

## Bookmark File PDF The Observing Self

# The Observing Self

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### **The Observing Self**

Meditation carries the process to the extreme, not for "life facilitation" as in psychotherapy but for purifying the self.

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In Buddhist Vipassana meditation, you observe your body and mental processes (once you have enough concentration to observe) because, again, you are not what you can observe. That observing is awareness.

**Amazon.com: The Observing Self: Mysticism and ...**

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Here are three ways you can use a client's observing self to help them feel better

1. Grade emotion, motivation, or pain Whenever we grade (scale) a problem's intensity, it is as if a part of us is...
2. Raise a laugh When we laugh at a situation (or at ourselves), then, for that time, we engage the ...

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## **What Is 'The Observing Self' And Why Is It Such A Powerful ...**

The Observing Self: A Tool Essential to Save Ourselves and Our Planet. It is the observing self that grants us a sense of "agency" with the capacity to change ourselves and our world. By. Jane Simon, MD , Contributor. Writes a weekly blog, [www.drsimonsays.blogspot.com](http://www.drsimonsays.blogspot.com).

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## **The Observing Self: A Tool Essential to Save Ourselves and ...**

Try this: Walking meditation Select a comfortable setting at home where you can walk for 15 or 20 feet without any obstructions. From a standing position with feet evenly planted, begin by lifting the left foot into the air. Notice how the



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weight... Then begin to lift the right foot, noticing how ...

### **THOUGHTS ARE NOT FACTS: How to befriend the observing self**

The observing self is the chessboard. It enables us to step out of the battle with our thoughts and feelings while giving them plenty of space to move. Here we

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can observe, notice, and practice openness and understanding with our thoughts and feelings.

## **ACT Principle 4 - The Observing Self**

The Observing Self: Rediscovering the Essay by Graham Good (Author)

## **The Observing Self: Rediscovering**

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## **the Essay: Good, Graham ...**

The observing self is not a thought or a feeling but more an awareness. You know that you are thinking and feeling because there is part of you that is aware of your thoughts and feelings. Your thoughts are constantly changing: sometimes they are pleasant, painful or joyful.

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## **What is the observing self? - Counselling Directory**

The observing self For some years, whilst teaching psychotherapy, we have been using the term observing self — awareness of awareness itself. The observing self is different from our thinking self, emotional self or

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functioning (physical) self. It is outside these, yet experiences all of them.

### **The observing self - Caetextia**

The Observing Self is by nature nonjudgmental and non-interpretive. In fact, the Observing Self cannot judge experience because judgments are thoughts which are products of the

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Thinking Self.

## **The Thinking Self and the Observing Self | Cliff Heegel Ph.D.**

Becoming the Observer is more than just thinking about yourself. It really is a different state of mind. Whether you are doing meditation, mindfulness practices, therapy, or other personal development

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work, becoming the observer is a critical skill to learn in order to make personal changes.

## **Becoming the Observer | Pathway to Happiness**

Your Observing Self can be likened to the sky, with your thoughts and feelings being like the weather. No matter how

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turbulent are the hurricanes, blizzards and rainstorms, blue skies and balmy...

## **Acceptance and Commitment Therapy Technique: The Observing**

...

In contrast, we cannot observe the observing self; we must experience it directly. It has no defining qualities, no



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boundaries, no dimensions. The observing self has been ignored by Western psychology because it is not an object and cannot fit the assumptions and framework of current theory.

## **Observing Self: Mysticism and Psychotherapy**

In *The Observing Self*, noted psychiatrist

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Arthur J. Deikman lucidly relates how the mystical tradition can enable Western psychology to come to terms with the essential problems of meaning, self, and human progress.

## **The Observing Self by Arthur J. Deikman - Goodreads**

Your Observing Self can be likened to

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the sky, with your thoughts and feelings being like the weather. No matter how turbulent are the hurricanes, blizzards and rainstorms, blue skies and balmy breezes will replace the turbulent weather if you are patient and have faith that the storm will pass.

### **Acceptance and Commitment**

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## **Therapy Technique: The Observing**

...

The Observing Self meditation explores your thoughts, feelings, body sensations and urges. This practice helps you to connect with the present moment and tune in with your own experience of...

## **Observing Self**

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For the observing Self, the world is the field of observation, with which it become involved. This involvement or attachment is the prime cause of our mental states, stress, anxiety, insecurity, fear, anger, aggression, duality and so on. It is also responsible for our karma, latent impressions called Samskaras and rebirth.

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## **The Witness Self or the Observing Self - Hindu Website**

The Observing Self vs The Thinking Self  
I've been reading The Happiness Trap recently and it had a chapter on the 'observing' self, in contrast to the 'thinking' self. The distinction is that a part of our mind is observational and

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aware of it's surroundings, and the other part thinks, typically about problems and issues. I found this interesting.

## **The Observing Self vs The Thinking Self - Talk Freethought**

A simple way of thinking about the Observing Self is to compare it to the sky; thoughts, feelings and sensations

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are like the weather. The weather constantly changes over time, but whatever the weather, the sky always has room for it. No matter how severe the thunderstorm or intense the sunshine, the sky cannot be damaged in any way.

**“The Observing Self” Dr Kingsley**



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## **Mudd**

Self-as-context A transcendent sense of self: a consistent perspective from which to observe and accept all changing experiences. (Often called The Observing Self) It is a process, not a thing: an awareness of awareness itself: 'pure awareness' 5. Values Chosen life directions

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