

The Felt Sense of Awareness Itself

By Will Joel Friedman

“To be awake is to be alive. I have never yet met a man who was quite awake.

How could I have looked him in the face? We must learn to reawaken and keep ourselves awake, not by mechanical aids, but by an infinite expectation of the dawn.”

—Henry David Thoreau

The context of Awareness cannot be seen in any images or vision, heard in any words or sounds and is beyond all description, prescription, definition, position and experience. At best the context of Awareness can be pointed at through experiencing a felt sense of Awareness being aware of itSelf. Pure Awareness is unconditioned, impersonal, unmovable, without viewpoint, judgment and position given it encompasses all possible points of view and is from which everything arises. Awareness itself, being aware of being aware or witnessing, lives purely in aware perception and a felt experience of this moment.

In relaxed, present silence innocently ask: What is one's *felt experience right now of Awareness itself* (beyond all the contents of awareness)? Some say this Awareness is “just there,” objective, non-biased and non-judgmental. Others say the Awareness itself is aware, conscious, alert, observant, silent, quiet, present and Presence. Some report the felt sense of Awareness itself to be non-involved, detached, not knowing, matter-of-fact, okay, neutral and indifferent. Some describe this Awareness as insightful, warm,

natural, centered, grounded, spacious, poetic and oceanic. Others describe this Awareness as peaceful, kind, open, all embracing, inviting and welcoming. Some say this Awareness is calm, relaxed, joyous, interested, curious, humorous, wondrous and enchanting. Some speak of Awareness itself as One with the universe, unity, perfect, complete, whole, nothing to do, beyond words and speechless. For others it is being infinite, eternal, timeless, spaceless, causeless, birthless and deathless. It is alive, awake, free and "It is."

The book of *Kings II* in the Hebrew Bible describes Immanent Divinity flowing within as "the still small voice" and "the gentle whisper" as anyone listens within through the silence. Is a still, intuitive and inspirational voice another signpost of Awareness itself? Given Awareness itself is who one truly is, each description of the felt sense of Awareness itself fittingly points to the indescribable, indefinable and ineffable True Self.