

[Standing Attunement to Fundamental Consciousness](#)

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Stand, with your eyes open. Look straight forward (not up or down). Experience that you are inside your feet. Feel that there is no separation between you and the floor. Imagine that someone is drawing an outline of your whole feet on the floor. Let your feet soften, so that you can sink down into them and fill the whole outline of your feet. Especially soften the part of the foot right in front of the ankles. Inhabit your feet so that you can experience the internal space of your feet and your legs, at the same time. Let your breath adjust to you being that far down in your body, so that your inhale does not lift you upward.

Find the centers of the soles of your heels. Balance your awareness of these two points. Inhabit your ankles, between your ankle bones. Experience the internal continuity between your ankles and your feet. Feel that you are inside your legs. Feel that you are inside your hip sockets. Balance your awareness of the space inside both hip sockets. Feel that the hip sockets settle towards your feet. Feel that you are standing in your legs, rather than on them.

Inhabit your whole torso: pelvis, mid-section and chest. Feel that the torso has a front to it, and a back. You are inhabiting your torso all the way through from front to back. Inhabit your shoulders and your shoulder sockets. Balance your awareness of the space inside both shoulder sockets. Feel that your shoulder sockets settle towards the ground. Experience that you are inside your arms, wrists and hands, all the way to the fingertips.

Inhabit your neck; let yourself rest in your larynx. Inhabit your head: your face and your brain. Feel that you are inside your whole body all at once. (The whole internal space of your body, including your head, is settled to the ground, as if the whole body grows out of the ground.)

Attune to the quality of self inside your whole body. Find the space outside of your body. Experience that the space inside and outside your body is the same, continuous space.

Experience that the space pervades your body and everything in your environment, at the same time. Experience your breath passing through the stillness of the space.