

# The Experience of Awareness©®:

Joy, Energy and Healing

WITH GURUCHARAN SINGH KHALSA



- Learn together as we feast on two examples of rich meditative experience.
- What is awareness?
- What can we discern about core underlying processes in our meditation practice?
- How do breath and sound unblock and free us to be flexible, joyful and fulfilled?
- Begin to make your own map and language for the inner territory of authentic meditative experience.

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# Awareness Is?

Awareness is how we can shape, assess and guide our consciousness. It is dynamic. Not static. Not a level of consciousness. It allows us to hold multiple feelings, states, and potential paths of action at once. Feelings alone are more singular. Awareness embraces multitudes of feeling and intuitions and sorts them to align to our core values and intentions.

Gurucharan Singh Khalsa,  
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- **Is** Dynamic, ever changing, self-revealing
- **Is** home for the sense of Unique Self, Free Will and Agency
- **Is not** consciousness; which is conscious in relation to an object, part, others, or internal categories and parts.
- **Is not** merger, sentience or gnosis where you are not “conscious”.

This is where you can merge with irreducible wholes

You gain a sense and intuition of unitiveness before forms that extends through all forms.

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# Underlying Processes We Notice

**Don't try to describe!**

**First feel, experience, savor and notice  
senses , intuition and presence**

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# Master Breath?

Master Breath

What did you notice while doing it or after in the mindful pause with the breath suspension?

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# Meditation Awareness and Healing

- Center and Balance Your Nervous System
  - Release autonomic set point; strengthen vagal brake and release
- Create Somatic Wholeness
  - Integrate body above and below diaphragm
  - Breathe to clear and support your heart center
- Enhance Full Somatic Wholeness
  - Integrate left and right hemispheres and meridian flows
  - Quell looped inner narratives and ruminations
- Integrate deep stillness and flow
  - Alert readiness
  - Effortless action
  - Joyful and full engagement
  - Aliveness and healing moment to moment

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# Underlying Processes We Notice

**Don't try to describe! First feel, experience, savor and notice senses , intuition and presence**

**Polarity** when steps switch modes

**Paradox** when we give simultaneous opposite instructions to the body, mind or breath

**Awe** moments that transcend words and leave consciousness focus behind for merger and absorption

**Perspective Shifts** as we witness and feel our self, mind and heart in stillness and action

**Flows** energetic movements in meridians, channels, areas of our body and sense of space and Presence

**Flexible Rhythm** awareness expands as we shift naturally between modes of mind and perspectives; it is the rhythm of Naad.

Spaciousness

**Equanimity and Elevation** as our mood, feelings and heart align

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# Meditation Awareness to Unblock and Flow

## □ Center and Balance Your Nervous System with Master Breath

Release autonomic set point; strengthen speed of vagal brake and release

## □ Unblock and Meridian flows

Bring heart and parts to somatic wholeness

## □ Expand Awareness to sense levels of irreducible wholes

Connect with all

Merge and Reboot

## □ Deeply Integrate Awareness into daily actions