

# The Awareness Exercise

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.

