

[Attunement to Fundamental Consciousness, Short Form](#)

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

Bring your attention down to your feet. 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 inside your feet.

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

Feel that you are inside your hip sockets—you are living in the transition between your legs and your torso. 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 whole torso: your pelvis, mid-section, and chest, all the way through to the back of yourself. Attune to the quality of self in your whole torso. Bring your breath down into your torso on your inhale and release the breath on your exhale.

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 mind. You are living in the transition between your arms and your torso. 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. 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. Attune to the quality of self inside your neck. Bring your breath down into your neck on your inhale and release the breath on your exhale.

Feel that you are inside your head and behind your whole forehead, all the way around to the temples of your forehead.

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. With practice, you may see a point of light there, or a pearl of light.

Feel that you inhabit your whole face: your forehead, eyes, cheekbones, nose, jaw, mouth, lips, chin and ears.

Feel that you are inside your whole brain. Attune to the quality of self inside your whole brain. Bring your breath straight back through your head on your inhale and release the breath on your exhale. Feel the breath pass through the quality of self inside your brain.

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.

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, 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. Experience your breath passing through the (As space, 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 the space pervading your body also pervades the walls of the room. Remain inside your whole body while you experience the space pervading you and the walls of the room. (You are not finding the walls; you are finding the space that pervades you and the walls of the room.)