April 23, 2020 – Non-identification
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**Self-Observation – Key Points in the Practice of Observing an "I"**

* Practicing self-observation is developing a new "inner sense"
* Divide yourself in two: an observing side and an observed side
* Requires either attracted attention or directed attention
* Self-observation lets in a ray of light/consciousness
* Practice "complete" self-observation:
1. Observe the thoughts (intellectual center)
2. Observe the emotion (emotional center)
3. Observe the sensations of the body (moving center)
4. Give the "I" a name
5. Recognize there may be an "inner critic" but not be sidetracked. Example of the inner critic:
	1. "There you go again."
	2. "You sound like your father."
	3. "You haven't learned anything."

**Homework Exercise for Reporting**

* When evoked, observe sources of blame, or the dislike of another. Observe in three centers: what are my thoughts, feelings, sensations around this thing/event/person?
* Consider writing them down, referring to oneself in the third person; that is, "X is thinking this, feeling this, sensing this."
* If you already do this often, consider letting go of the practice for now and focus on digestion of the impression in a new way, through practicing [first conscious shock](https://consciousharmony.us2.list-manage.com/track/click?u=9314ca5498f4935cbf6d8aa8f&id=0c731cc8fb&e=8591d47bf4).

**Non-identification Key Points**

The foundational transforming process of the Work consists of *self-observation, non-identification, and Self-remembering.*

To identify is to habitually put our feeling of I into everything that happens and everything we experience – the thought, emotion, sensation, event, relationship, task, etc. – *is* me, mine, or about me. It is a form of hypnotism, which is both personal and collective.

The state of identification persists although its object changes frequently.

Each of us is identified with a hundred and one unnecessary thoughts. Each one of us has a hundred and one unnecessary emotions.

When a man is totally asleep, all this is taken as *my life* and, in fact, more than this, we take it as my necessary life.

Non-identification is to separate oneself from so much that is continually going on inside the heart and mind and taking hold of oneself continually.

Non-identification is an effort of attention whereby one separates one's "feeling of I" from what is being self-observed. It is the realization that, "*This is not I.*"

In the process of non-identification, there is an energetic sense of inner separation from what is observed; one's life force is being withdrawn from a fragment of the self, from a story, a memory, sensation, an acquired way of being.

We know we are non-identified when we can self-observe non-critically.

There is always a certain degree of Self-remembering with non-identification.

We then begin to have something that stands behind us. All this is a very great step to take and once a person has taken it, he or she can never be the same person again.

We need these finer energies released by non-identification to work and to awaken.

**Homework**- When identification is observed, actively non-identify, energetically removing the sense of self from the focus of identification, especially with judgments, expectations and areas of "sensitivities." Keep moving deeper into Self-remembering. Practice inner resurrection.