



Ipsalu Tantra, Inc.
Ipsalu Tantra Kriya Yoga



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WITNESS CONSCIOUSNESS

Witness Consciousness is the key to freeing ourselves from unconscious habitual patterns, habits, and self-limiting attitudes. Every spiritual master has taught the this principle. Witnessing is a knack, not difficult to learn and always transformative.

To practice Witness Consciousness, observe:

- Thoughts
- Feelings (Moods, Emotions)
- And Body Sensations

from a neutral perspective, without anything needing to change

1. Learn to pull back enough to get out of the illusion/drama, but not far enough to dissociate from it.
2. Observe without judgement while totally experiencing.
3. Be fully objective and subjective simultaneously, fully masculine and feminine.

The **Witness** is a neutral position that moves you from the negative position of blame/complain/criticize/avoid to a neutral place of objective, but benevolent, observation. Eventually you will feel safe enough to move from neutral to a positive position of compassion and appreciation, even to real love and gratitude.

When emotions come to the surface, experience them to the depths, with your Higher Self fully present. When you can be totally subjective and totally objective at the same time, you are operating as a unified being.