

[Perceiving as Fundamental Consciousness - Nondual Perception](#)

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Note: Do this exercise first while you're seated. Then try it standing and moving.

Sit upright, with your eyes open. Feel that you are inside your whole body at once. Experience the rich blend of the qualities of awareness, physical sensation, and emotion pervading, your whole body, and environment. Stay in your whole body as you experience this.

Find the space outside of your body, the space in the room. Now experience that the space inside and outside your body is the same, continuous space. It pervades you. Bring your breath smoothly and evenly through the space of your body. Experience that the space that pervades your body also pervades the other people and objects in the room, and the walls of the room. Stay in your whole body as you experience this.

Experience that all of the sounds you hear are just occurring in the space without changing the space. Experience that the space itself is hearing the sounds. You do not have to listen in order to hear. The hearing happens by itself. You are hearing with your whole body and mind. You are receiving the sounds, without any effort.

Allow everything that you see to just be in the space without changing or altering the space. Experience that your eyes are made of space. Experience that the space itself is doing the seeing. You do not have to look in order to see. You are seeing with your whole body and mind. Just receive the visual images.

Now experience that everything you hear and everything you see occurs at the same time in the space of fundamental consciousness without your making any effort to hear or see. Receive the sounds and the visuals at the same time. The sounds and visuals arise directly out of the space.