

[Moving as Fundamental Consciousness](#)

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A - Stand. Feel that you inhabit your feet. Feel that there is no separation between you and the floor. Feel that you are in your whole body at once. Attune to the quality of self in your whole body. Staying inside your whole body, move your arms. Feel that the space inside your arms is moving through the space of the room. Feel that you are moving the quality of self through space. Now move with your whole body. Experience the internal space of your body moving through the space of the room. Feel that you are moving the quality of self through space. Come back to standing. Feel that you are in your whole body at once. Make deep contact with yourself within your whole body.

B - Stand. Feel that you are inside your feet. Feel that there is no separation between you and the floor. Feel that you are inside your whole body all at once. Find the space outside your body. Experience that the space inside and outside your body is the same continuous space. It pervades you. Experience that the space pervading your body also pervades everything else around you, including the walls, ceiling and floor. Stay inside your body as you experience this. Maintain your attunement to the pervasive space as you move your arms. Now move with your whole body, maintaining your attunement to the pervasive space. Come back to standing. Feel that you are inside your whole body at once. Make deep contact with yourself within your whole body.