Through the Spirit to the Singular Point that is to be copied (or transcribed) upon the paper. To this end, please begin reading "Drawing With the Master: Self-Realization 'Through-Art' & 'Within-Meditation.'*
- 5) *Explore your Own Spirituality Through Increasing your-Own Conscious Spiritual-Vocabulary.*

### **Vocabulary from Reflective-Reference Exercises Within Lesson 1**

**Directions:** *Locate 'The-Following' Vocabulary within Lesson 1, and Through your-Own Reflection of the Presence, decide on a working 'definition' for each of them. If you are unsure of 'Who, What, or Where,' The Presence IS at this point,*

***please consider only accepting 'positive' definitions, until you do consciously-Comprehend Him.***

***Side-Note:*** Also, many of the 'vocabulary-words' are connected with a hyphen (-). This is the application of the creation of 'compound-abstract-conceptualizations,' creating larger-metaphorical landscapes of description within your-Consciousness. One expectation you may have about this instruction, is that this hyphen-application Will-Continue, as it IS a Reflection of Symbol as Spiritual-Communication, with Symbol's Importance Increasing later in The Course, as one Begins to Interpret his-Own Intuitions with more confidence.

There is NO-EXPECTATION for "perfection," all that is needed IS 'Devotion & Acceptance,' so add to the list, the word 'Expectation,' look it up, and write a 'positive-Reflection' as its definition.

- 1) Consciousness
- 2) 'Through-Drawing'
- 3) 'Now-Sitting'
- 4) **Expectation**
- 5) Nothing
- 6) Noticing
- 7) 'Within-Meditation'
- 8) Creationary Spiritual Comprehension
- 9) Absolute Spiritual Comprehension
- 10) Symbol
- 11) 'Beyond-Believing'
- 12) Intuition
- 13) Paradox
- 14) 'Now-Understanding'
- 15) 'Through-Application'
- 16) Devotion
- 17) The Presence
- 18) Relaxation
- 19) Form
- 20) Focus
- 21) Point
- 22) Comprehension
- 23) Function
- 24) 'Within-Experience'
- 25) Peace

- 26) Joy
- 27) Cognition
- 28) Abstraction
- 29) Love
- 30) Kindness
- 31) Gratitude
- 32) "The Goal Position"
- 33) Body-Scan
- 34) The-Following
- 35) Reflection

*\*All vocabulary within The Lessons will-have 'working-written' definitions, available within the next lesson. Until then, Reflectively-Reference each word through Dictionary.com (or another research mechanism), and **come-up with your Own Intuitive-Definitions.***

*\*Questions? Please contact the Instructor, who is also a Licensed Metaphysical Minister, through the International Metaphysical Ministry's University Seminary. Please note that this lesson and course are an Intuitive-Synchronous work-in-progress, so questions or suggestions are very-much appreciated, if you are interested in participating in its development.*

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**[End of Introduction]**