



OUTWARD

The typical human experience is that awareness is *in here* and space is *out there*.

But this isn't your actual experience right now. Feel: Where is awareness located?

You may have a certain sensation in your head or heart, but where is the awareness that is aware of that sensation?

Feeling right now, awareness is spread evenly throughout the open sphere of experience. Space is awareness.

What happens when you relax awareness, so it isn't fixated upon any particular thought or thing?
What happens when you feel space without grasping it in any way?

What happens when you place unfixated awareness in supportless space?

Actually do this for as long as it lasts, like striking a bell once, so it rings, sustaining a sound in space for a while.

Eventually, awareness retracts or fixates on something. Then, strike the bell again, gently placing unfixated awareness in supportless space, and let it sustain wide open effortlessly, until awareness fixates on something: a thought, an emotion, a memory. Again, allow relaxed awareness to be placed in supportless space, like a bell's ring openly pervading the air.

Awareness isn't felt to be inside, while space is assumed to be out there. Rather, awareness permeates space—space is alive and full as awareness.

Instant enlightenment is like this: awareness ringing open as space.

