

Letting Life Go Through

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Here is an exercise that I do with people to help them experience the unchanging, unbreakable nature of fundamental consciousness.

Experience that you are inside your whole body at once. Mentally find the space outside your body, the space in the room.

Now experience that the space inside and outside your body is the same, continuous space; it pervades you.

Experience that the space pervading your body also pervades the other people and objects in the room.

Experience that the space pervading your body also pervades the walls of the room. You are still in your body, as you experience this all-pervasive space.

I have an imaginary red ball, about the size of a pea. I am going to gently toss the ball through the clear space of fundamental consciousness that pervades your body.

I will toss the imaginary ball through the space over your right shoulder. Then over your left shoulder. Next, I will toss the ball through the right side of your chest. Then through the left side of your chest. In this way, you can experience that even the substance your body is permeable in the dimension of fundamental consciousness.