

Self-Observation Worksheet

Adapted from the chapter 'Self Observation' from [Psychic Education](#)

Do this exercise when you have at least 30 minutes for yourself.

- Sit alone in a quiet place where you can feel relaxed.
- Make yourself comfortable.
- You may close your eyes, or you can let them rest on an object in front of you.
- To shift your concentration inside you may like to watch your breathing. Feel how you can go deeper within by sinking into the space left by the outgoing breath.
- Start observing what is going on inside yourself.
- Observe your thoughts. Observe your feelings. Does your body give any signals? Watch this as on a screen.
- Try not to interfere. Just allow everything to come and go.

After some time you may like to do the worksheet.

Step 0: Preparation - 5 minutes

- What is going on inside you?
- Is it easy to observe?
- If not, what makes it difficult?
- Do you get so involved that you stop observing?
- If so, only at certain moments or constantly?
- Does something get in the way and block your observation? If so, what causes the block?
- Are you able to prompt yourself to become an observer again?

Step 1: Observing the thoughts - 5 minutes

Now start with locating your consciousness in your **head**.

- Observe your thoughts.
- Are certain thoughts coming back more often than others?
- Are these positive or negative thoughts?
- Are they about you, or about others?
- Are they about things or happenings?
- Are they about the past, the present or the future?
- Do you start talking with your thoughts?
- Do feelings come up with certain thoughts?

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Step 2: Observing the feelings - 5 minutes

Now locate your consciousness in your **heart**.

- Observe your feelings.
- Are most of these feelings about yourself?
- Are most of these feelings about others?
- What kind of feelings are in the foreground: irritation, happiness, jealousy, gratitude, etc?
- Do some of these feelings give rise to certain thoughts in you?
- Do you start a dialogue with some of your feelings?
- Do your thoughts have an influence on your feelings?
- Do certain feelings bring back certain memories?

Step 3: Observing the body - 5 minutes

Now locate the consciousness in your **body**.

- Become aware of how your body feels.
- Often your body is roped in by the mind or the vital, which make your body do certain things, like tensing muscles, making unconscious movements, etc. Can you spot any of these?
- Observe your muscles.
- Are they all relaxed?
- Are your shoulders relaxed?
- How relaxed are your arms and hands?
- Are the muscles of your neck, your jaws relaxed?
- What about the muscles in your abdomen?
- How relaxed are your legs?
- Do certain words or thoughts make you tense some muscles? Where?
- Do certain feelings make you tense some muscles? Where?
- Does your heartbeat change with certain words or feelings?
- Does your breathing change with certain words or feelings?

Step 4: Journaling - 10 minutes

- **Ask yourself: What insight did I get about myself today?** An 'insight' is when you get an 'aha' moment with a burst of energy, joy and inspiration.
- **Ask yourself: What will I do differently in my daily life as a result of the new insights?** Take action, it is by putting your insights into practice the inner flame gets linked with the outer life.