

The Art of Witnessing

Witnessing is a simple and wonderful method introduced by spiritual masters to help create a deeper level of awareness. This simple technique helps us on all levels physically, emotionally, mentally and spiritually.

To be a witness you simply have to become an observer. There should be no judging, no emotional bias and no anger. Your goal is to become consciously aware of every single moment.

In the philosophy of Zen Buddhism, this is known as the “beginner's mind”. We experience the fullness of the moment and we treat each moment as a new and life enhancing experience. In the Buddhist tradition, this is known as “vipasana or mindfulness”. Each moment is a fresh, new and deeply conscious moment.

There are two aspects to the Art of Witnessing. The first one is [Practical Witnessing](#), which can be used in every moment and every single worldly situation on a day-to-day basis. The second one is [Silent Witnessing](#), which is a method used for silent meditation.

Let's start off by talking a bit about Practical Witnessing. This is a practical meditation that can be used every moment with every single situation on a day-to-day basis. [All you have to do is become an observer of each moment](#). How can we apply the art of witnessing in every single aspect of our life and exactly how do we benefit from this art?

This simple method can make you a better individual and improve your relationship with everyone around you. It can make you a better parent, a happier partner, a better worker and friend. It will reduce your stress and change your personality to a more loving, kind and gentle soul. It has the ability to transform your consciousness to a much deeper level.

Here are some practical suggestions that can help us to practice the Art of Witnessing. When you wake up in the morning, go and look at yourself in the mirror. While you are looking into your own eyes in the reflection of the mirror, tell yourself...

“Today, I will only witness all the events that will take place. I will witness my role as a partner. I will witness my role as a parent. I will witness my role as a child. I will witness my role as an employee. I will witness my role as a driver on the road. I will witness all my activities of the day.” Then, start your day off with a small gentle smile. Keep this smile on throughout the day. Let it be a constant reminder that I am now practicing the Art of Witnessing!

Whenever you see your children, remind yourself that these children are not really yours. They are individual souls that have come to earth to fulfill their own mission. Just like you, one day they will become adults and pursue their goals and destiny. Perform your duties as a parent. Love them, nurture them, provide for them, show them the way to life. However, don't become over attached to them. Perform your role as a parent, but in a detached manner.

Once again, remind yourself that these children are individual souls that have come here with a higher purpose. Your job is to provide for them as a parent and eventually let them walk on their own chosen path. If you practice the Art of Witnessing as a parent, then you will be a much happier and more successful parent. You will be able to observe and avoid conflicts and common mistakes that take place between parents and children.

Witnessing allows you to control your emotions, anger and communication. Your language and communication with your children will have a certain sweetness to it. Your children will appreciate and respond to you in a much more constructive and positive manner.

By being a conscious parent, you will be giving a wonderful gift to your children as well as to yourself. With a gentle smile on your face, you can calmly go through the day-to-day challenges of a parent and enjoy each moment to the fullest. Witnessing allows you to transform all the difficult situations you will be facing as a parent into wonderful positive moments of growth, love and spiritual awareness.

The reason God has given us the gift of being a parent is so that we can experience love and growth through our children. Before we can experience the love of God, we have to experience love on a smaller human level. Love for God happens at the highest and deepest level of spirituality. Love and growth through your children helps you to prepare for that ultimate experience. This should be everyone's ultimate goal, spiritual love! This is the highest form of love between your soul and your creator!

We can also apply practical witnessing in other areas of our day-to-day life. We can use this wonderful technique with our partners who we are constantly dealing with on a very close and intimate level. First and foremost, remember to keep that smile on, it will be well appreciated by your partner!

Whenever you see your partner, remind yourself that your partner is also an individual soul that has come to earth for a short time. Let them perform their necessary duties. They also have to fulfill their chosen mission and follow their individual path. Remind yourself that even though you have a worldly relationship, you will not be together forever. Eventually, each soul continues its own journey. We come alone and we leave alone.

Perform your responsibilities and duties with your partner. Love them, support them, grow with them. However, don't become over attached. Learn to be connected and yet to be detached at the same time. Witnessing allows you to control your emotions, anger, frustrations and your language. Learn to observe the various personality traits and reactions of your partner when both of you are faced with day-to-day situations. By witnessing, you will learn how to avoid conflicts, arguments and common problems.

