

Am I present and aware?

How do I know that I am aware?

Is being aware ever absent from experience?

Did the experience of being aware suddenly
arrive?

How do I know that Awareness is already
here?

Can I be aware of an experience other than
being aware?

Do I need to become established or stabilised
in the experience of being aware?

Are there two things in my experience;
Awareness and me?

Or is there only one presence here, being
aware?

What is aware of Awareness?

Am I aware?

Do I need to journey to the presence of
Awareness?

Can I become more aware of being aware?

Can the awareness of being aware be
improved upon by a thought, sensation,
perception or event?

That is, can the knowledge 'I am' be
amplified by a form of experience?

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Am I ever aware of my absence?

Can Awareness be replaced by thinking,
sensing or perceiving?

When thinking is appearing, am I aware of
it?

How do I know?

When sensing is appearing, am I aware of it?

How do I know?

When perceiving is appearing, am I aware of
it?

How do I know?

Am I aware that I am constantly aware
throughout all thinking, sensing and
perceiving?

Can Awareness be veiled?

If seemingly so, for whom is Awareness
veiled?

Can I cease being aware that I am?

Can Awareness really be forgotten or
ignored?

Can Awareness be remembered?

By whom would Awareness be remembered?

Who forgets Awareness?

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Do I have any ever-present and immutable
objective qualities inherent in me,
Awareness?

Such as a colour, shape, size, appearance,
age, history, length, breadth, width, gender,
fixed personality trait, habit, desire, fear,
emotional charge, density, weight?

Is the experience of being aware
comparable?

Can I experience an opposite of Awareness?

Can I be aware of an outside of Awareness?

Is there an edge or boundary of Awareness,
beyond which I am not?

Am I supported by something other than the
presence of my Being?

Am I dependent upon something other than
the presence of my Being?

Without reference to thought, is there any
evidence that I am limited?

Can I experience anything other than the
presence of Awareness, myself?

Being that I am the only Presence here, what
could I be limited by?

Can my substance be reduced to a finer,
subtler, more refined substance?

Can my Presence be divided into separate
parts?

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Am I aware of thoughts, sensations and
perceptions?

Is any form of experience a permanent,
unchanging resident in Awareness?

Check now, are any thoughts, sensations or
perceptions absolutely fixed, stable and
unmoving?

Is the presence of Awareness dependent upon
the appearance of thoughts, sensations or
perceptions?

Is there any distance between thoughts, sensations and perceptions, and Awareness?

Does Awareness appear in a specific spatial location? Or do all locations, including all of physical space, appear in Awareness?

Do thoughts, sensations and perceptions appear in the same medium of Awareness, or in different mediums?

Can the totality of experience be separated from Awareness?

Can a thought, sensation or perception be peeled away from Awareness?

Can the totality of the multidimensional cosmos have an independent existence apart from Awareness?

Where would it exist if not within this unlimited medium of Awareness?

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Out of what is all experience made?

How many substances are there present now
in my experience?

Are thoughts, sensations and perceptions
made of different substances or the same
substance?

Is a thought made of anything other than the
knowing of it?

Is a sensation made of anything other than
the knowing of it?

Is a perception made of anything other than
the knowing of it?

Is there any substance present in the totality of
experience other than Knowing?

Can the appearance of separation actually
separate the substance of experience into two
essential parts?

Am I ever actually experiencing separate
objects or selves?

Can I point to something separate from
myself?

Is anyone or anything excluded from my
love?

Can I love anything other than myself?

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Am I present now?

Is the Now of Presence moving?

Or is the Now of Presence absolutely still
and stationary?

Can Presence be moved or perturbed by the
ever-changing flow of experience?

Am I aware of apparent time and change?

Does Awareness appear in time?

Or does apparent time arise in Awareness?

Is Awareness bound by time?

Was there an experience before Awareness?

Can there be an experience after Awareness?

Does Awareness have a past that it arrived
from?

Does Awareness have a future that it is
moving into?

Can I actually experience the so-called past

Now?

Can I actually experience the so-called future
Now?

Can I ever actually experience the past or
future?

Are the past and future real domains that
co-exist with this ever-present Now?

Have I ever experienced the arising or
beginning of Awareness?

Could I ever be aware of the disappearance
or ending of Awareness?

Was I born?

Can I die?

Am I afraid of death?

Can I ever be afraid?

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Am I making an effort to be present and
aware?

Am I doing Awareness?

Is being aware a choice?

Am I choosing whether I experience or not?

For instance, do I choose in so-called deep
sleep whether or not my mind will wake up
in the morning?

Do I choose for thoughts to appear?

Do I deliberately choose to produce a
specific kind of thought, before the thought
arises?

Do I control the movements of attention?

Do I control bodily movements?

Do I control when speaking happens and
what is spoken?

Can the actual unfolding of events be
predicted exactly?

Do I ever really know with absolute certainty
what is going to happen next?

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Is thought an inherent or ever-present feature
of my Being?

Is the Awareness of Being dependent upon
thought?

Is the Awareness of Being an objective knowledge?

Is Awareness an object?

Can I describe the experience through which I know that I am?

Am I aware of the appearance of thought?

Can Awareness be grasped by and held within thought?

Can Awareness become lost in thought?

Can Awareness interact with or have a relationship with thought?

Can Awareness be exclusively identified with a particular thought?

For instance, if a thought says 'I am a separate person', does Awareness cease to be Awareness, and instead become a separate person?

Can Awareness be conditioned or limited by
thought?

Can Awareness become exclusively localised
as a separate body in an imaginary scene?

Can Awareness become exclusively
localised as a separate body in the apparent
world?

Are there any beliefs, judgements or
preferences inherent in Awareness?

Can a truthful conclusion ever be made about
the unfolding of experience?

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Is thought essentially made of thought?

Does the substance of thought have any
objective qualities?

For instance, does the substance of thought
have a colour, shape, size, age, length,
breadth, width, density, weight, emotional
charge or conceptual definition?

Is a sensation essentially made of sensation?

Does the substance of sensation have any
objective qualities?

For instance, does the substance of sensation
have a colour, shape, size, age, limit, length,
breadth, width, density, weight, emotional
charge or conceptual definition?

Is a perception essentially made of
perception?

Does the substance of perception have any
objective qualities?

For instance, does the substance of

perception have a colour, shape, size, age,
limit, length, breadth, width, density,
weight, emotional charge or conceptual
definition?

How many substances are present now in
my experience?

Are there two things in my experience; me
and this substance?

Or is there just me here?

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Am I resisting the current experience?

Can I ever resist the already-here-ness of the
current experience?

Can my inherent peace ever be disturbed?

Can I become completed or fulfilled by
experience?

Am I inherently unfulfilled or incomplete?

Am I lacking or not good enough?

Can I ever be added to or subtracted from?

Is my completeness dependent upon
anything?

Can I be unhappy?

Can I be diminished?

Can I be rejected?

Can I be conflicted?

Can I be confused?

Can I be diseased?

Can I experience anything better than simply
being myself?

Can I be trumped?

Can I be expanded?

Can I be aggrandised?

Can I be developed?

Can I be purified?

Can I be awakened or enlightened?

Do I have an ultimate purpose for being
present that would add to the experience of
being present?

Without reference to thought, is there any
evidence that I am essentially wanting or
seeking to achieve a goal in experience?

Can I escape the peace and happiness I
eternally am?