

Learning to be a witness – Sakshi Bhava

Part I – Body awareness

- This exercise is most useful after your pranayama session
- Sit in a comfortable posture, either on the ground or on a chair.
- Keep your back, neck and head in a straight line.
- In the early stages, use your hands to direct your awareness to a part of the body
- Always use the right hand unless you are unable to do so, e.g. when you are touching your right elbow
- This exercise should take you between 2-3 minutes and can be practiced anywhere
- Biggest danger is falling asleep so consciously avoid this.

Benefits

- By moving your awareness to a neutral state (e.g. your foot), negative emotions are neutralized
- Enables your body and mind to relax
- This technique helps cultivate your ability to become a silent, objective, non-judgmental witness
- Activates Prana (the creative life force) in the areas where you move your awareness

Technique

1. Focus your awareness on the crown of your head
2. Focus your awareness on your mouth
3. Bring your awareness to your right eye
4. Then shift your awareness to your left eye
5. Bring your awareness to your right ear
6. Slowly shift your awareness to your left ear
7. Focus your awareness on your right nostril
8. Focus your awareness on your left nostril
9. Bring your awareness to the right cheek
10. Bring your awareness to the left cheek
11. Become aware of your upper lip

12. Now become aware of your lower lip
13. Focus your awareness on the upper row of teeth (simply visualize – do not place your fingers inside your mouth)
14. Focus your awareness on the lower row of teeth (simply visualize – do not place your fingers inside your mouth)
15. Slowly become aware of the tip of your tongue (simply visualize – do not place your fingers inside your mouth)
16. Shift your awareness on the root of your tongue (simply visualize – do not place your fingers inside your mouth)
17. Bring your awareness to the right shoulder joint
18. Bring your awareness to your right elbow
19. Slowly become aware of your right wrist
20. Slowly become aware of your right palm
21. Feel the tips of the right hand fingers
22. Bring your awareness to your left shoulder joint
23. Bring your awareness to your left elbow
24. Slowly become aware of your left wrist
25. Slowly become aware of your left palm
26. Feel the tips of the left hand fingers
27. Bring your awareness to the right hip joint
28. Slowly become aware of the right knee
29. Now become aware the right ankle
30. Bring your awareness to the right foot
31. Bring your awareness to the toes of your right foot
32. Shift your awareness to your left hip joint
33. Now become aware of your left Knee
34. Slowly bring your awareness to your left ankle
35. Focus your awareness on your left foot
36. Focus your awareness on the toes of your left foot
37. Feel the right side of your body from the shoulder pits to the hips
38. Feel the left side of your body from the shoulder pits to the hips

39. Bring your awareness to the lower back / seat where you have contact with the ground
 40. Slowly become aware of your stomach
 41. Become aware of your navel
 42. Focus your awareness on your heart
 43. Bring your awareness to your right armpit
 44. Shift your awareness to the back of your neck
 45. Slowly become aware of your left armpit
 46. Move your awareness from your heart through the right shoulder to the right finger tips
 47. Shift your awareness from your heart through the left shoulder to the left finger tips
 48. Gradually move your awareness from your heart to the right feet toes
 49. Move your awareness from your heart to the left feet toes
 50. Move your awareness from your hip to the left feet toes
 51. Gradually move your awareness from your hips to the top of your head
- Finally, move your awareness from head to toes and back 3 times

For more information mail us at: contactus@innerchallenges.com