



Observing self



Ask yourself this, have you ever found yourself watching TV / reading a book or magazine / chatting to someone, when all of a sudden you have realised that you haven't seen what just happened / or taken in anything you just read at all / you don't know the other person said to you? You missed it.

This is the part of you, we can call it your 'observing self', that is able to notice when you have been wrapped in your own thoughts and memories and that brings you back to your focus.

This week spend some time noticing. Notice your body, notice your breathing, your thoughts, your actions. Notice what you are doing.

For example

Notice when you are eating;

an apple / a cake / cereal...

notice yourself noticing