This exercise promotes the ability to focus attention sequentially on the main personality aspects, feelings, thoughts and sensations. It deals with the physical, emotional and mental levels of awareness and fosters the recognition that "I am more than my body, feelings, mind. I am I. A Centre of awareness and Being"

Exercise

Find a suitable place where you can be un-distracted. Sit in a comfortable and relaxed position and take a few deep breaths. Make the following affirmation slowly and thoughtfully.

I *have* a body and I am more than my body. My body may find itself in different conditions of health and sickness, it may be rested or tired, but it is not my *self*, my real 'I'. I value my body, it is precious, and it is necessary if I am to experience and act in the outer world. I treat it well, I keep it in good health, but it not my true self. I *have* a body and I am more than my body.

I *have* emotions and I am more than my emotions. My emotions are constantly changing, sometimes in harmony, sometimes contradictory. They may swing from love to hostility, from calm to anger, from joy to sorrow and yet my *essence*, my true nature, does not change. 'I' remain. Though a wave of a particular emotion may temporarily submerge me, I know that it will pass in time. Therefore I am not that emotion or any other temporary feeling. Since I can observe and understand my emotions, and then gradually learn to direct, utilise and integrate them, it is clear that they are not *myself*. I *have* emotions and I am more than my emotions.

I *have* a mind and I am more than my mind. My mind is a valuable tool of discovery and expression, but it is not the *essence* of my Being. Its contents are constantly changing as it grasps new ideas, knowledge and experience. Sometimes my mind is clear and sometimes cloudy. Sometimes it refuses to obey me. Therefore it cannot be *me*, my *self*. I *have* a mind and I am more than my mind.

What am I then? What remains after having dis-identified from my body, feelings and my mind? It is the *essence* of myself, a centre of pure consciousness. It is the permanent factor in the ever-changing flow of my personal life. It is that which gives me a sense of being, of permanence of inner balance. I affirm my identity with this centre of being and of will, capable of observing, directing and using all my mental, emotional and physical processes. I am I.

Taken from ***Psychosynthesis*** *by* ***Roberto Assagioli***