

## Awareness of the Self: the Exercise in being Oneself

... is designed to be just that, an exercise which only takes a few minutes and can be repeated as often as you like which will help you find peace within yourself:

First, let the mind be free of any concern or preoccupation...  
Let the mind fall still and come to rest within...  
Be aware of where you are...  
Feel the touch of your feet on the ground or floor...  
The weight of the body on the chair...  
Feel the touch of the clothes on the skin...  
And the play of air on the face and hands...  
If they are open, let the eyes receive colour and form without any comment...  
Taste...  
Smell...  
Be fully here...  
Now be aware of hearing...  
Let sounds be received and let them rise and fall without comment or judgement of any kind...  
With the body completely relaxed, let the hearing run right out to the furthest and gentlest sounds, embracing all.  
Simply rest in this great awareness for a few moments.

You will find that if you repeat this exercise at least twice a day, you will feel generally more peaceful within yourself after a few weeks. You might also find that it is very difficult to begin with - we are so used to filling our mind with all sorts of things all the time, that we don't even notice how crowded it is!

