



## Easy Guide: The Meditation Format

Use this guide to remind yourself of the steps described in full detail in Chapters 15 & 16.

### Optional: Experiencing Awareness

*Take a moment to experience Awareness ... The capacity to experience, that's throughout the body, and all around us. It may feel like a sense of spaciousness ... of presence... that's easy to notice ... when we pause to experience in this way. ...*

#### 1 Finding a Beginning

Do a Body-Mind Scan: *Allow whatever relaxes easily to relax, and notice what remains.* ... [This could be a bodily sensation, an emotion, an image, an inner voice, etc.].

[Notice the location, size & shape, and sensation quality.]

#### 2 Finding the 'I'

*Where is the 'I,' that is aware of this sensation? Where is the perceiving happening from?*

[Notice the location, size & shape, and sensation quality.]

#### 3 Sensing if the 'I' Welcomes Integrating with Awareness

*Does the sensation [in the area of the 'I'] welcome the invitation to open and relax as the fullness of Awareness?*

If Yes: Go on to Step 4.

If No: Find another 'I' until you get to one that welcomes integrating.

#### 4 Inviting the 'I' to integrate

*Notice what happens, when the sensation here [in the area of the 'I'] is invited to open and relax ... as the fullness of Awareness ... in whatever way is natural.*

If more 'I's: Invite each preceding 'I' to "*dissolve as the fullness of Awareness.*"

#### 5 Inviting the Beginning Sensation to Integrate

*Returning to the area you started with ... Invite whatever sensation is here now, to open and relax in and as the Awareness that's throughout the body and all around.*

#### 6 Resting in Awareness

Now you can "rest as Awareness," and/or cycle through the steps again.

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