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# \*AWARENESS WATCHING AWARENESS

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For 25 years I read around 2000 spiritual books from almost all of the spiritual traditions and paths and I saw many teachers. The methods that I tried were not effective. Then, in 2001 I made a discovery.

I discovered the most rapid, direct method for a human being to be free of misery and problems, to know who they really are at their core, and to live in Peace-Love-Joy. I call it the Awareness watching awareness meditation.

Because it is the most rapid method to end human misery and to live in Peace-joy it is of great benefit even to those who are not spiritually inclined.

For those who are spiritually inclined, it is the most rapid method for a Christian to experience and abide in the Kingdom of God within them, it is the most rapid method for a Buddhist to experience and abide in Nirvana, it is the most rapid method for a "Hindu" to experience and abide in sat-chit-ananda, and it is much more rapid than the "rapidness" method of the Sufis, it is the most rapid method for any human being to know and abide in eternal life.

It is Instant Abidance, It is Immediate Abidance, It is Direct Abidance.

In addition to the instructions in how to practice the awareness watching awareness meditation, there were other related discoveries that were equally significant:

1. What might seem like only a slight difference in the way one practices, makes a huge, profound, extraordinary, quantum leap of a difference in the speed of the results.
2. What might seem like only a slight difference in the way one practices, can save years or even lifetimes of practice, by bringing the results not only sooner, but almost immediately.
3. Therefore, the precision with which the practice instructions are described is crucial.
4. A slight change in the wording of the practice instructions will produce a slight change in practice, thereby making the practice indirect and losing the rapid results.
5. There are other methods that are similar to the awareness watching awareness method, however, similar methods will not produce the rapid results and they will not save the years or lifetimes of practice for the reasons stated in 1 - 4 above. Those other seemingly similar methods have slight differences and those slight differences destroy the efficiency.
6. The awareness watching awareness practice, should also be practiced for years. The difference is, it does not take years for the results to appear with the awareness watching awareness method. The longer one practices the awareness watching awareness meditation, the more enjoyable it becomes. Because of the speed of the results, the Awareness watching awareness practice can be called Immediate Abidance, Instant Abidance or Direct Abidance.
7. The awareness watching awareness practice is the most direct and most rapid means to end human misery, to end illusion, and to abide as, be and know the Self, and to know who or what one really is at one's core, and to remain as that, free from the illusion of being a body subject to disease and death. It is the most rapid means to know eternal life peace-joy and to remain as eternal life-peace-joy.

8. In the awareness watching awareness method, one begins abiding as awareness from the first time one attempts the practice.
9. The reason why practice is required is because of the long habit of looking outward.
10. The awareness watching awareness instructions are practice instructions in how to turn the attention inward.
11. The most direct means to “Self-Realization” is the awareness watching awareness method. When one follows the precise practice instructions, the speed of the results are astounding, astonishing.
12. The awareness watching awareness method is the most direct and rapid means of realizing Liberation, the Kingdom of Heaven within you, Nirvana.
13. For those who are only interested in improving the quality of life and removing the misery and problems, the awareness watching awareness method is also the most rapid means of doing that.
14. In the awareness watching awareness method, no external teacher is needed.
15. All that is required is that one has the precise practice instructions and follows them by practicing.
16. First the written instructions are the teacher, then the practice itself is the teacher. The written instructions are only the teacher for the few minutes it takes you to read them. Therefore, it is awareness watching awareness that is the teacher. You never physically go to see a teacher on this path.
17. The instructions are offered free. There are no donations and no collection plates. Therefore, no money ever changes hands.
18. The only way to find out if the method works for you is to practice it. If without trying it, you come to the conclusion that it will not work, then you have allowed thinking to rob you of a great opportunity. With thinking you have a conclusion, an opinion, an assumption that may be correct and may not be correct. However, with practice you will know for sure if it works for you or not. Therefore, consider giving it a sincere, fair try. Try it for at least three months, practicing the method for one, two or three hours per day. If you at least begin to feel some peace, then continue the practice to see what else it brings you.

