

AN EVENING REVIEW MEDITATION

This meditation is an adaptation of the original works – a Psychosynthesis tool, the Evening Review.

It is a good meditation to introspect the subpersonalities. Subpersonalities are the diverse distinct personages of psychological formations within the personality structure or trait. They are semi-independent activity, needs and wants. Many of your subpersonalities are attributed by the many people in your network individuals such as the Child, the Parents, the Carer, the Nurturer, the Punisher, the Devil etc.

Please take the time to record the script and listen at your leisure. But not while driving or operating machinery.

Preparation

- This meditation is best done at the end of the day.
- Before you start, turn off all electronic devices. You do not want to be disturbed during your meditation.
- Be sure to be some place safe, some place quiet and relaxing, if possible.
- Have the Subpersonalities Worksheet and pen ready.

Meditation

Sit comfortably, quietly and relax your body.

Take a few deep breaths and centre yourself in a relaxed position.

Close your eyes and continue with deeper breaths. Breath into your abdominal area if possible, relax and release any tension in the body. Lower your head slightly as this helps to get your mind out of the way.

You are going to disidentify, by stepping back from the various parts of yourself – as you continue to breath easily and effortlessly.

I have a body, this body, but I am not my body. My body may be rested or tired, active or inactive. My body may find itself in various conditions of health and sickness, but it has nothing to do with my Self, my real ‘I’. My body is my precious instrument of experience and of action in the outer world. It is only the instrument of the real ‘I’. I am more than my body. I am the one who is aware: The Self, at the centre. but I remain the same, the observer at the centred Self of all my experience. I am aware of my body, but I am more than my body.

I have feelings and emotions, but I am not my feelings and emotions. These emotions are powerful, countless, contradictory, and changing. Yet I know that I always remain I, my-Self, I am more than my feelings and emotions. In times of hope or despair, in joy or in pain, in love and in jest, in a state of irritation or of calm. I remain centred to my real Self, my real ‘I’. Since I can observe, understand, and judge my feelings and emotions, and then increasingly



dominate, direct, and utilise them, it is evident that they are an instrument of the real 'I'. I have emotions, and I am more than my feelings and emotions.

I have a mind and thoughts, this mind, and these thoughts, but I am not my mind or my thoughts. My intellect is active, undisciplined, reactive, and judgemental but teachable and can learn, adapt and change. My perception may be rigid, wild, outdated, and outrageous, but it is capable of change. My mind may be changeable, decisive, and indecisive. It is an organ of knowledge of the vision of the outer world, as well as the inner world. But it is only an instrument of thinking and it is not my Self, my real 'I'. I have a mind and thoughts, but I am more than my mind and my thoughts.

What remains? What am I? I recognised and affirm to myself that I am the centre of the real 'I'. I am pure consciousness and will. I am a centre of pure Self-consciousness and Self-realisation. I recognise and affirm that I am capable of observing, mastering, directing and using my body, my feelings and emotions, and my mind as directed by my real Self, the real 'I' of pure Self-consciousness and will.

I choose to achieve a constant awareness of this fact amidst my everyday life, and to use my awareness to help give me increasing meaning and direction in life.

As my attention is shifting to the state of consciousness, the identification state. Take your time to consider what appears to you. Examine your day, run the day back in your mind, like a movie. Watch the scene objectively, do it with a detached mind, as an observer. Calmly and relaxed, watch the movie of your day and clearly register what had happened. Pause the scene at any time if you want. Rewind it back if you want to go over a scene. Remember to objectively review the movie without judgement. Without becoming displaying emotions or thoughts just watch the movie consciously and notice a pattern, a theme of the day – rather than reliving it. Notice your feelings, emotions and thoughts without being identified with the scene. You are simply watching the movie as an observer, consciously registering the scene as is.

With which aspect am I identified most of the time?

Were these different aspects predominant in a circumstance or in various situations of the day?

What has been the relative activity of each?

What were the valuable qualities and limitations of this aspect of the personality?

Consider the subpersonality or subpersonalities that have dominantly manifested.



Can you name the subpersonality or subpersonalities? Describe the subpersonality, age, what's he/she wearing or doing. Who is he/she with or Where? Allow your imagination to expand and let the image form in its own way.

What circumstances (in the inner or outer world) made them emerge or withdraw? Where there any conflicts, moral dilemmas that made them appeared? What did it/they want? What would my life be like if it has full control or if it fully gets its own way? Were there any conflicts being in this aspect of the personality and its relationship with others? What part did I take in harmonising and directing this aspect of the personality?

Take your time to consider the answers, do not rush or force the answers. Let it unfold in its own time. The answer will present itself. Be kind and be patient.

When you feel that you had enough of the review, come out of the meditation and make some notes about the subpersonality or subpersonalities.