In today's day and age, marital problems, separation and divorces are on the rise. If you can learn to be conscious, there will be less tension, stress and frustrations. You will experience a more blissful and happy marriage.

The reason God has given us the gift of marriage is so that one day we can experience the divine marriage. This marriage is the ultimate union between your soul and your creator.

When you are around your family members, try to see each one of them as individual souls. Your brothers, sisters, parents, cousins and various other family members are in reality individual souls. Each person is a soul that has come to earth to learn and grow.

Earth is the ultimate school of learning. All of us have signed up for various different classes to help us learn and grow. Some of us are young souls who have a lot to learn and some of us are old souls who have signed up for more advanced or deeper lessons. We have all come to earth to learn, grow and fulfill our own unique mission.

When we witness each person as a soul, we are learning to see into the hidden spiritual aspect of the person. You are much more than a physical body. You are much more than an emotional body. You are much more than a mental body. In reality, you are a wonderful Eternal Soul.

Your soul is on a journey. It comes from God and eventually evolves step-by-step and comes closer and closer to God. As much as possible, think of your soul as being connected to all the other souls around you.

We are all universally connected with each other spiritually. When you think of your soul as a part of the universe, your understanding will become deeper and more spiritual. Offer a smile to others and a smile will come back to you. If you give compassion to existence, it will come back to you a thousand times. Your soul is universally connected with the entire creation.

We usually operate through our five sensory perception and the mind. The day-to-day activity that usually takes place is through the five senses and the mind. Making a living, communicating, working, driving, and various other activities requires the senses.

By becoming a witness, you go beyond the senses. It helps you to realize that you are much more than the senses. You are in reality a spiritual being. Everyone around you in reality is an individual soul that is dressed up in a human body. Witnessing allows you to approach the hidden spiritual dimension. Your perspective becomes deeper, more subtle and allows you to experience the dimension of spiritual enlightenment!

Witnessing is a great technique that you can also use while you are working. When you see others working around you, try to recognize them as individual souls that are trying to make a living. They are also trying hard to make a living for themselves and their family. Try to observe their various reactions and gestures to certain situations.

Make a note of how they respond to the various work related challenges. **Once again, keep your emotions under control. Avoid getting angry and frustrated. Constantly remind yourself that as a witness, you have to conduct yourself with awareness in every single situation.** Calmly observe others around you and handle each work related issue with a gentle smile. Appreciate the fact that at least you have a job, which allows you to take care of yourself and your family!

In today's fast-paced society, there is a lot more stress to deal with at work. We are living in a highly competitive society. Education, information and technology has to consistently be upgraded. The amount of mental tension that we experience has increased dramatically! Everything has become fast-paced and this takes a toll on our physical and mental health

One of the leading factors contributing to chronic diseases is stress. It has been scientifically proven that stress is the cause for all kinds of diseases. Increase blood pressure, heart palpitations, migraines, chronic fatigue syndrome and also psychosomatic problems are the direct result of stress! The demands and pressure from work and living in a highly competitive society are not just going to go away. We have to make a drastic change to be able to keep up with this enormous stress!

Witnessing allows you to not only keep up with stress, but it allows you to release it. By becoming aware or conscious of all the activities around you and responding to them in a calm, controlled manner, you are conserving your precious energy! Also, responding to each situation with a simple smile can do wonders for you.

By witnessing at work, you will become a more tolerant, effective and respected employee, you will feel lighter and respond to each situation in an effective manner. By observing others at work, you will get to know everyone's personality on a deeper level, whether it is your supervisor, manager or someone working close to you. You will be able to determine the most effective way to communicate with them. You will avoid making unnecessary mistakes because you have studied their various responses. This can become a very effective tool for you and can make working more enjoyable.

A lot of us spend quite a bit of time driving around. Most of the driving is done back and forth from work. If we add up the number of hours we drive, almost one out of twelve months in a year goes into driving.

It has also been proven that we experience quite a bit of stress while we are driving. In fact, quite a few people have experienced heart attacks while driving. You can transform stressful driving into relaxed and enjoyable driving by becoming a witness.

When you see other drivers around you, remind yourself each one of them are individual souls just like you. They are also struggling to make a living. They are also feeling the stress that you are feeling. Keep a small smile on your face while you are driving. Appreciate the fact that you have a car, at least you don't have to walk to work.