You can read the practice instructions by clicking this link:  
[http://uarelove1.tripod.com/AWA\\_INSTRUCTIONS1.htm](http://uarelove1.tripod.com/AWA_INSTRUCTIONS1.htm)

Further clarifications of the practice can be read by clicking this link:  
[http://uarelove1.tripod.com/AWA\\_CLARIFICATION.htm](http://uarelove1.tripod.com/AWA_CLARIFICATION.htm)

The only way you will ever know if this method works for you or not is to give it a sincere try.

Because the precision of the practice instructions are so crucial, I recommend that you rely only on this web site for the practice instructions. If people change even one word, the effectiveness and the efficiency and rapidness of the method will be lost, and that fact was the Great Discovery.

Therefore, if you would like to share this, the way to do that is to link to this page and/or the instructions page.

That way we can insure that the instructions always remain effective for all the humans appearing now and all those that will appear in the future.

Take care, with Love,  
Michael Langford

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## **AWARENESS WATCHING AWARENESS**

### **PRACTICE INSTRUCTIONS:**

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#### **The preliminary instructions:**

Set aside as much time each day to practice the awareness watching awareness method as you are willing to set aside. Drop as many unnecessary activities as you are willing to drop to free up more time for awareness watching awareness practice. It is better if you can be undisturbed during your practice. If you practice at home you can ask those who you live with not to disturb you when you are meditating, unless there is an emergency. Or you can find some other place to practice where you will be undisturbed. If you can't do that, well of course, go ahead and practice anyway.

Bodily posture is not important in the awareness watching awareness meditation. However, since one wishes to turn the attention away from the body it is important that the body be comfortable and relaxed and not causing any pain or strain. You can do the meditation sitting crossed legged or sitting on a chair or sitting on a sofa or couch or even lying down on your bed if you are able to do so without falling asleep.

Whatever is comfortable and does not cause any pain, strain or discomfort.

Whatever posture helps you to ignore the body and turn the attention away from the body.

For the purposes of this practice the following definitions for the words awareness and thought must be used:

**Thought:** Thoughts are the words of your native language in the mind. If your native language is English, and the language you think in is English, then thoughts are those English words in your mind.

If you think in two languages, then thoughts are the words of those two languages in your mind.

The words Awareness, consciousness, attention, observation, watching, looking, seeing and concentrating all have the same meaning.

**Awareness:** When you wake up in the morning awareness is that consciousness that woke up in the morning. Thoughts come and thoughts go, but the background of awareness remains continuous during all the waking hours until you go to sleep at night. Awareness is you, your awareness, just your awareness that is looking through your eyes right now.

Try an experiment, just look at an object in the room. Notice the awareness that is looking through your eyes. Now shut your eyes and notice that you are still aware. It is the same awareness that was a moment ago looking at the room. Now, with your eyes still closed observe your awareness.

The following practice instructions are the same awareness watching awareness meditation described using carefully chosen slightly different wording.

It is important to use as few words as possible to describe the practice. Use only one description per meditation session. If you are going to be practicing for one or two or three hours today then for that entire time you should be using only one set of instructions.

Try Description A first. If A is easy for you to understand and practice, there is no reason to go to B or C or D. A is enough.

However if you do not understand the instruction then the next day you could try B. Some versions might for a moment have you start with your eyes open, but once you are instructed to close them, then keep them closed. In other words, the awareness watching awareness method is always to be done with the eyes closed.

When you are observing your awareness, just remain with that. No need to do anything else. Awareness is empty, so there is no object you are trying to observe. It is just awareness being aware of itself. Also it is no special kind of awareness, it is just your ordinary everyday awareness that you normally go through the day with, looking at itself.

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## **The Practice Instructions:**

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### **Description A:**

- Shut your eyes.
- Notice your awareness. Observe that awareness.
- Turn your attention away from the world, body and thought and towards awareness watching awareness.
- If you notice you are thinking turn your attention away from thought and back towards awareness watching awareness.

