

## GROUP I

### Learning

- to teach what is true for me
- Took presence off and came away with lots more questions and it was a very rich experience
- Came in with concept of getting to more or less
- In this moment I'm grappling with there is no more I, there is just I
- There is no experience of the I: how do I get to an experience of I, if there is no experience of I
- I does not have content, it can experience content and content cannot destroy you
- What do you do for an experience that you cannot experience?

### Who is aware exercise

Close eyes

Couple of easy breaths

Pay attention to feet

Notice what the contact feels like, do they feel warm or cool

Who is the you that is aware of your feet

Bring your awareness to another part of your choosing

Notice what that part feels like

Who is aware here?

Bring your attention to what you are feeling right now

Notice..

Move your awareness to another part of the body

Who is moving that awareness

Bring your awareness to this room, sound of the fan, voices in the hall

Who is the you that is able to be aware

Gently bring yourself back

What was that experience like? Go back inside, don't sweep it away, see what it is like to stay with it, cherish this I, this who is very special to me