

[Attunement to Fundamental Consciousness](#)

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Sit upright, with your eyes open. Inhabit your feet. Inhabit your whole body. Find the space outside of your body. Experience that the space inside and outside of your body is the same continuous expanse of space, of fundamental consciousness. Experience that the space of fundamental consciousness that pervades you, also pervades your whole environment.

Sit with your back straight. Close your eyes.

Bring your breath smoothly and evenly in and out through your nose. Silently count three counts to inhale and three counts to exhale (or whatever number is comfortable for you).

Bring your inhale inward through your head, using your inhale to make deep inward contact with yourself. Your exhale releases.

Feel that you are inside your feet, that you inhabit your feet. You are not just aware of your feet; feel that you are the internal space of your feet. Make sure that you can stay in your feet as you breathe, that your inhale does not lift you away from your feet.

Attune to the quality of self (a particular quality that feels like self, not an idea but a feeling), inside your feet.

Feel that you are inside your ankles and your lower legs. Attune to the quality of self inside your ankles and lower legs.

Feel that you are inside your knees. Settle into your knees so that they feel soft. Balance your awareness of the space inside your knees, find both those internal areas at the same time. Experience the stillness of the balanced mind.

Feel that you are inside your thighs. Attune to the quality of self inside your thighs.

Feel that you are inside your hip sockets, with a very subtle (thin) mind. From the inside of your hip sockets, you can feel the internal space of your upper thighs and the internal space of your lower torso, at the same time. Balance your awareness of the space inside your hip sockets; find the inside of both hip sockets at the same time. Experience the stillness of your balanced mind and the movement of your breath at the same time.

Feel that you are inside your pelvis. Attune to the quality of your gender within your pelvis, however that feels to you (not an idea but a feeling, what your gender feels like to you.). If you do not identify with a gender, then attune to the quality of your sexuality. Bring your breath down into your pelvis and let it pass through the quality of gender (or sexuality), inside your pelvis.

Now come down to the bottom of your torso. Inhabit your whole pelvic floor, including the sitz bones. Let your breath adjust to you being that far down in your body, so that your inhale does not lift you up away from there.

Find a point in front of the base of your spine on the bottom of your torso. Open this area and allow a current of energy to rise up into your pelvis. (Do not pull this energy up, but allow it to come up by itself.) This is a very slender current -a thread of energy.

Feel that you are inside your mid-section, between your ribs and your pelvis, including the solar plexus area under the ribs. Attune to the quality of your power, your personal strength, inside your mid-section. (This is pure power, like the power of a waterfall.) Bring your breath down into your mid-section and let it pass through the quality of power inside your mid-section.

Find a point in the innermost core of your mid-section. Open this point (settle the point) and receive the upward-moving current of energy into your mid-section. Let it come up by itself.

Feel that you are inside your chest, all the way through to the back of yourself. Attune to the quality of your love inside your chest. Bring your breath down into your chest and let it pass through the quality of love inside your chest. Let your love rest in your chest, so that you feel that you are sitting in your heart.

Find a point in the innermost core of your chest. Open this point (settle the point) and receive the upward-moving current of energy inside your chest. This upward current still comes from the bottom of your torso.

Feel that you are inside your shoulders. Attune to the quality of self inside your shoulders.

Feel that you are inside your shoulder sockets, with a very subtle (thin) mind. From the inside of your shoulder sockets, you can feel the internal space of your upper arms and the internal space of your upper torso at the same time. Balance your awareness of the space inside your shoulder sockets; find the inside of both shoulder sockets at the same time. Experience the stillness of the balanced mind, and your breath moving through the stillness without disturbing it.

Feel that you are inside your arms, wrists and hands, all the way to your fingertips (so that they feel like your arms, your hands). Attune to the quality of self inside your arms, wrists and hands.

Feel that you are inside your neck. Let yourself settle within your neck; experience yourself living within your larynx. Attune to the quality of your voice, your potential to speak, inside your neck. Bring your breath down into your neck and let it pass through the quality of your voice inside your neck.

Find a point in the innermost core of your neck. Open this point (settle the point) and receive the upward-moving current of energy into your neck.

Feel that you are inside your head and inside your whole forehead, all the way around to the temples of your forehead. Let your forehead soften. Find a point in the center of your forehead (not between the brows but in the center of your forehead). Keep this point steady as you breathe. (It may move around with your inhale and exhale; see what you need to let go of for the point to be steady as you breathe).

Now get back behind that point so that you are seeing it from behind it, from deep inside your head. Let yourself see whatever is there – it may be a dark cave or a point or sphere of light, or some other visual. (Do not go forward toward the cave or visual.)

Feel that you are inside your eyes. Let your eyes soften so that they feel continuous with the rest of your face. Feel that you are behind your cheekbones and inside your nose, all the way to the tip of your nose, from the inside. Feel that you are inside your jaw, your mouth, your lips and your chin. Feel that you are inside your ears.

Now feel that you are inside your whole brain. Attune to the quality of your understanding inside your whole brain. Bring your breath straight back through your head on your inhale and let it release on the exhale. Experience the breath moving through the quality of understanding inside your brain.

Find your head center. Let this point settle and receive the upward-moving current of energy into your head. The energy still comes from right in front of the base of your spine, on the bottom of your torso. Now you can let the energy continue to pass upward and out your head through the top of your head. (But do not go with the movement of energy. Just experience the energy moving through you.) (The top of your head needs to be gently settled in order for the energy to move up through it.)

Feel that you are inside your whole body all at once. (If we say that the body is the temple, you are sitting inside the temple, with nothing left out.)

Attune to the quality of self in your whole body. Feel that you are made of the quality of self.

Keeping your eyes closed, find the space outside your body, the space in the room. Experience that the space inside your body and the space outside your body is the same, continuous space. It pervades you. You are still inside your body, but your body is pervaded by space. You are permeable, transparent. (I call this “space” because it is experienced as spacious, but it is fundamental consciousness.) Feel that you are the space of fundamental consciousness; it is not something separate from you.

Slowly open your eyes. Feel that you are inside your whole body at once. Attune to the quality of self in your whole body. Even though the world appears, you still have the same internal depth as

you felt with your eyes closed (the same temple to sit inside).

Find the space outside your body. Feel that the space inside and outside of your body is the same, continuous space. It pervades you. (As the space of fundamental consciousness, you can let go of your grip on your experience. Everything will still be there, but you have let go of your grip on it.) Experience that you are the space of fundamental consciousness - it feels like who you are.

Experience that the space pervading your body also pervades your whole environment, even the walls of the room. Remain inside your whole body while you experience the space of fundamental consciousness pervading you and your environment. (You are not finding your environment; you are finding the space that seems to already be there, pervading you and your environment.)

(If you are teaching in a group, you say: *“Experience that the space pervading your body also pervades the other people in the room. But you are still inside your whole body as you experience this. Do not project yourself through the other people. Attune to the space that seems to already be there, pervading you and the other people.”*) (If you are teaching this to one person, you say, *“Experience that the space that pervades your body also pervades me.”*)