### **Description B:**

- Look out at the room, notice your awareness looking out through your eyes.
- Now shut your eyes and notice that same awareness is still there that a moment ago was looking outward at the room.
- Observe that awareness.
- If you are not having many thoughts, just ignore them and continue with awareness observing awareness.
- If you seem to be having a lot of thoughts then just turn your attention away from the thoughts and towards awareness observing awareness.

### **Description C:**

- Shut your eyes. Notice that you are conscious. Watch that consciousness.
- If you notice thoughts just ignore them and continue watching your consciousness.
- Do not watch your thoughts, watch your consciousness.
- Consciousness watching consciousness.
- Consciousness conscious of consciousness.

### **Description D:**

- Shut your eyes.
- Turn your attention away from thought and watch the watcher, see the seer.

**Description E:**

- Shut your eyes.
- Notice your awareness.
- Be aware of your awareness.
- If you notice you are thinking, turn your attention away from thought and towards awareness of awareness.

**Description F:**

- Shut your eyes.
- Just remain in awareness aware of itself.
- If there are not many thoughts, just ignore them.
- If there are many thoughts, then bring your attention back to awareness aware of itself.

**Description G:**

- Shut your eyes.
- You observe your awareness.
- If there are thoughts, turn your attention away from them and continue to observe your awareness.

**Description H:**

- Shut your eyes.
- Turn your attention towards awareness and concentrate on awareness.
- Concentrate in a relaxed manner without strain.
- If thoughts are noticed, turn your attention away from them and back towards concentrating on awareness.

**Description I:**

- Shut your eyes.
- Be aware of being aware. Now remain in that awareness of awareness.
- If there are thoughts turn your attention away from them and continue being aware of being aware.

**Description J:**

- Shut your eyes.
- Notice you are aware. Look at that awareness.
- Remain in awareness looking at awareness.
- If thoughts arise, look away from them and go back to looking at awareness, then just remain in that awareness looking at awareness.
- Awareness being aware of awareness. Awareness being aware of itself.
- Remain in that. Don't move from that.

**Description K:**

- Shut your eyes.
- Your present awareness watching your present awareness, while ignoring all else.

**Description L:**

- Look at the room. Notice your awareness looking through your eyes.
- Shut your eyes and turn your attention around to look at itself.
- Attention attending to attention. Just remain with that.
- Don't move from that. Don't attend to anything else, don't attend to thought.
- Attend only to attention.

**Description M:**

- Look at the room. Notice your awareness looking through your eyes.
- Now shut your eyes.
- Notice that same awareness that was just looking through your eyes a moment ago.
- Now turn that awareness around 180 degrees away from the world, the body and thought and towards itself, towards awareness watching awareness.

**Description N:**

- Look at the room. You are the seer. Your awareness is that which sees.
- Shut your eyes.
- See the seer. Remain with that.
- Turn your attention away from thought and towards the seer.

Further clarifications on how to practice the Awareness watching awareness meditation can be read by clicking this link:

[http://uarelove1.tripod.com/AWA\\_CLARIFICATION.htm](http://uarelove1.tripod.com/AWA_CLARIFICATION.htm)

To return to the Awareness watching awareness home page click this link:

<http://uarelove.com>

Take care, with Love,  
Michael Langford

You can record the instructions into a tape recorder for personal use if you wish. The best way to do this is to only record one description, description A for example. Because it important to listen to only one description during a meditation session. Otherwise you would be bringing in too many words and too many concepts. You do not wish to interrupt your meditation session by having to turn a tape recorder off either. That is why it is best to record only one description, if you decide to record it.

## **Further clarification of the awareness watching awareness meditation practice instructions:**

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The reason these further clarifications are being placed on a separate page is because the practice instructions for the awareness watching awareness meditation are simple and they should be kept that way.

It is not helpful to bring a lot of concepts with you into the practice. It is best just to focus on the simple practice instructions.

One of the things you might wonder is what to do after you start watching your awareness. There is nothing else to be done. You just continue with awareness watching awareness. There are no objects to see. Awareness is empty, so there is no thing to observe there. Just continue for the entire meditation watching your awareness, only awareness watching awareness and nothing else.

Don't expect any type of experience. If you are wondering if you will have some kind of spiritual experience, then that very wondering means you have added something to awareness watching awareness.

