



WHAT IS OPEN AWARENESS?

Open Awareness meditation (also commonly referred to as open-monitoring meditation, choiceness awareness, objectless-meditation, or non-meditation) is **the practice of resting with awareness itself and allowing all sensory experiences to come and go without directing or controlling them.**

Rather than choosing a single object of focus (e.g. breath, body sensations, or sound) as is practiced in Focused-Attention Meditation, we **allow all experiences to unfold without getting involved.**

Resting in open awareness helps us **become familiar with awareness itself.** Awareness is pure, pristine, clear, and vivid and is the background for all thoughts, emotions, and body sensations. Even when we feel overwhelmed with anxiety, the background – awareness – is always calm, peaceful, and clear. The problem is that we don't recognize this innate awareness.

With practice, we may come to see for ourselves that all of the passing thoughts, feelings, and sensations we experience are not who we really are. This insight helps us realize that **we don't need to look outside of the present moment to find inner peace and contentment.**