

Greetings

One of the more important techniques in healing is 'becoming the observer'. When a wounded person finds my door while asking for help, I realize that the emotions of that client, deeply, involves the self. The wounds of relationships, personal or interpersonal, afflict almost everyone on this planet, and the client is, usually, locked into their pain. While in the emotional battles of life, the client cannot see past the end of their nose. As the healer (facilitator), I utilize many techniques to break through the emotions of my client to give them a reprieve of their suffering. Once the emotions have subsided, I can guide the client to a different vantage point of their issues.

The reason that I'm presenting the scenario 'above' is to enforce the importance of becoming the observer of life. The observer part of each of us is genetic; that is, humans have an animal self, which served our ancestors well. The inherent abilities of observation can serve each of us if we hone those skills by deliberate practice. The animals in nature are keen observers because their survival depends on those skills. Those same skills can help us survive in this wondrous and dangerous world.

As part of the healing process, I will teach my client to become the 'grand observer'. Even if you live in the city, nature exists in an observable form. Long before television and radio, people depended on the signs in nature to forecast their daily agendas. As a populace, we have become too dependent upon the technology to do the forecasting for us, rather than coupling our skills with the technological information. If you were a student of Taoism, you would spend many hours in the observation of nature with a Master, who would test your skills. Since most people do not have a Taoist Master residing with them, I suggest that a domesticated animal can be your teacher. I, personally, test my observational skills against two very good friends... two large dogs, who live with me. One of my dogs has a very keen sense of smell, while the other has a very keen sense of hearing. With their help, I can hone my senses and practice observing nature, which can be a great teacher.

As an observer, I can see things more clearly without judgment. The observer can witness an event without the emotions and maintain an open mind. Most clients know as much about their emotional disorders as the professional caregiver. Practicing the 'observer' will promote a different perspective of your issues and allow you to regain some of your own power.

Peace Be With You

Garry

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