



SELF-OBSERVATION, NON-IDENTIFICATION, SELF-REMEMBERING

AN EXPLORATION *of* IDEAS



SELF-STUDY

To dig deeper...

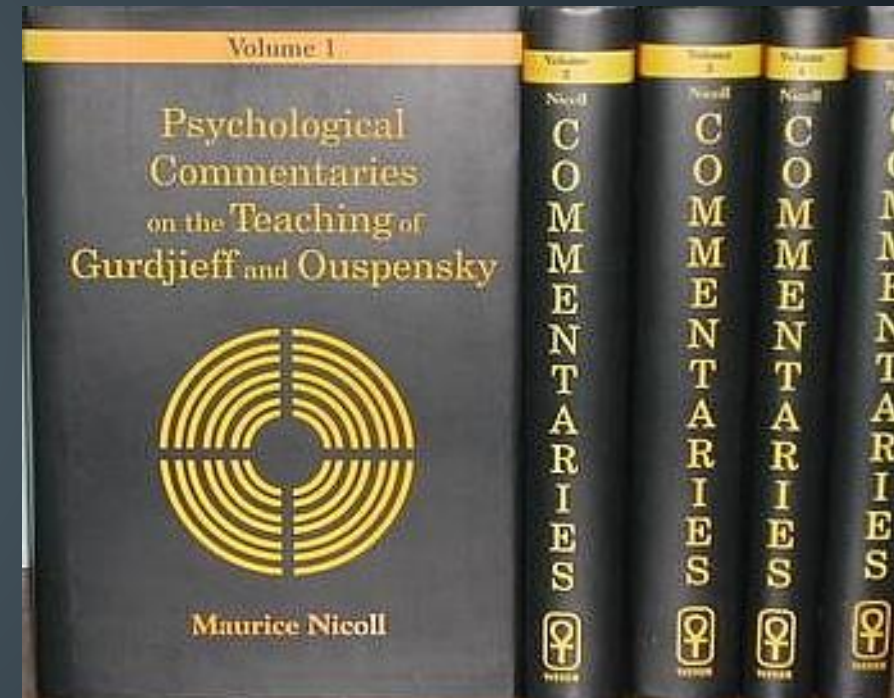
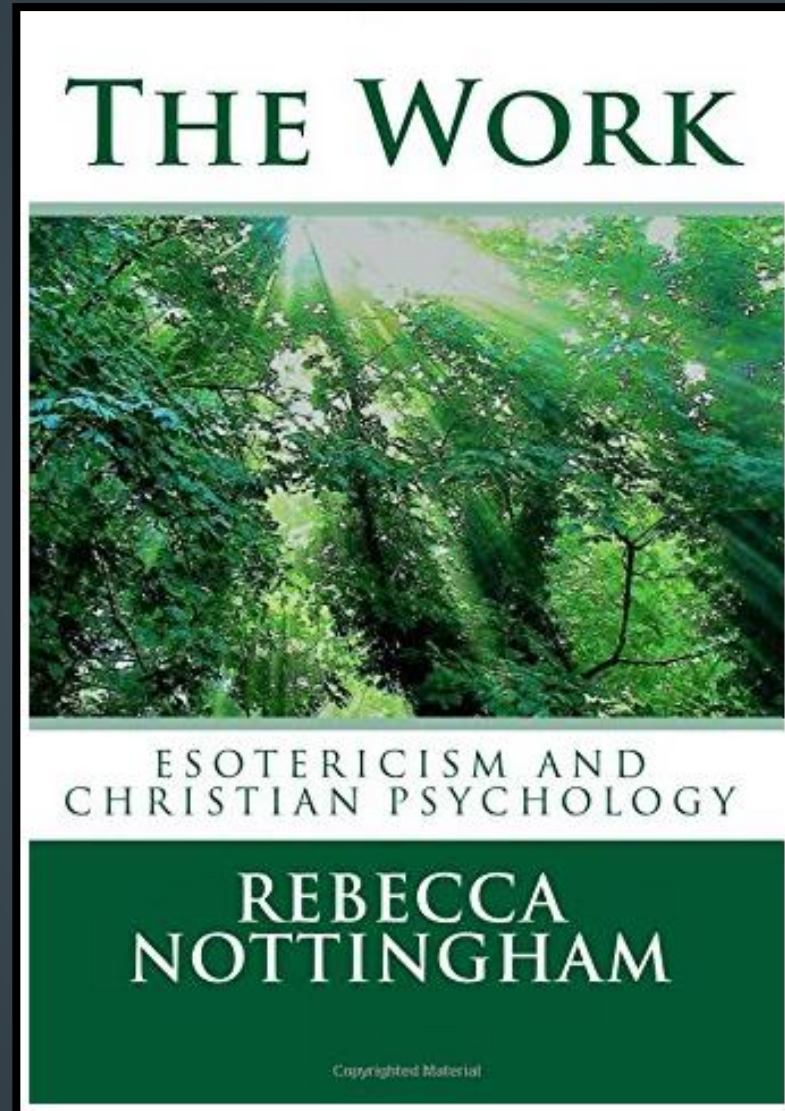
- This week's email & references

