

## [Attuning to the Qualities of Fundamental Consciousness](#)

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Sit upright with your feet on the floor. Keep your eyes open. Feel that you are inside your whole body at once. Find the space outside your body, the space in the room. Experience that the space inside and outside your body is the same, continuous space. It pervades you.

Experience that the space pervading your own body also pervades your whole environment. Do not move from within your body to do this: attune to the space that seems to already be there pervading you and your environment.

Attune to the quality of awareness. This means becoming aware of your awareness. Attune to awareness around, within and above your head. Experience the quality of awareness pervading your whole body, so that it feels like you are made of the quality of awareness. Experience the quality of awareness pervading your whole body and environment at the same time.

Come down to the middle of your body—your chest and gut. Attune to the quality (the ground) of emotion (or love). Attune to the quality of emotion in the middle of your body. Experience the quality of emotion pervading your whole body, so that it feels like you are made of the quality of emotion. Experience the quality (the ground) of emotion pervading your whole body and environment at the same time.

Come down into the bottom of your torso, legs and feet to attune to the quality of physical sensation. Experience the quality (the ground) of physical sensation pervading your whole body, so that it feels like you are made of the quality of physical sensation. Experience the quality (the ground) of physical sensation pervading your whole body and environment at the same time.

Now experience the quality of physical sensation pervading your whole body and environment, and the quality of awareness pervading your whole body and environment at the same time.

Add the quality of emotion pervading your whole body and environment. At this point, the qualities blend together, they become indistinguishable from each other. Sit for a moment in this rich field of awareness, emotion and physical sensation.