

Integrating Inner And Outer

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This exercise brings forth presence/awareness/witnessing. And also the form of experiencing: thinking, feeling, sensing, and longing.

Outer Aspect: Observations

Bring your awareness to a recent experience that you can easily connect with. Remember that this does not require any background “story” or your thoughts about it. What happened or what did you observe? This is the *outer* aspect. Clearly identify this because we will go back to it.

Inner Aspect

A. **Notice** (bring awareness to) the aspects of inner experiencing:

- i. What are you thinking?
- ii. What are you feeling?
- iii. What are the sensations/energy in the body?
- iv. What are you valuing/longing for?

B. **Notice resistance**: As you notice your inner experiencing is there any resistance?

- i. Thinking: judgments, evaluations?
- ii. Emotional feelings of fear or anger?
- iii. Any tight or constricted body sensations?
- iv. In relation to the stimulus, what are you longing for?

C. **Alternate Inner and Outer** (optional): Alternately, notice the outer stimulus, then the inner experiencing, then to outer again, then to inner.

The experiencing is taking place interiorly or subjectively in direct relation to the outer observation/stimulus.

Transforming the inner experience with self-compassion clears the inner space, and is felt as a flow of energy, presence to the other, a more relaxed experience and more availability to vulnerability.