

Attuning to Oneness with the Cosmos

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Stand or sit outside in a country setting, with your eyes open. 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.

Bring your focus upward to the sky. Experience that the space that pervades you also pervades the sky.

Bring your focus down to the ground. Experience that the space that pervades you also pervades the earth.

If you are at the seaside, feel that the space that pervades you also pervades the ocean. Feel that the space that pervades you also pervades the whole environment.