

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?