

AWARENESS

Call Attention to the Now



Begin by just by sensing the air that's in this room and how it touches your skin. Focus on the fact that the temperature of your skin varies.

If you had a little temperature gauge that you moved around from place to place, You would see that one side of your face may be warmer than the other. Your hands may be warmer than your feet.

See if you can detect these differences in the sensations.

Now, go through your body and on exposed parts of your skin, see if you can sense that there's air moving in this room that you can feel on your skin.

Does that effect the temperature?

Next, see if you can actually sense how your skin feels underneath your clothes. This will most likely be more difficult to do given the other sensation of the pressure of your clothing so you will really need to focus on it.

You should, though, with some concentration, be able to feel that the skin underneath your clothes is a different temperature to the exposed skin. See if you can catch that.

Imagine there are temperature sensors on your skin there, too, and that you can see the differences between exposed and unexposed skin.

Then, as you notice this, just catch for a second that you're observing it. You're noticing it. Your skin is not noticing itself. There is a whole human being called you Who is noticing, and part of what's in you and with you, and something that you notice is the temperature of your skin.

But then notice that you're noticing. This little moment in your life is happening.

It's not an idea or a memory. It's not something you read in a book.

This little moment is here, now.