



## What to know about the GAP Technique

The purpose of this exercise is to shift the attention from an outward direction to an inward direction so that it is possible to experience the essential nature of awareness itself.

Recent scientific research in neuroscience confirms that there are periods of inactivity in the brain that correspond to the gaps between thoughts.

The GAP technique is a great way to experience one's sense of wholeness and the peace of what's behind everything we get hooked by in our daily life.

It is a great way to connect with yourself and be simply and quietly present before your sessions. I often use it when I wake up or just before sleep and it centers me in my inner sensing of things rather than being caught in the maelstrom of mind, fears and strategic thinking that so often permeates our daily existence.

I find I'm more attuned to what is really going on, and less 'hookable' by what is seemingly going on.

### **When to Use the GAP Technique**

- Before or during meetings or interactions
- When you want to calm yourself
- When you need clarity
- When you're feeling 'scattered' and want to collect yourself
- When you want to work from more than the 'small local library' one calls one's mind.

The experience of GAP is akin to what many people feel in meditation or relaxation exercises. One doesn't need years and years of training nor hours and hours of meditation to get in touch with the inner/higher self and simply hang out in peaceful awareness. With practice, this process can be done with open eyes and even in the middle of chaos all around you.

So, I recommend you use this one a lot. The more you use it, the less it feels like it's some 'place I go to' and more like it's the ever-present background experience of your life.



## How to do the G.A.P. technique

To begin, sit quietly and close your eyes.

Notice that with your eyes closed you experience several kinds of things. You hear my voice, you may notice that sound is more acute, the sound of my voice and sounds in your background. There's nothing to do about this, it's just what happens when we close our eyes, and other senses become more prominent.

You may also notice the sense of touch is heightened. You may be more conscious of temperature or the feeling your body sitting in a chair. Again, nothing to do about it, just notice what happens when you take your vision offline.

And you will notice that there are thoughts coming to you. Just take a moment to notice your thoughts. They come and go like clouds in front of a blue sky on a partially cloudy day. So just notice the cloud thoughts floating in and out of your awareness. Nothing to do but simply notice.

Now notice that the thoughts are occurring in a background of silence just like the clouds are occurring in the background of sky. The silence and sky are always there, just less noticeable because of the activity of thoughts and clouds. It's a silent background, alive, and silent.

As you notice the silent background in which the thoughts are occurring, you will notice that you can be aware of it even while the thoughts are coming and going. Allow yourself to simply favor noticing that silent background. Immerse yourself in that silence. [Wait about one minute]

If you find that you have become absorbed in thinking, at the moment that you notice this, simply bring your attention back to the silent background and hang out there for a bit. [Wait one to two minutes here.] Notice some of the qualities it has, peaceful, warm, and quiet. What are your words?

When you're ready, open your eyes.

Now that you have experienced this silent background of consciousness, it is easy to notice that the Awareness is still there, lively in the background, even with your eyes open and with the activity of experiencing the objects of the senses.

Is there anything lacking in the experience of that pure awareness? Is there anything that you could not do from this place? Is there any sense of feeling needy while you are living from this sense of awareness aware of Pure Awareness?"

In most cases, our lives are so focused in an outward direction that we tend to not know or remember that this silent Pure Awareness is the essence of what we are.



*AGAPE*  
*Technique*