

Awareness Meditation – Inquiry Practice

Begin by using the best practice for you depending on the day and what's going on in “your world” to settle, to feel embodied then simply Rest and Be.

During the Thursday, 6/11/20 session, we used the Three Naturals and then the instruction “Be really aware without focusing”. You could use another practice and pith instruction here.

Once you are ready to explore awareness (or your moment to moment body-heart-mind experience), then you can use any of the questions below as an *invitation to explore your experience.*

It is not about having an answer. The question is the practice...

Is anything happening outside your awareness?

Can anything ever happen outside your awareness?

Is there a beginning of your awareness? A middle? An end? A center or edge?

Can you locate awareness? Can you find it?

Does awareness belong to you?

Does it belong to anyone?

Yet, here we are feeling, perceiving and experiencing... what is *that* which feels, perceives and experiences?