

Walking as Fundamental Consciousness

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A - *Stand, with your eyes open.* Feel that you are inside your feet. Feel that you are inside your whole body at once. Attune to the quality of self inside your whole body. Walk across the room slowly, staying inside your whole body and attuned to the quality of self.

B - *Stand, with your eyes open.* Feel that you are inside your feet. Feel that you are inside your whole body all at once. Attune to the quality of self in your whole body. 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. Slowly walk across the room, experiencing space pervading your whole body and the room at the same time. Stay inside your body as you do this.

C - *Stand on the earth, outside in nature.* Feel that you are inside your feet. Feel that there is no separation between you and the earth. Feel that you are inside your whole body at once. Find the space outside your body. Feel that the space inside and outside your body is the same, continuous space. Experience that the space pervading your body also pervades your whole environment.

Experience that the space is doing the seeing and hearing, you do not have to look or to listen in order to see and hear. Allow the movement of the sights and sounds in nature to move through the pervasive space without disturbing or altering the space in any way.

Bring your gaze down to the earth. Feel that the space that pervades you also pervades the earth. Bring your gaze up to the sky. Feel that the space that pervades you also pervades the sky. Bring your gaze to the landscape. Feel that the space that pervades you also pervades all of nature, revealing all of the individual forms and all of the vitality of life force within the forms. Walk on the earth, staying within your body and attuned to the space pervading you and your environment. Experience the stillness of fundamental consciousness and all of the movement within your body and environment, at the same time.