


## [Attuning to the Oneness of the Essential Qualities](#)

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*Partners can practice this facing each other or sitting side by side. They both follow the instructions at the same time.*

Feel that you are inside your whole body. Find the space outside your body. Experience that the space inside and outside your body is the same, continuous space. Experience that the space pervading your body also pervades your partner's body.

Attune to the quality of 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 awareness. Attune to the quality of awareness pervading you and your partner at the same time.

Come down to the mid-third of your body and attune to the quality of emotion. Experience the quality of emotion pervading your whole body, so that it feels like you are made of the quality of emotion. Attune to the quality of emotion pervading you and your partner at the same time.

Come down to your lower body and attune to the quality of physical sensation. Experience the quality of physical sensation pervading your whole body, so that it feels like you are made of the quality of physical sensation. Attune to the quality of physical sensation pervading you and your partner at the same time.

Now all three qualities at the same time: attune to the quality of physical sensation and the quality of awareness both pervading your whole body at the same time. Add in the quality of emotion pervading your whole body. They blend together. Attune to this blend of awareness, emotion and physical sensation pervading you and your partner at the same time.