



## What to know about the S.E.E. Technique

In his book "The New Earth" Eckhart explains how conditioned thought processes, are continuously commenting and interpreting and mentally labeling whatever it is we're perceiving or experiencing. So there's always a running commentary in our head. The result is that we don't relate to the world directly and immediately, but through the veil of the self-talk.

It's like we roll around the world inside a great 'zorb' (the bubble below) feeling like we're interacting with it, but in reality we're caught inside of a bunch of perceptions of what the world is, and we live from there. This greatly decreases our sense of aliveness, the sense of how we relate to the world...

When that energy of our conditioning becomes freed from thinking, it becomes presence, which is a new dimension – although not entirely new because almost everybody has had glimpses of presence, but it is a dimension of consciousness that many people don't experience all that frequently.

As you will experience, this state really can't be described with words but we try anyway. Some of these words are consciousness, pure awareness, peace, presence, calmness, pure positive energy and many more. The SEE Technique which is very effective for extracting yourself from your anxious energy caused by:

1. When you're expecting something to happen and it didn't, or expecting something to not happen and it did.
2. When you're caught in the fear, uncertainty or projection of the future that sounds something like "if this happens what will I do, or if I give up this sense of who I am and what I believe, then what will happen?"
3. When you're projecting and making up a future 'disaster' scenario and you're worrying.





## S.E.E. How to do it (Side Entrance Expansion)

Sit comfortably with your eyes closed. Now, notice that the emotion you're experiencing has a field of energy to it. It may feel like the energy of the emotion extends outside your body or that it is enveloping you—like you're inside a bubble or cloud of emotional energy. But in either case, you tend to feel like you're inside the experience of the emotion.

Now, notice that the field of energy of the emotion has an outer limit. It may extend beyond your physical body, but it doesn't go on forever. There is an outer edge of the energy field which might be very well defined or kind of vague. And notice where the outer edge of the energy field of the emotion is. *Pause*

Now take your awareness a little further beyond the outer edge of the emotion and notice that there is some quietness there. *Pause*

Now go even further from the outer edge of the emotion more deeply into the quietness that surrounds the field of its energy. *Pause* Notice that this quietness surrounding the energy of the emotion is bigger than the emotion itself. And notice that this quietness is a background of silence in which the emotion is occurring. *Pause*

Notice that this background of silence doesn't have any limits. Take a little time to simply notice and enjoy how enormous and vast this background of silence is. *Pause*

Now notice what is happening to the field of the energy of the emotion that we started with. It is probably shrinking or fading away. *Pause*

Notice that the emotion was being caused by a reaction to something you expected to happen—but that in the end didn't actually happen. *Pause*

Also notice that the expectation was not something real, but only a story you made up. Notice how unimportant it seems now. *Pause*

Notice how, from the perspective of the vastness of the silent background, your story; the reaction and expectation don't seem to have as much grip on you as they did before. *Pause*

Now just allow yourself to be in the vastness of the silent background, until there is nothing left of the energy of the emotion or the expectation. It wasn't real to begin with. Enjoy the profound feeling of freedom that comes from knowing that your expectation and reaction were just illusions.