

# Witnessing

## Taking the Galaxy View



This practice will help you find a new perspective on the difficulties and trials of life. Use it when you are contemplating your situation and need to see your circumstances from a different point of view. Or use it when you are experiencing a negative emotion and need to get some control.

1. Sit in a comfortable position, close your eyes and take two deep breaths to help you begin to relax.
2. In your mind's eye, see your current difficulty sitting in front of you – see it as a shape or a figure or even an animal – as if it were a tangible and visible object. See your current emotion as being enclosed inside this object.
3. Imagine that you are taking a step back from this object you see in front of you and then see yourself growing larger and rising up above this object so that you can look down upon it while the object is growing smaller and smaller.
4. Take a few more deep breaths as you continue to watch the object growing smaller. Stay completely calm and neutral in your own attitude.
5. As you study the event or situation that is contained within the object, and now appears very small, see it with curiosity and fascination. Say to yourself “Isn’t it interesting that this has happened?”
6. Recognize that the situation that previously seemed to be large and overwhelming is actually small and rather interesting when you look at it from a bigger view.
7. When you are ready, open your eyes but retain the calmness you felt during the exercise.