

THE AWARENESS EXERCISE

The awareness exercise is a simple practice which is very old. It is a time-proven way of gradually developing the ability to become truly still. This ability brings about depth of experience. And so, the stillness that is sought is not just stillness at a physical level, but also stillness of the heart and mind.

It is recommended that you practise the awareness exercise twice each day.

First, find a balanced position of the body . . .

Let the mind be free of any concern or preoccupation . . .

Let the body be still . . .

Be aware of where you are now . . .

Feel the touch of your feet on the ground . . .

The weight of the body on the chair . . .

Feel the touch of the clothes on the skin . . .

Feel the air on the face . . .

If they are open, let the eyes receive colour and form without any comment . . .

Be aware of the sense of smell . . .

And the sense of taste . . .

Be fully here . . .

Now be aware of hearing . . .

Let sounds come and go without any comment . . .

Let the hearing extend right out to the furthest and gentlest sounds, embracing them all . . .

Simply rest in this awareness for a few moments.