

Meditation:

Sit in a comfortable, upright position. Bring your awareness to the body sitting. Notice that "sitting is like this." Bring your awareness to the body breathing. Notice that there is a rhythm to the breath. Feel this rhythm of breath in a relaxed and easy way. Notice that you are being breathed. Feel the breath in the abdomen/solar plexus area.

Also see if you can notice that there is a stillness in which this breath arises and passes away into. Feel this stillness. Rest in this stillness when you can. If thoughts, emotions, sounds, or sensations arise, notice these, and return to the stillness when it becomes available again.

"Let what comes come.

Let what goes go.

See what remains." Ramana Maharshi

Walking:

As you are walking, ask yourself, "Who is walking?" and "What is it that moves?"

During other activities:

Ask yourself "What is looking out of these eyes?" "Who is observing?" "Who is experiencing?" "Who am I?"