

Be There and Be Aware: The Dynamic, Unified Field of Awareness

If you are standing, find an even balance on the “tripods” of your feet; if you are sitting, come into an easy balance on your “sit” bones.

Step 1: Sense your whole skin and yourself inside it. When this seems settled and clear, *add*:

Step 2: **(a)** Be aware of the space you can see around you. **(b)** Now include the rest of the room around, over, and behind you that you can't see. **(c)** Add the awareness that there is space beyond the walls of the room you are in. **(d)** Finally, add in the awareness that there is a whole planet beneath you, supporting you and the upward dynamic of your being. When this seems settled and clear, *add*:

Step 3: Notice your weight being drawn down onto the planet by gravity, and reflected back up and out through you (like the bounce of a rubber ball).

Take plenty of time to let that become all one thing that you just notice. This is an awareness of yourself, where you are, right now. This is where you want to be when you move, speak, or sing (or do anything!).

Once you are used to this way of thinking, you can quickly remember it by asking yourself: **Am I aware of myself in my skin, in my space, and on my planet (in my support)?** Or simply: **Where am I?**