

[IDENTIFICATION EXERCISE: from Psychosynthesis Institute Amsterdam]:

Sit in a comfortable position, relax your body, and allow your breathing to become slow and deep. Close your eyes and pay attention to your inner responses.

Be aware of your breathing.

Be aware of your body. What position is it in? ... Where is it comfortable and uncomfortable? Feel all the parts of your body: your toes and feet, legs, arms, back, stomach, your neck and head, the top of your head. Feel your breathing in your throat and chest. Be aware of your heartbeat. Allow it to be just as it is now, without judgment.

Say to yourself: I have a body, and I value my body. I experience the sensations of my body through different conditions of health and sickness, comfort and discomfort, activity and rest, vigour and tiredness. My body is my valuable instrument of experience and of action, which I need to treat well and seek to keep it in good health. My body expresses who I am, but it is not my self. I have a body, but I am not only a body.

Now be aware of your emotions. What are you feeling? What are the feelings attached to the various sensations of your body? ...Open yourself to the subtle nameless feelings as well as the obvious emotions. Recall your feelings on your way here. Allow your feelings to exist as they are without judging them. Take a moment to feel your feelings.

Say to yourself: I have emotions, and I value my emotions. My feelings are countless, contradictory and changing, yet while they change I know I always remain "I", my self. I remain myself in times of hope or despair, in joy or pain, in a state of irritation or calm. Since I can observe and understand my emotions, and then increasingly embrace and direct them, I know that they are not my self. My emotions effect and express who I am. I have emotions, but I am more than my emotions.

Now be aware of your thoughts. Notice what you are thinking. Watch or listen to your thoughts as they go by...notice how your thoughts follow one another, how your mind focuses or wanders. Take a moment to be in your thoughts.

Say to yourself: I have a thinking mind, and I value my thinking mind. It is a primary tool of discovery and expression, constantly changing with new ideas, beliefs, knowledge and experience. My mind is not the essence of my being, however, because I remain essentially myself through all my minds changes. My mind effects and expresses who I am, yet does not determine who I am. I have a thinking mind, and I am not only my mind.

Be aware of the consciousness, which is observing your mind. Let it experience the room you are in. Notice the temperature of the air, the smells, the sounds, the texture and feel of your chair. Allow your awareness to expand beyond the room to the building and beyond...continue to expand your sense of what is there ... the city... the surrounding countryside...be aware of the sky... and the earth beneath you...can you sense the distance to the stars? Notice yourself in the midst of all this...Who is aware? Who is aware of the stars and the space and of you in the midst?...who is aware?

Say to yourself: I have a body, emotions and a thinking mind, and yet I am not only these. I am a centre of consciousness and will, distinct but not separate from my body, feelings and mind. I am "I", capable of observing, harmonizing, and making choices about my life, my attitudes and actions. I am the one who is aware, the one who chooses.

This is your true self. The self you were before your birth, the self that is at the centre of your consciousness throughout your life.

You are aware of what you came here to do and to express as a musician. Take a moment to notice how that sounds.

Now take a few moments to see what emerges as an answer to any questions you might have about who you are and what you need.:

You might be aware of an image, thought, feeling or concept. Allow whatever comes up to become clearer, without trying to force or doubt what you perceive.