

Witnessing

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Witnessing is a happening, a byproduct of being totally immersed in any moment, in any situation, in any experience. Totality is the key - out of totality arises the benediction of Witnessing.

Witnessing is the master key for experiencing a blissful life. The purpose of witnessing, is to make ourselves more aware. When we start becoming aware of our actions, our thoughts, our feelings, these three dimensions of life can be understood better and enjoyed more. Walk...but *know* that you are walking. Remain alert to each gesture. Eat...but eat with awareness; don't stuff food inside your body. Think...but witness your thoughts, the process of thoughts, desires, and dreams. Feel...but remain aware that these feelings, these moods are not you.

You are only pure awareness, and nothing else. You are not the body, the mind, or the heart. You are the Fourth Dimension, and that is the miracle. Once you have tasted the Fourth Dimension, then wherever you are - even in hell – you will be in heaven. In witnessing, your mind remains only as a bio-computer, a mechanism, but separate from you; you are no longer identified with it. Identification is the root of your being, and everything else can be equated to leaves. Being identified with anger, greed, power or any other emotion is a problem. You can remember one simple thing – you have to be a watcher. As a watcher, the identification is broken, and the root is cut. Once the root is cut, once you understand you are not the doer, everything changes. And the change is sudden, there is not a gradual process to it.

The more you watch, the more your eyes become capable of seeing. The more perceptive they become, the more you see and the deeper you can move. In addition, more distance is created between you and whatever you do. Distance helps, because without distance there can be no perception. How can you see a thing which is too close? If you are standing too close to a mirror, you cannot see your reflection. If your eyes are touching the mirror, how can you see? Distance is needed for proper perspective. Nothing gives you the distance for a better perspective than witnessing.

The deeper your watchful witnessing becomes, the deeper your awareness becomes, and gaps start arising in intervals. One thought goes and another does not, and there is a gap. One cloud has passed, another is coming, and there is a gap. In those gaps, for the first time – you will have glimpses of the concept of no-mind, you will have the taste of zero thought. Call it a taste of Zen, or Tao, or Yoga. In those small intervals, the sky becomes clearer and the sun is shining bright. Suddenly you enter a world full of mystery, because all the barriers in your mind have dropped. The self-made screen over your eyes has been pulled back. You are seeing clearly, with perceptive vision. Your whole existence becomes transparent.



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