

Being Awake as Awareness can only be realized by establishing a habit through deliberate practice. Anything we have learned, from walking on two feet to riding a two-wheeled bicycle, has required each of us (individually) to gradually become increasingly sensitive to whether or not we are feeling a sense of balance. By not leaning too far to the left or right, we learn what it feels like to sustain our balance. Being Awake as Awareness is no different than establishing this level of consciousness (of being in balance) in our entire body, heart, mind, soul, and spirit.

We continue to be aware of our sensations, feelings, thoughts and intuitions while also noticing whether or not we are falling a bit too far to the left or right. Gradually (through experience) we learn to remain aware of whether we feel balanced in the gravitational field of the Earth, which would otherwise cause us to fall back onto our hands and knees.

Being Awake as Awareness does not (seemingly) have as consequential a reminder, yet the consequences of not being seamlessly awake as awareness are far more consequential. Yet, you would not know 'this' unless you had established this habit first, and then deliberately explored what it's like when you do not sustain this most fundamental level of coordination.

It's best to take personal responsibility for learning this habit prior to being in a group. Yes, it is easier to be awake as awareness when others are 'observing' this quality of consciousness. If everyone is noticing the quality and presence of their noticing together, it's actually difficult not to notice—in your self—what the majority are noticing. Usually, the majority are noticing pieces and parts of all there is to notice where you chime in with what piece seems worthy of noticing.

We crave unconditional love, which is none other than sharing undivided attention with others. This level of communion and mutual understanding can become commonplace by exercising this innate capacity for feeling undivided from all we share with 'all that is' - as life everywhere. Loving our selves, one another, and all that is is achievable through being awake as awareness.

It's up to you to re-discover what you did automatically when you were born into this world as a wide-eyed innocent child that already knew how to be awake and aware—as life its Self !! Our own evolution is not possible without our awareness effortlessly organizing all we notice. By simply establishing this habit, we are allowing awareness to become conscious of it Self.

1) Begin by finding awareness outside your own body in a mirror (two to three feet distant). It is challenging to locate awareness in individual meditation, as it is everywhere yet nowhere in particular. By being aware of awareness outside of your body (in a mirror) you are locating it as you are in the habit of doing when discerning discrete sensations, feelings, and intuitive ideas. Being awake as awareness (outside your body in a mirror) is the easiest first step in awakening.

2) Practice for ten to fifteen minutes upon arising, and before going to bed. You can carry a small hand mirror, to practice during the day when you're waiting for someone, or stuck in traffic. Gradually, you will find you can sustain awareness of awareness without a mirror.

3) In the group gatherings, the guidelines make it easier to overcome the awkwardness of being awake as awareness (interpersonally) as we have been organizing and orchestrating our awareness by being objectified as separate and comparable self-centric objects that exist more-or-less comparatively with countless other objects, sensations, feelings and thoughts.

4) No wonder we are facing the dire consequences of 'our' collective unconsciousness today.