

Advanced Self-Awareness Meditation — Essence

In the basic Self-Awareness meditation, you chant a phrase like "Spirit am I" and center your awareness on the "I" center in the upper front of your chest, to the right of your sternum, or breastbone. Through this technique you're able to feel your distinct humanity, your individuality, and a sense of personal worth or self-esteem. You're also able to distinguish, more and more, between your true self and all those emotions, thoughts, and personality issues. You're able to sense the calm person within the tornado of mental/emotional momentums and day-to-day confusions. Are you ready to consider an advanced level of Self-Awareness meditation?

How to Practice

You begin in the same manner as in the basic meditation. Sit calmly, do some deep breathing. Then focus on the I-center in the upper front of your chest, to the right of your breastbone. Perhaps you can sense this area instantaneously and it doesn't take any searching around at this point, hopefully not.

To help you focus on this center, you chant "Spirit am I" or "I am Spirit" or "I am consciousness." However, while this is a sufficient and fine way to meditate and will definitely develop self-awareness and enable you to begin sensing your true self, there are more levels to this technique which you can experience with your greater developing subtlety.

Now, as you center your awareness at the I-center, let it move. It will relocate at least two more places, two more centers of self-awareness. Simply keep your awareness on the I-center. Do not make it move, but allow it to move if it wishes.

When the self-awareness is clarified in your chest area, when there is a clear distinction between your sense of self and your thoughts and feelings, a distinction between your sense of self and your past memories and your personality, which is the outer expression of your self — that is to say, when you sense a distinction between who you are and who you project as "you" out into life, when you sense the clear and distinct "I" sense, separate and distinct from personality, memories, emotional and mental flows — then it will move.

At that great time, you will have a heightened sense of well-being and, in all likelihood, the I-center will move. You will sense it more distinctly and clearly in your forehead, and whenever you go to think of your I-center, you will find what you felt so distinctly in your chest is now very distinct and noticeable in your forehead.

Again, it is important that you not simply switch the location of your self-awareness from your chest to your forehead. It's important that the I-center first get clear and distinct in the heart center. When that distinction has been made, that clarification of your self as distinct from memories, mental/emotional flows, and personality, then it will naturally and easily begin an ascent. You may feel your self-awareness moving from the chest area, to the throat area, to the top of the neck, and the back of the brain, and then forward.

Some people find this sense of self-awareness lifts into the area that we've been calling the third eye, in your forehead, just above the juncture of your eyebrows. Still others feel this sense of self-awareness most distinctly in the zone nearer the mid-brain and just slightly in front of the mid-brain. Either one is wonderful and it's very beneficial to enjoy this growing and evolving sense of self as it moves into your head.

Benefits

Then, in time, this development, the I-sense, merges in the true self and is transformed. The I-sense becomes spiritually aware as a Son or Daughter of the Divine, as one who shares in creation and is part of the loving urge which the Divine holds for everyone, that we may all know love and wisdom and live fulfilling lives, constructive lives.

Pleasant daily times of self-awareness can become the most important moments of our lives and bring to us more than our hearts ever yearned for. Becoming conscious of our true nature, we live accordingly.