

AWARENESS SADHANA

(celebrating all pervading presence)

context: jnana yoga / advaita vedanta / zen

for mantra transfer, see

www.yoga-intervision.com/pdf/infomantrayoga.pdf

1. sit down - in meditation posture - or straight upon a chair - look softly about two meters ahead on the floor - listen - smell - feel the space around - be a guard
2. breath through your belly - silently - follow your breath with your mental eye - give special attention to the little gap after the outgoing breath - again and again
3. all pervading presence now - awareness - devoid of any me, awake - right then - environment and you a whole - transcendent and immanent merged - as before

that's all ... if not

4. close your eyes - look at the screen you see - say mentally OM at the inhaling - AH HUM (aaahoem) at the exhaling - being attentive at the little gap at the end
5. shift at each AH HUM a bead - thoughts arising on your screen, let them be - they will disappear of their own accord - with associative thinking the same
6. this will happen because of your steady going back to your breath - back to your beadshifting mantra saying - back to the gaps between exhaling and inhaling
7. that's how you practice awareness sadhana - celebrating existence (OM) we are part of (AH) and the reverse (HUM) - refreshing from emotions, speculations etc.
8. time will come you will breath without mala, mantra both - knowing the room, your screen, by which all phenomena come and go - including you and me
9. whatever appears in that room, on your screen, we are but are not - even the watcher, the witness, we are but are not - essentially awareness we are - all is

read consciousness instead of awareness if you prefer

for some background see pages 3 and 4 of

www.yoga-intervision.com/pdf/ontheway-addendum-onderweg.pdf

when practising the awareness sadhana doesn't fit, try

www.yoga-intervision.com/pdf/satchitananda_swarupa.pdf

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