### Becoming Your Own Observer Meditation

Coming to settle now into your meditation posture…… Allow your eyes to close…... Take a little while to become aware of your breath and feel yourself settle into your body…………………………. Become aware of any sensations within your body………………….. gently guiding your breath to any areas of tension or discomfort and letting the feelings soften as you breathe out from them.

Reflect a little on how your body serves you every day…., see how it feels,…. connect with the inside and outside of your body…………………. Be in your body as much as possible as you say to yourself ‘***I* have a body, it is *my* body. *I* am *not* my body’**. Repeating this to yourself several times ‘***I* have a body, it is *my* body. *I* am *not* my body’**

**[2-3 breaths]**

And now letting your body leave your awareness, bring your attention to your feelings…..Just noticing them, without trying to change them, or justify them, or rationalise them……………. Simply allow them to be what they are…. You may find one feeling is dominating your attention, or several feelings may be interweaving with each other…………………... Taking this time to become fully aware of what you are feeling……………….., and repeat to yourself several times ‘***I* have feelings, they are *my* feelings. *I* am *not* my feelings.**’……………‘***I* have feelings, they are *my* feelings. *I* am *not* my feelings.**’

**[2-3 breaths]**

Moving your attention now to your mind……………, become aware of thoughts that are passing through your mind…………. Notice what they are,…………… letting them come and then go again……………….. If you find yourself judging your thoughts, be aware that the judgement is also a thought, and let it pass…………………. When you have really settled into your mind, say to yourself gently several times ‘***I* have thoughts, they are *my* thoughts. *I* am *not* my thoughts.**’…………. ***I* have thoughts, they are *my* thoughts. *I* am *not* my thoughts.**’

**[2-3 breaths]**

Allow yourself to sink more deeply into yourself, into the stillness that lies below the thoughts, the sensations and the feelings. Settle here for a little while before the sound of the bells brings your awareness back to room.