- 2020 Archive:
 - 1/16 Self Observation
 - 4/23 Non-Identification
 - 4/30 Self-Remembering

- Intro to the Work class
 - Started last night – 5 more sessions
 - Wednesday nights 7:00 – 8:30
 - Register on the Special Events page



SOURCES





SELF OBSERVATION

It can't be over emphasized that Self-Observation is the fundamental and most significant practice in the Work. Understand that absolutely every other Work practice, and every bit of personal development depends on Self-Observation. ... It is through Self-Observation that consciousness develops and the evolution from a stimulus-response organism to a Conscious Man or Woman is made possible. [RN, p.159]



SELF OBSERVATION

Self-Observation...

- Is not noticing
- Is not knowing
- Requires divided attention, directed toward one's inner world
- Definite, concrete, topical, non-critical
- Three-centered



A personal example...

SELF OBSERVATION

Intellectual

7

8

9

Emotional

4

5

6

Moving

1

2

3

M

E

I

	7	8	9
	4	5	6
	1	2	3



A personal example...

PARTS OF CENTERS: A Work view of what

misses P.

I	7	8	9
E	4	5	6
M	1	2	3

M E I

1. - Heat source on cold nights.
2. Snuggler. Physical comfort. Physical habit. Touch.
Routine, meals. Attraction. Dance partner?
- 3.
4. Routinized companionship/separation from "the pack." Is this where my "external reference" lives?
5. The heart of Love? Higher attraction than (2). Romance.
Feeling complete with/in another.
6. Work partners. Co-conspirators for love/freedom/truth.
7. Companion: daily chit chat. Here's what happened today. News & response.
8. Shared/common activities (food/menus; art; work students)
9. Work partners, esp. in setting Aim/Going Against

What's going on in the three centers?

SELF OBSERVATION



Your example...

What's going on in my centers?

Intellectual

Emotional

Moving

SELF OBSERVATION



“To make a thing conscious begins to change it.”

Some methods to apply

- Three-centered self-observation
- This is not I
 - This *thought* is not I
 - This *feeling* is not I
 - This *sensation* is not I
- Things are happening in the only way that they can
- All suffering is from arguing with Reality
 - “When you argue with reality, you lose, but only 100% of the time.”
- Byron Katie’s four questions
- First Conscious Shock – even in retrospect

NON-IDENTIFICATION



“The Work puts great emphasis on what is called Self-Remembering. It is a practice in one sense but more accurately it is a state.” [RN, p.255]

SR requires an effort of concentration and inner attention (and therefore enough force).

