

[Standing and Walking as Emptiness and Presence](#)

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Stand, with your eyes open. Look straight ahead. Inhabit your feet. Feel that there is no separation between you and the ground. Feel that you are in your whole body at once. Experience being in your body as emptiness, like an empty vessel. Walk across the room, inhabiting your whole body and experiencing being in your body as emptiness.

Stand, with your eyes open. Inhabit your whole body. Experience being in your body as presence. Do not project the presence outside of yourself but experience that you are present within your whole body. Walk across the room, inhabiting your body and experiencing being in your body as presence.

Stand, with your eyes open. Inhabit your whole body. Experience being in your body as emptiness and presence at the same time. Walk across the room, inhabiting your body and experiencing being in your body as emptiness and presence at the same time.

Stand, with your eyes open. 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 space. Experience that the space that pervades your body pervades your whole environment.

Experience being in your body as emptiness. Attune to emptiness pervading your body and environment. Experience being in your body as presence. Attune to presence pervading your body and environment. Attune to emptiness and presence at the same time, pervading your body and environment. Walk across the room attuned to emptiness and presence at the same time pervading your whole body and environment.