# Mindfulness Therapy

I’d like you to just imagine how really step inside of yourself– and allow yourself to feel perfectly safe and calm – perfectly relaxed and your muscles comfortably heavy.

Now – I’d like you to focus on your breathing. --- And as you do- you will probably find that it is best if you breathe from your belly -- rather than from your chest --- (wait) -- and perhaps you find it more comforting to breathe in through your nose-- and out through your mouth –(wait) and it may even be better ---when you do this slowly and deeply.

And as you keep doing this – I’d like you to focus on the sound and rhythm of your breath, ---and become aware of how calming this is (wait) ----Just focus on that for a little while – as if nothing else is more important right now – as if this is all that matters – and as you do – feel yourself sinking even deeper and deeper into trance- - breath by breath – sinking deeper and deeper --- just allow yourself to feel wonderfully grounded - just take some time – and feel that calming life giving breath streaming all through you – breath by breath- and make this all you can focus on right now---

***(pause 1minute)***

Good – as you keep on breathing like this – I want you to become aware of that part of you-- that is the observer of all that-- which is going on there right now—the part of you that that has been with you all along – since way back then—get in touch with that part – I am sure you can find the observer there deep inside of you – now take some time – *(and when you are in touch with that part of you- give me a finger signal).*

Good—now I like you to understand that the observer has always been with you – from time without beginning- understand – that this is the part of you that will be with you from here on - to the infinite future- never changing – indestructible – always your well meaning friend – no matter what you do- and where you are—no matter what others may say – or do -- it is the clear and beautiful voice of your conscience – it is you -- in your purest form- and there is nothing that could ever destroy it – neither fire nor storm or flood – not even the end of time – It is here always – never dying – offering good advice- whenever you want to hear it – it is goodness – and warmth – and strength – it is your guide but it only guides when asked – you are never alone-

So - just allow yourself to communicate with this part there inside of you now –

*wait*

Good-- now imagine how you merge into the observer – and be the observer –

*wait*

Good- now I’d like you to imagine how you are sitting there on a very comfortable chair – in very special place – and I’d like you to imagine to be in your very own movie theatre – and that can be outdoors or indoors or anywhere or any place you wish – but I like you to see yourself comfortable seated – looking at a large movie screen—and imagine that the screen is the fore of your mind -

*wait*

Good – now project on the screen what comes to the fore of your mind – but don’t get involved - and I’d like you to notice exactly what you are doing there right now---and control your attention --- but not what comes to the fore of your mind – so ---let happen what happens –and don’t be involved - be in the moment - and be the observer of what is happening there for you on that screen – but don’t judge whatever comes to you there – and even if you find yourself judging what you see before you– don’t judge your judging--- just imagine – that you are seated comfortably observing the screen- just observe- what comes to the fore of your mind-- as you keep listening to my voice-

Be alert to whichever thought or feeling comes to the fore of your mind- and watch your thoughts and feelings coming and going – but cling to nothing - have a Teflon mind- just be an observer– and let whatever happens – simply happen – just observe –

***(Pause 1 minute)***

I am sure you are doing very well....I like you to understand that the observer in you - is now in control – you are in control – and allow yourself to realise that you can always be in control – whenever you choose to – you don’t have to be involved – you can simply observe – whenever you choose to.

***Pause***

And as you continue to observe the many thoughts that come to the fore of your mind – you may even come to notice that there are only desired – and undesired outcomes in your life – but when you think of it carefully – you will come to realize that even an undesired outcome has its purpose –

***(Pause 1 minute)***

Yes that’s right – undesired outcomes simply have the purpose of motivating you to seek a more desirable outcome – and as part of you thinks about all of this – you come to fully understand that undesired outcomes present nothing more-- and nothing less than building blocks for an even greater development of your inexhaustible and unlimited potential.

***(Pause 1 minute)***

And so one thing leads to another --- and then to another – in an infinite number of ways - and what you see before you on that screen is really yours to change –- Because - you are the cause and you are the effect of the many roles you are playing- and even though - all is forever changing - you are in control –- just as you are in control right now -- because – you need to know – that the observer in you remains constant – patiently watching - perfectly and eternally still – and you can enter into this place anytime you wish – instantly – from now on…

***(Pause 1 minute)***

Because you come to understand - that even though all is forever changing – your essence is eternal — and the law of the universe – is cause and effect – and so are you -- and as you may come to realise – the law is really only one – as every effect is also a cause which instantly leads to yet another effect – so it is difficult to discern whether a cause is an effect -- or an effect a cause - and so it goes on – and we may be surprised to find that something that looks like two is really only one- and so you can know now -- that what you desire can surely be achieved if you maintain your focus long enough --

For if we look below the surface of things – the secret - which lay hidden from view - reveals itself -- We will come to notice that we are all from the **ONE** source-- and thus are intrinsically-- and **ETERNALLY CONNECTED** with each other -- and our environment

***pause***

And so even though life is a mystery in so many ways --

when we look deeper – we may find that the life we know --is a **constant** transformation of energy that manifests ever new each moment – and which has done so-- from time without beginning and will do so into eternity-- ***pause***

**And so death** may be viewed as nothing but a word describing the transition between different stages of **eternal life *pause***

Some say that the ultimate purpose of life is a process of creative expansion towards ever increasing greatness-

And so -- some say that the occurrence of obstacles and problems simply serve as motivators for the expansion of our life force ***pause***

And as you understand all that – calmly allow yourself to observe what is before you there now- and remember that it is all in your hands- but you don’t have to get involved- because you know now how to be the observer ***pause***

But as you observe – just watch what comes there to the fore of your mind --- and as you do-- you may want to ask -- what it is that you truly desire? -- What is it that you want to create? What is it that you came here to achieve today? -- What is it ---that you truly want to do – now that you can see things so much more clearly?

***pause***

And as you observe what comes to the fore of your mind -- allow -- whatever wants to come up there now --- automatically, subconsciously – and allow the images of your true goals and ambitions-- become clearer and clearer to you – while you remain perfectly still- without attaching yourself- being the observer - you know that you are in control – so watch whatever comes there before you – and see things for what they really are – without being involved --knowing that from now on -- you can be the observer --any time you choose to… wherever you are – under any circumstances— and know that all you have to do – is breath in and out deeply -- and remember that place there where you are – looking at that screen – feeling comfortable – and at ease

**Projection words: I am in control of myself**