Never add anything to awareness watching awareness. The key is to be content just watching your awareness and not to move from that and not to add anything to that.

You may or may not have some kind of spiritual experience, but you should never be expecting any kind of spiritual experience.

If you wonder if the state is going to deepen, that very wondering means you have added something to the awareness watching awareness practice.

Never add anything to the awareness watching awareness meditation. Just be content with awareness watching awareness.

You should look at it like awareness watching awareness is all there is, there is nothing more.

In the awareness watching awareness meditation you are not seeking anything. You are observing, not seeking. If you were seeking something, then there would be seeking and awareness watching awareness. That would mean you would have added seeking to awareness watching awareness.

Never add anything to awareness watching awareness, just be content to continue with awareness watching awareness without adding anything to it.

When there are no thoughts, that is best. If there are thoughts, turn your attention away from them and towards awareness watching awareness. Do not encourage thoughts, do not try and complete a thought, do not turn your attention towards thoughts. Do not think about thinking.

If thoughts are happening, do not make a problem out of it, just turn your attention away from thoughts and towards awareness watching awareness.

Just remain with awareness watching awareness.

When awareness is watching awareness something extraordinary is happening. You are for the first time turning inward. Your true nature is awareness. Who you really are at your core is awareness. Therefore, in awareness watching awareness you are for the first time observing yourself and knowing yourself. However you should not think about that or anything else written on this page while practicing awareness watching awareness, because then you would be adding those thoughts. The reason I am writing about the fact that you are doing something extraordinary when awareness is watching awareness is because at first you might think, "what else?" or "so what?"

Just keep on practicing and forget about "what else?" or "so what?" Just by turning your attention away from thought and towards awareness watching awareness you are doing



something that will change your life completely if you are sincere and continue to practice. Most humans go their whole lives always looking outward at people, places, things. By turning your attention away from the world, body and thought and towards awareness watching awareness you are doing something extraordinary.

For some people it might take a few days, others a few weeks and others a few months to start to feel something. At first it is subtle and you won't know what it is, but you will know that you like it. It is pleasant. A new subtle feeling. That feeling comes because what you are feeling is eternal life-love-peace.

However, you should not have any expectations about that, because if you expect that, then you are adding that expectation to your awareness watching awareness practice. Never add anything to your awareness watching awareness practice. Just remain in awareness watching awareness while ignoring all else. Just stay there. Just remain in that. Don't look for a something else.

In other words while you are practicing awareness watching awareness, just stay there, relax with that, don't seek something other than awareness watching awareness, don't seek any other state, don't seek deeper awareness, don't seek anything.

Just remain in awareness watching awareness. Be happy that it is simple. Don't seek more than that. It is just a simple state. Don't seek peace, let peace come on its own if it is going to come, without your expecting it or seeking it.

Just remain with awareness watching awareness, and when there are thoughts, just keep turning your awareness back towards awareness watching awareness.

Just keep on practicing everyday. Look at it as though all you were seeking was the awareness watching awareness itself and not something else and therefore be content with just staying in awareness watching awareness without moving from it.

Some days the mind may be noisy but if you keep on practicing a good day will appear when your meditation will go very deep without your trying to make it go deep. Never think about deep or not deep. If you think about deep or not deep then you would be adding something to the awareness watching awareness meditation. Just be content to remain with awareness watching awareness regardless of if it seems like a good meditation session or not.

Some days the feeling may be turbulent. Just ignore the turbulent feelings and turn your attention towards awareness watching awareness.

If you remain observing awareness day after day, at some point you will start to enjoy awareness watching awareness. I don't know how long that will take for you. For some people it may take days, others weeks and others months. The point is, that if you find it difficult to remain with awareness watching awareness in the beginning, don't give up, practice everyday on the good days and on the noisy mind or turbulent feeling days too. Just keep on turning your attention away from thoughts and towards awareness watching awareness.

