



WITNESSING THE INNER SONG EXPERIENCE

(WISE)

Concept :

Our mind is a part of our being which has a certain role to perform. Just as our lungs have the role to breathe, heart has the role to pump blood; stomach has the role to digest; similarly, the mind has the role to think and feel. The problem starts when we start to identify with the mind and then the mind takes control of us.

Every individual has his own unique pattern and his reactions are based on this pattern or inner melody. This pattern is experienced at various levels that are listed below and no matter what the external situation is, the reacting pattern remains consistent. This leads to stress. The simple solution to get free from stress is to get aware and recognise this pattern. This can be done by taking distance from the mind, to witness this pattern objectively so that it does not take you with it.

Seven Levels of Experience	Examples of each
Name	This is Taj Mahal
Fact	It is huge, white, magnificent
Emotion	Feelings like love, sadness, anger, hatred, guilt, joy, happiness
Imagination and delusions	Your deepest fears, fantasies, dreams
Sensation	What you feel in the body and mind (what you sense) E.g. Stabbing pain in stomach and mind fogged, confused
Energy	In form of Colour, sound, heat/cold, movement E.g. Pulsating movement in head and heat coming out of palms
Witness	This is where you observe from.

An experience is beyond the mind, felt in the body and mind at the same time, it is here and now. When one is in the now and here, the mind is completely off, not working, has no role. In that state, identity and ego are gone, then what remains is peace, silence. Thus, you can be completely present in the moment, whatever it may be, then you are a witness- you are at peace, emotionally and physically.

These processes are devised to bring out for you, your inner song and pattern to see and observe. They are very useful in bypassing the mind and bringing your inner pattern into your consciousness. You can then use your mind as a tool.

The essence:

W - WITNESSING	<ul style="list-style-type: none">• Observing from a distance• Without judgement• Without likes/dislikes, wants/ don't wants• Observe in most minute details (called Saakshi Bhaav in Sanskrit)
I - INNER	The whole drama is inside, not outside
S - SONG	There is a pattern, a melody that is playing within us, across all our different situations. Irrespective of the situations, this melody remains the same.
E- EXPERIENCE	That pattern is an experience, not a thought, not an emotion, not an image. It is a sensation, an energy pattern which is an experience. It is beyond the mind, beyond logic and reason; felt in the body as well as the mind at the same time.

What do you witness?

Your main focus is to witness all the seven levels of experience, especially the emotions, imaginations and sensations and if possible also the energy in form of colours, sound, movement, heat or cold.

Why do you Witness?

- To Become aware of the whole pattern that has dominated, ruled your whole life.
- When you start to witness this pattern, it slowly dilutes, reactions reduce and responses increase.
- You are not actually undergoing the crisis, so this is a safe place to witness it. In real life, it may be difficult to handle it while it is happening.