

# AWARENESS SADHANA

celebrating all pervading presence

context: jnana yoga / advaita vedanta / zen

## instruction

1. sit down - in meditation posture - or straight upon a chair - look softly ahead on the floor - listen - smell - feel the space around as well inside - be as a guard
2. wake up - say mentally satchitananda swarupa namaha: being only, consciousness, bliss I am (\*) - join all those who observe silence at the chosen time (\*\*)
3. 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
4. all pervading presence (\*\*\*) now - awareness - right then - devoid of any I, any me, awake - transcendent and immanent merged - beyond time and space (\*\*\*\*)

that's how you practice awareness sadhana effortless

5. any problem with it ? - continue with closed eyes - look at the screen you see - say mentally OM at the inhaling - AH HUM (aaahoem) at the exhaling
6. 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
7. this will happen because of your steady going back to your screen - back to your beadshifting mantra saying - back to the gaps between exhaling and inhaling
8. then you practice awareness sadhana by effort, by using your bodymind - celebrating existence - timeless, unlimited space your consciousness is - joyfully (\*)
9. maybe time will come you will prefer the effortless way - knowing the room now, your screen, by which all phenomena come and go - including you and me
10. 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

(\*) for details see [www.yoga-intervision.com/pdf/satchitananda\\_swarupa.pdf](http://www.yoga-intervision.com/pdf/satchitananda_swarupa.pdf)

(\*\*) for more information see [www.yoga-intervision.com/pdf/stilte-tijden.pdf](http://www.yoga-intervision.com/pdf/stilte-tijden.pdf)

(\*\*\*) presence: a divine spirit, energy, felt to be present, inhabiting ourself as well

(\*\*\*\*) details see [www.yoga-intervision.com/pdf/beyond-time-and-space.pdf](http://www.yoga-intervision.com/pdf/beyond-time-and-space.pdf)

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