

Here is a summary of the "Art of Witnessing" and how we can apply it to our daily lives. Use these fundamental concepts on your clients!

Witnessing can also mean to be neutral, detached or a silent observer of life. You will have to make a strong effort to control and eventually detach from your emotions. Your internal perspective should be to be a neutral observer and stay in the present moment.

To achieve this state of consciousness, it's essential for us to stop judging others with our personal thoughts and opinions. We must put our personal bias aside and let everyone else live independently of our control and manipulation. If we want others to act in a way that we feel is right, that will never happen and more importantly this way of thinking will take you into negative emotional consciousness. When your energy goes into your thoughts and emotions, it can not go towards your inner consciousness or awareness.

There are four essential parts to a human - Physical, Emotional, Mental and Spiritual (Inner Essence). The majority of us live our lives in a way where our energy constantly revolves around mind-body consciousness. Either we are using our mental faculties for day to day survival or strong emotions dictate our actions. Sometimes negative emotions like anger, fear, sadness and despondency take over and sometimes positive emotions like joy, love, and gratitude dominate. Certainly, positive emotions are better than negative emotions. **However, there is a level of consciousness that goes above emotions, weather they are positive or negative.**

To experience this level of consciousness you will have to put a serious effort and become worthy of it. Just like anything else you have to work hard at it. What you sow so shall you reap. When you want to be materially successful and prosperous, you work hard for yourself and your family. If you want to be spiritually successful, you will also have to work hard. If we refer to the story of Buddha, how hard did he have to work. He gave up his kingdom, his family, his health and wealth to finally become "The Enlightened One".

Now you certainly don't have to renounce the world to achieve this. The divine is every where and especially hidden deep inside of us! However, if it's the question of working hard and dedicating some time and energy to achieve this ultimate spiritual prize, yes you will have to make an honest commitment.

Witnessing can help you to live in the present moment! Enlightenment means to consciously live in the present moment. The mind constantly takes you into the past. Memories of what happened with your family members or friends or work. Childhood memories, exciting, fun and enjoyable memories. When we have social or family gatherings, all we do is go into past memories and experiences. We are constantly using our mental faculties on a day to day basis. To study, to work, to socialize, we keep using the mind. In addition to these thoughts add our powerful emotions and this will magnify your thoughts.

In a span of 24 hours, how many hours go into physical, emotional and mental consciousness? At least 8 to 10 hours at work where you use your mental faculties. With family and friends all kinds of positive and negative emotional consciousness. Obviously, you have to pay attention to your physical body - eating, drinking, personal hygiene, rest, sleeping and so on. **Where is the time to go towards your inner consciousness?** Your entire lifetime can pass by where you will

only experience body-mind consciousness. **If you continue with this pattern, your spirit will feel rejected and will feel like it's dying.**

In today's society, we spend far too much time on social media, internet and electronic devices. We really have to learn to detach from these external distractions. Of course, you can use these mediums when you have to. However, you will have to make a serious effort to use your energy and time wisely. The majority of the times, we are wasting precious time and energy without any benefit.

To experience pure inner consciousness you will have to separate yourself from physical, emotional and mental consciousness. This can only be done when you make an effort to detach from the external world and go within yourself. **It is said that buddha searched for the divine his entire life and finally he found it within himself! Not only is the light of god all around us but it is hidden deep within our hearts.** The difficulty lies in us finding a way to go within! **This is what "The Art of Witnessing" is pointing to, go within yourself!**

Here are some practical tools for witnessing

Start looking at all human beings as individual souls that are striving to survive on this planet. This may sound easy but hard to do as you will have to shift your entire perspective. Can a parent think of their own child as an individual soul? I am the mother or father of my child! Can I think of my own marriage partner as an individual soul, the person I married? My parents, my brothers and sisters, my friends and the people I work with, are they really spiritual beings in a human body? Sounds a little complicated?

If we were to look at this from a more universal/spiritual perspective, the idea of individual souls make sense! These family and friends relationships are temporary earthly relationships. When we die, does our marriage partner or kids come with us? No! Before you were born, during the nine months that you were in your mother's womb, was your marriage partner or anyone else with you? No! We come alone and we leave alone. When we die, do we take any of our material wealth with us (something we spent our entire life to build up)? Absolutely not! What do we take with us when we die?

Our karmic earnings and our individual level of consciousness! This is the reason we are on this planet. So be wise and earn your spiritual wealth!

Here is a practical exercise you can do to help you practice witnessing. Take a piece of paper and write down the following. **You can use this exercise for your clients as well.**

The name of your partner (married or other)

The name of your children (and grand children)

The names of your parents and grand parents.

The names of your close friends and colleagues and anyone else that is important.

Pick a time when it is quiet and you can be alone.

Do this little witnessing ritual every day for a few days.

Start off by reading all the names that you have written down.

Now in your mind, make the following request to the universal light (God/Divine)

"Help all of these individual souls to achieve the mission and purpose that they are born with"

"Help me to see them as individual spiritual beings over and above my human relationships with them"

"Show me a way to help them develop their spiritual level of consciousness"

"Help me to stay detached from thoughts and emotions and become one with my inner consciousness"

"Help me to remember that my spiritual wealth is more important than material wealth"

"Help me to create positive karma (actions)"

"Help me to stay in awareness through out my day as a witness"

"Above all help me to achieve the highest state of enlightenment"

Now close your eyes and sit in silence. Empty your mind and try to detach from your thoughts and emotions. You can also follow the witnessing meditation steps from the guided meditation in the next section.

Do this little witnessing exercise for a few days. If you do it consistently, it will have a positive impact on your life. Also remember, you can play your role as a partner, mother, child and friend. However, do it in a detached manner. Remember that everyone will only grow and learn when they are ready. You can take a horse to the water, but you can't make him drink, he will drink only when he is ready.

This same philosophy applies to everyone else. For example, you may want your partner to act a certain way, but he or she will only do it when they are ready, it could take an entire life time or more! So detach and don't waste your energy forcing your emotions and thoughts unconsciously. This idea applies to your dealings and interactions with everyone else around you, especially those who are close to you. Use your time and energy consciously and wisely. Remember that there are many different levels of consciousness going from the basic level to the advanced level. It can take a whole lifetime or several lives for a person to learn and grow.

It is also recommended that you sit in silence and meditate a few minutes every day. This will have tremendous benefits on all levels - physical, emotional mental and spiritual. Follow the format that is given in the guided meditation in the next section. You can listen to this meditation a few times and then transition to sitting alone and practicing the same witnessing meditation.