

## [Distinction Between Matter, Energy and Fundamental Consciousness](#)

Click title for downloadable audio

Sit with your back straight. Experience yourself as *physical matter* - flesh, muscle, bone, blood, nerves, etc. Now experience yourself as *energy* - streaming, pulsing, vibration - motion within your body. Now experience yourself as the *stillness of fundamental consciousness*.

(If you are teaching this in a group, you can ask people to experience, if they can, how the feeling in the room changes as the group experiences themselves in these three different ways.)