You should not be expecting the day when you will start to enjoy awareness watching awareness, because then you would be adding something to the awareness watching awareness practice in the form of an expectation. The best kind of awareness watching awareness practice is one that is empty. Just awareness watching awareness and nothing else. Just stay there. Just be there. Just dwell there. Just remain there. Don't seek anything else, just be content with awareness watching awareness. Just relax and continue watching your awareness.

## Here is a way to look at it:

- It is a little like falling in love. You spend time with someone. You watch them, you observe them. But you do not yet know them. So you continue to observe them. You don't have expectations, because you don't know them well enough yet to have expectations. You just keep on observing. Some days you have pleasant days when you observe them and some days you are having an unpleasant day while you observe them. But you continue to observe them.
- Each day you are coming to know them better even though you may not be aware that you are coming to know them better. Then one day suddenly and unexpectedly, you have fallen in Love.
- Awareness watching awareness is a little like that. Just don't expect anything and continue with awareness watching awareness. The fact that nothing is happening is great! If it seems like day after day, it is just the same, only awareness watching awareness, that is great! Just remain content with that. Because if you think that it is going to change, then you are adding something to awareness watching awareness, in the form of an expectation that it is going to change.
- Just look at awareness watching awareness as enough, just as it is. Continue your practice, everyday.
- I don't know when you will fall in love with awareness watching awareness. It may be after one month or after many months of practice. You will have plenty of confirmation along the way. Once you have started to experience even a little joy or peace from awareness watching awareness, it progresses very rapidly after that. That may happen after only a week or for others one month or for others many months. It does not take long to reach the point where just closing your eyes brings awareness-joy to you before you even have had a chance to practice.
- You should not expect it, because then you have added something to the awareness watching awareness practice. So just persevere and keep practicing.
- You can look upon your awareness as something that wants you to just watch it without expecting anything from it, like a person who wants to be loved just for what they are not for what they can give you. So just continue to watch awareness, and don't be expecting peace-love-joy. Let peace-joy-love come on its own without your expecting it.
- What you truly are is Infinite-eternal-awareness-peace-love-joy.
- However, by having your attention turned towards the world, the body and thought all the time, you subject yourself to imagining that you are a body subject to disease and death and suffering.
- By turning your attention towards awareness you are for the first time observing what you are.
- Do not think about what you are, when you practice, just watch your awareness without expecting anything.
- Don't watch your thoughts. Turn your attention away from your thoughts and just watch your empty awareness. Observe the observing. Observe the awareness.
- If you remain content with just awareness watching awareness, your problems will start to disappear.
- Your misery will start to disappear.
- Peace will come unexpectedly.
- Joy will come unexpectedly.
- Infinite Love will come unexpectedly.
- Awareness watching awareness is awareness being awareness.

- However, because of the long ancient habit of looking outward towards people places and things, the word watching is used in the practice instructions.
- That way we take that same habit of watching people, places and things and we shut our eyes and turn it inwards. That is why the word watching is used.
- What is real is awareness watching awareness, looking inward. What is unreal is looking outward towards the world of people places and things.
- Looking outward brings suffering, death, futility.
- Looking inward is Liberation, eternal life, eternal awareness, eternal peace, eternal joy, eternal Love that is absolutely perfect, free of all forms of sorrow and misery. That joy, that perfection is your awareness. But because you always looked outward, you never got to know it, you never got to experience it.
- To change this long habit of looking outward you need to practice. Spend as many hours per day practicing as you can. If you only practice awareness watching awareness for 30 minutes per day and spend the other 23 and a half hours looking outward, you will not progress very quickly.
- If you want rapid results, then drop your unnecessary activities to free up time so you can practice for many hours per day, everyday. Maybe once per week on one of your days off from work you can devote the whole day to just practicing awareness watching awareness.
- To come to know and experience and live in Eternal-life-awareness-joy-peace-love is definitely worth it.
- You will discover you are not a body living in a world. You are eternal awareness, perfect love-joy.
- Remember be content with just awareness watching awareness, don't expect any of the things described on this page, because expectation will destroy the effectiveness of the practice.
- If it seems boring the first few times you try the awareness watching awareness practice, that is OK, just continue to practice and remain content with awareness watching awareness.

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