

## Experiencing the Quality of Self

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*One of the ways that we can enter into the dimension of fundamental consciousness is by attuning to the quality of self within the body. Interestingly, this is a very particular quality, the same or nearly the same in all of us. The following is an exercise to help you experience the quality of self. If you do not think about what this means, but simply intend to attune to the quality, you will probably find that you can actually experience a particular quality that feels like self. This exercise is almost the same sequence as Exercise 1 from the last chapter. Sit upright on a chair or cross-legged on a pillow. You can practice this exercise with your eyes open or closed.*

Begin by breathing smoothly and evenly through your nostrils. Bring your attention down to your feet. Feel that you inhabit your feet, that you are the internal space of your feet. Attune to the quality of self inside your feet.

Feel that you are inside your legs, that you are the internal space of your legs. Attune to the quality of self inside your legs.

Feel that you are inside your torso, including your pelvis, midsection, and chest. Feel that you are the internal space of your torso. Attune to the quality of self inside your torso.

Feel that you are inside your shoulders, arms, and hands, and that you are this internal space. Attune to the quality of self inside your shoulders, arms, and hands.

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

Feel that you are inside your head—your face and your brain. Attune to the quality of self inside your head.

Feel that you are inside your whole body all at once. Attune to the quality of the pronoun “I” as deeply as you can in your body. As that “I,” allow yourself to let go of everything else. This “I” in the

depths of your body is aware of your inner experience and the outer world, but it has no entanglement, no grasp on your inner or outer experience.

Mentally find the space outside of your body. Experience that the space inside and outside your body is the same, continuous space.