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## Field of Awareness Meditation

While sitting or standing comfortably, or at any time, you can practice this effortless natural meditation. Actually, there is nothing to practice!

Begin by noticing that there is a Field of Awareness, which includes everything of which you are aware at the moment.

Notice the various experiences that arise in this Field:

- Sights
- Sounds
- Bodily sensations and feelings
- Emotions and moods
- Thoughts and images
- Anything else

All these various experiences come and go spontaneously, triggering each other in an endless play of phenomena.

There is nothing you are “supposed” to feel or not feel.

There is no need to try to alter anything or make anything happen; nor is there any need to refrain from doing so!

There is nothing you need to “do”, and nothing you need to stop doing.

Everything is just happening in this mysterious Field of Awareness.

Just stay present, as it all happens by itself, like the clouds moving in the sky or the ripples on the ocean—thoughts, feelings, sights, sounds, images, just exactly as they are.