



Dis-Identification Exercise

Take up a comfortable, relaxed position with your eyes closed. Be aware of your breath and breathe quietly and rhythmically for a few moments to relax your body and calm your emotions.

Focus your attention within your body. Be aware of the sensations within your body that you, the self, are conscious of. Breathe into any areas of tension or discomfort, and, as you breathe out, relax and let go.

When your body is comfortable and relaxed affirm quietly to yourself out loud:

I have a body and "I" and my body are not the same.
My body may be in different conditions of health or sickness; it may be rested or tired, but it is not my real "I".
My body is my precious instrument of experience and action.
I treat it well; I seek to keep my body in good health, but it *is not* my self.

Focus your attention now on your feelings and emotions. Be aware of what you, the self, the observer within, are feeling now and give it a name. Take the time to allow your emotions to settle and be calm as a pool of crystal clear water.

When you are ready, affirm quietly to your self, out loud:

I have emotions, and "I" and my emotions are not the same.
They are countless, contradictory, changing and yet I know that "I" always remain "I", myself, in times of hope or despair, in joy or in pain, in a state of irritation or calm.
Since I can observe and understand my emotions and then increasingly be in charge of them, it is evident that they *are not* my self.
I have emotions and "I" am distinct (though not separate), from my emotions.

Focus your attention now on your mind, on the field of thought. Be aware of all the many ways that you, the observing self within, can use your mind. Reflect for a moment on all the things you *have* thought about today, then let all these thoughts go.

When you are ready affirm quietly to yourself, out loud:

I have a mind, and "I" and my mind are not the same. It is more or less developed and active; it is undisciplined but teachable; it is an organ of knowledge in regard to the outer world as well as my inner world; but *it is not* my self. I have a mind and "I" am distinct (though not separate), from my mind.

Focus now within that centre of being which is the self and affirm quietly and firmly:

I am a centre of pure self consciousness, I am a centre of will,
capable of being in charge of all my psychological
processes and my physical body.
I am the constant and unchanging Self.

New Zealand Psychosynthesis Trust version



I have spent my days stringing
and unstringing my instrument,
while the song I came to sing
remains unsung.

- Rabindranath Tagore