- Self-Observation and Non-Identification are about preserving force (not leaking)

“You can think of Self-Remembering as a kind of lifting oneself up from the uproar of things in oneself, or of opening a door and going into another room and shutting the door and sitting down quite quietly.” [Commentaries, v2., p. 450]

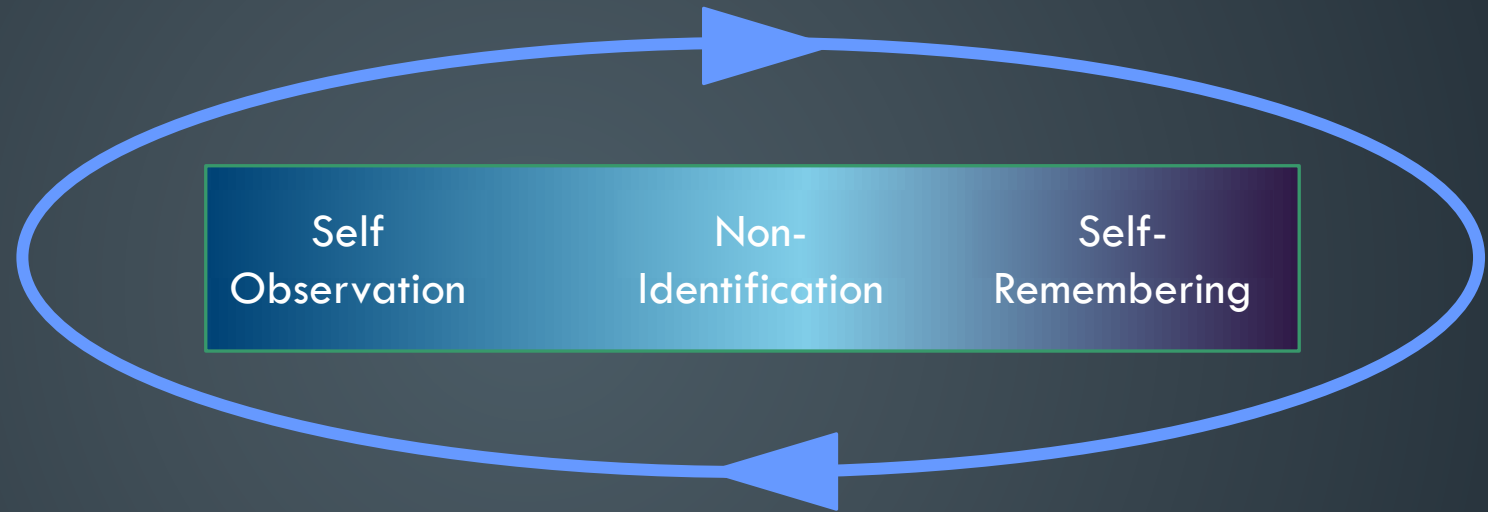
- Centering Prayer
- The loud ‘crack’

SELF-REMEMBERING



An integrated continuum, not steps

AN INTEGRATED SYSTEM





SUMMARY

The subject of this Work is not the blackboard: it is you yourself. You are the subject of the Work.

How many times have you been negative to-day? And how many times were you aware of it and not identified with it? Have you lifted yourself even once to-day out of your mechanical moods?

Even an act of awareness of a negative state, of observing that you are negative or speaking negatively, separates you a little.

Sometimes this moment of self-observation will change you for the moment completely.

A sufficient number of such Work-moments may change you, not for a moment, but for all your life.

[Commentaries, v3., p. 1005]



From the email:

- *Read Commentaries on "This Work is About Change of Yourself – Not Change of Your Life," "Two Ways of Meeting Events," and "Self-Observation" Vol. 4, pp. 1311-1319.*
- *As a result of identification, the simple knowing of our own Ground of Being is veiled and we attach our sense of "I" to temporary fragments. Observe for a day, the number of times and ways you say "I am (fill in the blank)."*
- *Practice Self-remembering every day, at least once a day.*

From tonight's class:

- Do a real three-centered observation of some significant identification in your life.
- Bonus: Stop arguing with Reality.

What's going on in my centers?

Intellectual

Emotional

Moving

EXERCISES