## Simply Seeing Script

***Coming now into a position where you can see things, but you are still able to hear the instructions clearly.....***

***You may be looking at a wall..... out of a window...... at a tabletop..... whatever works for you.***

***1-2 breaths***

***And so...., paying attention to what is being seen...... As best as you can, letting go of the categories which we normally assign to things..... Rather than seeing trees, houses, cars and so on, simply seeing things as patterns of shape and colour......, light and shade,...... as if you have never seen this thing before......***

***1-2 breaths***

***Whenever you become aware of the tendency to name or identify the things that you see, simply note that tendency and see if you can let go of the label and just see whatever it is you are looking at for its qualities of light... and colour.... and shape.***

***1-2 breaths***

***Whenever you become aware that you are thinking about what is being seen, or indeed that your mind has wandered away altogether, just gently return your attention to simply seeing what is, as best as you can, without trying to interpret it or make sense of it.***

5 breaths?

Bongs