

Knowing Your Self by Loch Kelly

As the person asking each question, pause, and give your partner plenty of time to answer.

1. Are you aware of a part of you trying to understand these words?

Where is this thinker part located in or around your body? (pause)

What is the location, size, and felt sense of this part?

2. Can you ask this part if it can give you a little bit of space so you can *be with it* rather than *be it*?

Can you thank this thinker part for all its hard work?

Can you ask this part what are its positive intentions for you?

Can you ask this part if it were possible to access these positive qualities would it unblend and open now?

3. What is it like shifting from being blended with this part to being the witness of this part?

Can you now curiously notice the location of the witness?

Can you now notice that the witness is also a part and ask it to open some space? (pause)

4. Who or what is aware of both the thinker and witness parts?

5. As you rest back into spacious awareness, what is the shape, color and location of where you are viewing from?

Is the view from spacious awareness both outside and within your body?

From here what is the relationship to sensation, arising thoughts, your body and the room?

6. How do you feel toward the thinker part from this spacious and pervasive energetic awareness?

7. What is it like for this part to feel that you are with it?

What is it like being open-hearted and curious toward this part that usually feels like “me”?