Recognizing Awareness Itself

An edited transcript of a guided meditation by Andrea Fella, given November 2026

Connecting with how you are in this moment. Feeling into this moment. There's nowhere else you need to be. Just here, just this moment.

As I allow this in my own experience, it feels like a slow gathering. It often starts with just knowing where I am in space, in the room, aware of myself here in this setting, this situation. Then it begins to touch into the physicality of the body, and even more deeply into the core of the body, and into the mind. It feels like a gathering, collecting, settling. The image of a jar of muddy water settling comes to mind. It's a slow, yet natural process; allowing yourself to arrive with yourself, feeling into how you are.

Honestly acknowledging any tension, worries, or concerns. Simply recognizing: *it's like this right now.* This human experience is like this. It's nature. In that honest acknowledgement and acceptance, there can sometimes be a little more settling and release.

In this settling process, awareness is a part of the experience. Aware of our bodies, our situation, our sensations, our thoughts, our emotions. Aware of feeling, recognizing that you're aware and receiving experience. Awareness does the job of receiving. It's already receiving experience, already feeling body sensations, already sensing qualities in the mind. We can clearly recognize the sense of being aware. It's actually quite present and, in some ways, familiar, yet not so obvious because it's so close.

We don't usually attune to it; it’s like the air we breathe. We're not often cognizant of the air. Awareness is something that has happened and does happen for us a lot. And yet, until we start having it pointed out that it's useful to recognize this quality, very few of us actually consciously notice it.

It's not something we can turn around and look for, but it is available. It's quite simple. If you know that you're hearing me, if you know that you're in your body, you know any experience—awareness is there with that. Perhaps you can simply recognize: knowing experience is happening, knowing that you're aware.

This quality of knowing that we're aware may not have a felt sense at first, but just recognizing that we know we are aware is a place that we can begin.

We can check in with the question: *Aware? Am I aware?* As long as it is not a rote repetition, there is awareness in the simple asking of the question. And so, yes, you are aware. But it's not a throwaway question. It encourages wisdom and the curiosity of what the experience of being aware is. So you can drop in the question, "Am I aware?" And then take a moment and just feel, recognize, yes, awareness is here.

What is it to be aware? Are you aware? Don't look for it. Just drop in that question and rest. Am I aware?

As we get more familiar with being aware, with how it feels to be aware, we may be able to simply recognize: *Already aware.* Acknowledging some momentum of awareness. Maybe you're already aware.

Awareness illuminates experience. That's one way we begin to recognize it: an experience is being illuminated—a sensation, or thought, or emotion—is being known. We can begin to recognize that feels like an illumination, a brightening, a connection.

Awareness also receives experience. Attention connects with something, and awareness receives what attention has connected with. How is awareness receiving? We can begin to feel into that.

Sometimes it feels like awareness is receiving changing experience in a smooth transition from one thing to another. Sometimes it feels like the field of awareness is large, taking in many things at the same time. Or it might feel like there is a field of awareness that things are arising in. Sometimes it feels like the awareness and the experience arise together. The awareness and the experience feel like they're created together. Sometimes it feels like awareness is large, and objects are arising in awareness. Sometimes it feels like awareness is arising inside the object. There are many, many different ways it is experienced.

All these different flavors are related to how the mind is perceiving things in that moment; there is not a right way to perceive it. It is simply being perceived like this right now.

So, noticing how it is for you: *Am I aware?* Dropping in that question and resting, curious. What is awareness like right now? How is it felt?

While I've been encouraging, in this sitting, a curiosity about recognizing awareness itself, we don't have to try to do this. There will be times when there's an attunement to noticing the awareness, and at times when there'll be more of an attunement to noticing the objects of experience.

We don't have to try to attune to the awareness itself. Just notice: this is how it is right now. Are you aware? And what's obvious? Checking the attitude from time to time.

If there's any tension, perhaps a thought: *I should be doing something*, that can also be noticed. *Thinking something else should be happening;* that is what's happening right now.

It's all just happenings. Can we know what is happening?