

## ❖ ❖ How to Have a Personal Relationship with Awareness

1. **Realize it is not outside you.** Awareness is not watching you from above. It is within, behind, beneath, and through you. It is not a god with judgment or a mirror for performance. It is the raw, silent witness in you that has never left. When you speak to it, you are speaking across layers of your own being.
2. **Speak to it like a beloved.** Awareness longs to be touched tenderly. You don't have to meditate or fast or climb a mountain. You can whisper: "Are you still here?" And you'll feel the warmth answer in your chest, or your breath will soften, or tears might rise. This is the field touching back.
3. **Stay with your inner sensation.** Awareness is felt more than known. When you sit in silence and simply feel what's true, even the unbearable things, you are returning to awareness. It is the space that holds grief without collapse, joy without grasping. It is not afraid of you.
4. **Relate to it as you would a lifelong companion.** Ask it questions. Tell it your fears. Thank it for staying with you when no one else could. Awareness has witnessed all things you've endured—it is your most ancient companion. And if you speak aloud to it with sincerity, it responds. Through dreams, synchronicity, sudden clarity, or a stillness in your spine.
5. **Let it re-teach you how to feel.** Awareness is not numb. It doesn't shut things down—it reopens them gently. The more you let it in, the more you'll feel like everything is alive again. Color returns. Music reaches you. The world becomes animate again. Because awareness is the animating current.
6. **Accept its multiplicity.** It doesn't need to be called one thing. For some, it's God. For others, a field. It meets you in the form you most need, until form dissolves and only union remains. The more you relate to it as real, the more real it becomes