

SUPPLEMENT

THE METHOD TO

DEVELOP AWARENESS

AS TAUGHT BY

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THE RHYTHMIC MEDITATION

**Sit upright, the hands resting on the knees and the eyes open.
One may move the eyes as is natural. It is not necessary to fix
them on one point or to look down.**

First movement

**Slowly turn up the right hand and feel the sensations
that arise in the arm and the hands as you do so.
When the movement is completed, be aware that you stop.**

Second movement

**Raise the arm half-way the body; be aware of the feeling.
Pause for about a second before moving on and know
the point where the arm comes to a halt. Relax.**

Third movement

Move the hand in a straight line to the abdomen, experiencing the movement with awareness, but don't concentrate; just acknowledge the feeling. Then stop.

Fourth movement

Turn up the left hand. While moving the hand, you know that it is moving; when stopping, you know that you are stopping. Don't verbalize this in your mind.

Fifth movement

**Raise the left arm half-way up, contacting the sensation of it.
Do not count the movements or recite any mantras or words
internally; just feel it. It is very simple.**

Sixth movement

Put the left hand on top of the right hand. Do you feel the movement? Also notice the hands touching each other and the coming to a standstill of the move.

Seventh movement

Re-establish awareness as you're moving the right hand to the chest. Every movement and pause is an opportunity to re-new your awareness. Touch the chest.

Eighth movement

Move the right hand out, to the side and let it be there for a moment, knowing the movement as well as the stopping. Do the movements feeling at ease.

Ninth movement

**Lower the right arm to the knee with the hand upright.
Just be aware of one movement at the time; one moment
at the time – from moment to moment to moment.**

Tenth movement

Turn down the palm of the hand. Keep the eyes open all the time. Don't fix or focus on one particular part of the body; just know what's happening with it.

Eleventh movement

**If stray-thoughts made you lose awareness,
just come back to this movement of rubbing the left hand
up to the chest and of stopping there before moving on.**

Twelfth movement

Move the left hand over to the side, experiencing the beginning, middle and end of the movement clearly. Fully aware, without the mind labeling or fabricating.

Thirteenth movement

If sensations arise in other parts of the body, such as breathing, the eyes blinking etc., be aware of that also as you're lowering the arm to the knee.

Fourteenth movement

When you turn down the hand, you are again in the same position that you started from, and from there you continue with a new cycle, continuously.

DEVELOPING AWARENESS IN DAILY LIFE

In developing awareness, one should practice much and often.

One can do it while sitting, lying down, and even while riding in a car or boat.

For example, when we sit in a car or a bus, we can put our hand on the knee and turn the hand up and down.

Or, if we don't like doing that we just touch the thumb with the fingers, gently and slowly rubbing them against each other, or alternate the movements of making a fist and opening the hand, continuously.

This makes us awake (and aware).

To practice 'all the time' means to feel and be aware – while washing clothes, cleaning the floor, doing the dishes, writing and buying and selling etc. Just to 'feel' is enough.

But the moments of awareness accumulate little by little.

It is like having a cup, a bucket or some kind of container: whenever it rains, the little raindrops fall into the cup or bucket, collect there and in the end the container is filled.

Developing awareness in daily life is the same: we are aware of the movements of the feet and hands.

When we lie down we make a fist and stretch out the hand repeatedly until we fall asleep.

When we wake up we continue.

Practice like this a lot.

This is called developing awareness.

