

## Discover Your Nature — Self Awareness

There is a meditative method of determining your individuality. And, having learned the basic meditation techniques, you will likely find success in this subtle test.

### How to Practice

Sit meditatively. Do your deep breathing. Now chant the word *ONE* or the yoga mantram *AUM*. Chant it out loud and let it move from the back of the throat all the way to the lips and on out into space. Do this four times. When you have gathered your awareness sufficiently in chanting the word *ONE* or the word *AUM*, then do the following, after the fourth repetition of the word *ONE* or *AUM*, if you are sufficiently calm, you will notice that your mind moves forward and outward with the chant as it fades into silence, and then your awareness returns back into your body usually into one of three locations.

Your awareness of your body, having chanted, may return to one of three centers. First, the heart center, inside your spine, directly back of your heart (or into the center of your chest — both of these areas are called *the heart center*). Or the return of self-awareness in your body may occur in your central lower forehead, the zone we call *the third eye*. Or, sometimes we return to body awareness first, and most directly, at the crown of the head, the top of the head, or even a few inches above the head.

Now, chant *ONE* or *AUM* a few more times. When you finish a series of three or four, sense where you first become aware of your body. Usually you will most immediately come back to awareness in the chest area, the forehead, or the top of the head.

Try it now and see what happens. Where did you return? Heart? Forehead? Top of the head? If you're not conscious of having returned to any of these specific places, try this practice again in a few months, after you've done more meditation. In time, the particular center of self-awareness pops right out. These particular centers of meditation are called *inner objects*.

If you came back to awareness in your throat, rather than heart, forehead, or crown of the head, likely you have a little discomfort or pressure in your throat from chanting and the way you use your voice. Most often, those who come back to the throat area find that they are heart-centered or chest-centered after a while.

## **Benefits**

If you were successful to coming back to a specific center — the heart, the forehead, or top of the head — there are some wonderful considerations from the science of yoga for you to think about. And if you didn't become aware of any particular center, don't worry about it. This test requires a subtlety which develops in meditation and as you meditate more, you'll become able to tell quite easily. For those who can distinguish a particular returning point of the chant and of their self-awareness, these centers mean the following:

If you came back to awareness in your *heart center*, then your nature is *feeling*. You are dominantly seeking to realize a rich life and your true nature in application of your feeling, your love, your emotional strengths.

If your awareness returned first to your third eye area in your central lower forehead, then likely you have a dominant will and *doing nature*. Your satisfactions in life, and in meditation, will involve attuning your will to the higher Will and doing activities which help you to express your attuned will.

And if you returned to awareness at the *crown of your head* or a few inches above the top of your head, you're one of those *knowers*. Your individuality seeks a serenity by which you may personally experience the realization of the mysteries of life and being.

Did your chanting bear fruit? Were you able to return back to self-awareness in a zone or center which corresponds to your earlier answers? Are you comfortable knowing you are a heart-centered, feeling individuality? Or a third eye doing and will-attuned person? Or a crown-center serene, knowing person?

If so, enjoy these indications and use this knowledge to help you meditate in richer and richer ways. Develop your strongest abilities. Increase your loving awareness, or your will capacities, or your knowledge gifts.