You may be stuck in traffic for a half an hour, but make that half an hour enjoyable. Communicate with other souls around you with a smile. [As you see other drivers around you, try to realize the fact that we are all temporary drivers on a road that goes towards eternity.](#) The people around you are individual souls that have come to Earth to fulfill their own mission. As a witness, you will be a better driver and a better soul. [You will have less stress and your gentle smile will be a small gift for everyone around you.](#)

[There are so many more benefits to witnessing. It keeps you in the present moment, this is the key to spiritual enlightenment! The mind has a tendency to drift into the past which is clouded with memories and emotions. The mind also gets carried away into the future which makes you lose track of the precious present moment. Growth and enlightenment always happens in the precious present moment! Appreciate the fullness of the moment and this becomes a form of meditation for you!](#)

Witnessing allows you to transform your negative habits into positive energy. With a conscious mind, we can let go of fear, insecurities, become less judgmental and release unnecessary stress. It gives us the inner strength to accept and keep up with illness, pain, suffering and all kinds of other challenges.

[It helps us to create a more positive perspective in life and provide opportunities for growth. The law of karma teaches us that every action causes an equal reaction, what you sow so shall you reap! By becoming conscious of our actions, we immediately become aware of the choices we make! This becomes a form of daily meditation for us.](#)

We begin to make positive actions/karma. [Witnessing also allows us to forgive and let go. Forgiveness is absolutely essential for our personal and spiritual growth.](#) When you get a moment, sit alone and try to remember all the experiences that have taken place in your life. Especially those personal profound memories that you always remember in your mind.

Then tell yourself that everything that has happened, all the difficult painful experiences as well as the positive ones happened for a reason. Accept each experience with an open heart, embrace each moment with an open heart! Forgive all those people whether they are your friends, family members or others that were a part of your life.

Once you have truly forgiven, you will feel lighter and more blissful! You will be letting go of a great weight of baggage that you have been carrying with you. Most importantly, you will be closer to spiritual enlightenment after you have forgiven! Let go of the past, let go of the pain, let go of everything that has to do with the past and start to move forward!

Witnessing also allows us to surrender and appreciate life. The competitive modern lifestyle has made us very aggressive. We are aggressive with our family members, aggressive with our job, aggressive with our education, our money and our bank accounts. We have forgotten that we are just a small drop in this mighty ocean of God. Aggression takes you in the opposite direction of spiritual happiness.

Learn to be humble in the presence of God. Be humble with your family, with people that you work with and learn to appreciate what you already have. Instead of complaining about your family, be happy that God has given you a family. Instead of complaining about your job, be happy that at least you have a job which takes care of you and your family. Instead of wanting more, appreciate what you already have.

Our Consciousness is limited to our sensory perception. We still have a lot to learn to achieve spiritual consciousness. This can take us many lifetimes to achieve. We have to let go of our aggressiveness and become humble. Only those who surrender and show humility can have access to the spiritual dimension.

Witnessing does not mean to withdraw from the world. Get involved to the fullest level. Get involved as a parent, support your partner, work hard and get involved with your community. Be the best you can be. However, don't become over attached and forget about your soul. Be conscious of the spiritual dimension and at the same time be involved. He who runs away from the material world and hides from his responsibilities is actually going against spirituality.

Be fully involved with those around you and at the same time be detached. Perform all your activities consciously be aware of the world and at the same time be fully aware of your soul.

Meditation does not mean to just sit in a posture for 30 to 60 minutes with your eyes closed. It is a practical meditation that we can use every moment with every situation on a day-to-day basis.

Sometimes from deep within us profound questions start to surface. Who am I? Where do I come from? What is my purpose on Earth? These questions produce deep vibrations that inspire us to look for deeper answers. We are looking for something deeper than the material dimension.

Witnessing allows us to become aware of our spirit. The spiritual dimension is waiting deep within us. This is where the answers are waiting! If we can connect with the inner dimension, then all the answers will be revealed.

The Art of Witnessing allows us to get involved and enjoy the world with a sense of humor and lightness. Enjoy every moment with a smile that will consciously take you through every moment.

