

Glimpse Practices for Natural Awareness

Instructions: Get quiet and still for a few minutes. Meditate a bit. Once you've settled a bit, drop some of these questions into your being. Notice what answers arise...

What is here now when there is no problem to solve? If you don't refer to thought, what about right now is a problem?

Are you aware right now? Where do you go to answer that question?

What is it that is aware of my experience? What is it that knows this feeling, this taste, this sound? Who or what is this moment occurring to? What is it that knows this experience? What is registering it? To who does all of this appear? Who is this moment arising to?

Notice where your attention is right now. What is it that notices that? Sense what is noticing sight, sound and feel.

Drop your attention from your head to your heart. Drop your attention below the neck. Perceive this moment from the heart space.

Unhook local awareness from thought. Can you be alert without going back up to thought? No need to go back up to the office of the mind. No need to self-reference to deal with this moment. No need to check with thought that you are doing something right. You can relate to this moment through awareness instead of the problem solver. The attention doesn't have to contract back. Upgrade to this other operating system. Rest as awareness.

Are you aware of the spacious awareness? Or is there already a spacious awareness that is aware on its own? Am I aware of the spacious awareness, or am I the spacious awareness aware of thoughts feelings and sensations? Maybe you are aware from this spacious awareness. Maybe that it is awareness that is perceiving this moment.

Stop thinking for a moment. What do you notice is here when you are not thinking? What is still here? Again, stop thinking for a moment. More

aliveness flood in. You can repeat this over and over. Short moments of awareness repeated many times leads to mental and emotional stability.

Be knowingly the presence of awareness.

Bring your attention to listening. Are you making listening happen? Or is listening happening all on it's own? With your eyes open, just look. Just see the light and textures in front of you. Are you making seeing happen? Or is seeing happening all on it's own? What about the perception of right now is happening on it's own? Just the raw perception. Not the interpreting.

Now, just listen. Notice different sounds coming and going. Hear the next sound arising and falling. In your experience, can you find a line between the hearer and the hearing and the heard? Can you find the difference between hearing and the sound?

Now locate opposites in the body – sensations of coolness or cold. Or pressure and space. Open to fully feeling the coolness sensations in one area of the body. Now find a sensation of warmth. Now go back and forth between these two feelings of warmth and coolness. Or pressure and space. Feel warmth...and then feel cool... Your own first-hand experience of these two feelings. Warmth and then cold. Now feel them both simultaneously—warmth & cold. Feel how feeling the warmth and cold simultaneously acts on the body and mind.

There is a part of you...you can sense it as the inner body...that is not in resistance to anything. Relax into this part of you that is not resistance anything in this moment. Your sky-like self that is registering all your feels, thoughts and sensations. Openly receiving whatever comes in. There is part of you allowing, accepting, registering and noticing all the weather that moves through.

Try and not be aware. Again, try and not be aware. Are you making the awareness of this moment happen? Or is awareness happening all on it's own?

With the eyes closed just be with the raw experience of the body. Sense your body without thinking of it as a body. Without referring to a thought of the body, just sense the sensations. Noticing tingling, vibrating, pulsating. This whole field of aliveness. If you had to draw the felt sensations of the body, what would it look like? Maybe like the milky way.

Your personality, thoughts, and body are a wave in the ocean of life. A temporary constellation of atoms and energy in this configuration. Moving through life. Something is conscious of this. Awareness is noticing it all.

Just allow everything to be as it is right now. In this moment, you are invited to allow everything to be as it is. No matter how you are right now, no matter what you feel, just allow it to be as it is. And so there is no result that one is looking for. There is no goal. Other than to find out within yourself what happens when you allow everything to be as it is.

Notice that you are aware right now. Notice that you are noticing right now.

Is this a meditation state happening to you? Or is this more essentially who you are and all states, emotions and thoughts are welcome?

This awareness is not interested in the drama of your life. It's just awake and alive. Noticing it all.

What is beating your heart, animating this next breath? Growing your finger nails, growing your hair? Secreting enzymes in your stomach? Aging your body? A life force or consciousness is animating this life. You are not in full control here. Life is unfolding all on it's own.

Just for a few minutes here, let's put the past to one side, and the future to one side. Let go of the past and future with your mind. Just for a moment. As soon as these minutes are up, you can pick them again. But just for these few moments, really allow yourself to set the past aside. And put the future to one side. Everything you think you are. Everything you'd like to have happen. What happens when you let go of what has happened? Of what might happen in the future? What happens when you let go of past and future? Of who you think you are? Because

immediately, at the instant you let go of past and you let go of projection into the future, something becomes available.

Just stop. No need to figure anything out. Relax back. Open. Notice you are perceiving.

Where are you aware from? What are you aware from? Where is the one who is perceiving? Are you choosing to perceive this moment? Or is this moment just being perceived on it's own?

Balance on this moment through awareness of the senses. It's like riding a bike. Balance on this moment through awareness.

Who were you before you were born? What will be of you after your body is gone?

Awareness knows the not knowing that knows. No experience takes place at a distance from the knowing of it. Be knowingly the presence of awareness.

All of the cells in your body have regenerated in the last 10 years. No physical part of you is the same. You are 80% water that have come through the streams and rain. Your body is constantly changing. Yet something remains the same.

What are you thinking about right now? What set of thoughts keep arising? Ask that part of you to give you some space. Just take a step to the side and give you a little bit of space. What is here when that part steps aside? How do you feel towards that part?

Notice that which doesn't come and go. Notice what is coming and going, that is not coming and going. What is the continuous element in our experience? What is the part of you that doesn't come and go? Can't be hurt. Intelligence not made of thought. Everything is welcome.