

The Silent Witness

Hesed

- Gather yourself inward, within behind your heart, letting go of the surface. Envision the spiritual sun of Christ indwelling behind your heart and gather yourself into that light-presence. Let go of the dream-like past and all thoughts of the future. All tension, stress, and negativity let melt away in the light of the spiritual sun (radiant awareness). Just let go and let be, and abide in the spiritual sun within behind your heart.
- As you sit in meditation in this way, shift your focus to a point above your head – the transcendental center about twelve inches above the head. Centered above the head, become the silent witness. Whatever thoughts and emotions occur, do not follow after them, grasp at them or identify yourself with them. Do not do anything with them at all; neither invoking them, banishing them, nor judging them. Merely watch the radiant display of the mind and heart, uninvolved as the silent witness without any judgment whatsoever. This is the whole aim of the practice.