As was mentioned earlier, the [Art of Witnessing](#) has two different aspects to it. One is [Practical Witnessing](#) and the other is [Silent Witnessing](#). Up to now we have been talking about Practical Witnessing. We use this technique with anyone and everyone around you. We have learned how to use it with our family members, friends, at work, when driving or with any other worldly activity. We have talked about how we can use practical witnessing in every single day today situation.

We will now talk about [Silent Witnessing](#). This is a simple form of meditation that takes us on a higher level of awareness. This technique involves sitting in silence and witnessing all of our thoughts one by one. Witnessing allows you to embrace each thought and release it. I will briefly explain the concept of silent witnessing and later on, we will do a small meditation that is based on silent witnessing.

One of the best times to do meditation is in the morning. Of course, you can do it any other time you feel comfortable. However, doing it first thing in the morning is highly recommended as it can have a much deeper impact! When you wake up in the morning, get up 20 to 30 minutes earlier. In fact, the earlier you can get up the better!

Quite often when we sit in silence and try to meditate, we start getting all kinds of thoughts one after the other. These thoughts can be the product of a number of different reasons. They can be thoughts that result from our day-to-day activities. It can be thoughts about work, about your family, about money, paying your bills and so on. Sometimes, it can be thoughts of anger, emotions, fear, insecurities and so on. Whatever is hidden deep inside of you has to surface. This is why meditation is therapeutic and a natural form of psychotherapy. It is scientifically proven to help us on all levels physically, emotionally, mentally and it is also the key to spiritual enlightenment.

So much like the waves and ripples of an unsteady ocean, thoughts keep on surfacing one after the other. If you let all the thoughts surface one by one, eventually there will be stillness within you and the ocean will be completely calm!

If we combine both aspects of the Art of Witnessing, we can experience a very powerful result. Practical Witnessing, which we use in every situation with everyone around us and Silent Witnessing which we use when sitting in silent meditation with our eyes closed. Both these aspects go hand-in-hand and when we use both of these techniques, it provides a powerful result!

If you start your day off with practical witnessing and use it in your day-to-day activity and perform each action consciously, then when you sit in silent meditation, your mind will be calm, happy and relaxed. [How you live and conduct yourself in your day-to-day activity significantly affects your results and performance when you sit in Silent Meditation.](#)

For example, let's assume you had an argument with one of your family members earlier on. When you sit in silence and practice Silent Witnessing, those thoughts and emotions connected to the argument will bother you. Similarly, everything else that happened during the day at work, with your family members, or any other activity will have an effect on you when you sit in Silent Meditation.

If you handled your day-to-day activity consciously, without anger or emotions and you know you did it in the best possible manner, then you will be a lot happier when sitting in silence. So each action performed earlier will resurface when sitting in silence. So Practical Witnessing used throughout the day has a direct effect on how you will feel when you prepare for meditation through silent witnessing.

This can also work the other way. If you start your day off with 20 to 30 minutes of meditation through Silent Witnessing, this can profoundly influence your performance for the rest of the day. You will feel calm and you will be able to control your emotions and anger. [So as you can see, Practical and Silent Witnessing go hand-in-hand and they complement each other!](#)

[So here is an ideal way of starting off your day. When you wake up in the morning, go and look at yourself in the mirror. While you are looking into your own eyes in the mirror, tell yourself “Today, I will only witness all the events that will take place. I will witness my role as a partner. I will witness my role as a parent. I will witness my role as a child. I will witness my role as an employee. I will witness all my activities of the day”. Start your day off with a gentle smile and remember to keep it on for the rest of the day.](#)

Then go to a quiet place in your house and sit in a comfortable position and get ready to do Silent Witnessing meditation. It's important to remember that the Art of Witnessing is an art that takes time to learn, it can take months or even years to learn. The more you practice it, the better you will get at it! As much as possible, be patient and consistent. Learn to use this art properly and you will get incredible results!

Before you start your Silent Witness meditation, choose a comfortable area in your house where there is silence and you can sit alone. Sit in a comfortable place. You can sit on the floor, preferably on a cushion or a pillow. If your body is flexible and you don't feel any pain or tension, then you can sit cross-legged in the meditation posture.

[However, if you are not comfortable sitting on the floor, then sit on a comfortable chair. It is very important for you to be feeling comfortable, loose and relaxed before you start your meditation.](#)