

Awareness Meditation

Find a comfortable sitting position with your back relatively erect. Take a few deep breaths.

Bring your attention to the top of your head, and gradually, allow yourself to become aware of all the sensations that you are experiencing in your whole body, starting at the top of your head and working your way down to the tips of your toes. Notice whether you are tense or relaxed, warm or cool, empty or full, buzzy or any other sensation – or no sensation at all. Don't try to change anything you encounter; simply become aware of what you are experiencing in the moment. Let yourself be, just as you are.

When you have reached the tips of your toes, see if it's possible to open the awareness to include all the sensations in your entire body simultaneously.

Now, open the awareness to include sounds – sounds inside and outside the room, in your ears and head. Sensations and sounds rising and falling away all by themselves moment after moment, and you don't have to do anything about them except notice them. You can let yourself and the world be, just as they are.

Now open the awareness to include images – visual and mental images, moving across the screen of awareness. Sensations, sounds and images, coming and going, moment after moment after moment...

And include in the awareness any emotions you might be experiencing. Once again, you don't have to do anything with them except notice them, just as you are noticing the sensations, sounds and images – all of them happening all by themselves in the moment.

And finally, include thoughts in the awareness – floating through vast awareness like clouds across the sky. See them for what they really are: neurons synapsing in the brain. In this moment, you are free to choose whether or not to believe/ act on them. You can simply be aware of them the same way you are aware of the sensations, sounds, images and feelings. In this moment, you are not these phenomena – you are the one watching them happen all by themselves. In this moment, you are absolutely free.