The Beauty Way is about living in Harmony with all of Life as it is unfolding. This requires a great deal of awareness and the reinforcement of many skillful means and practices.

**Witness Consciousness**, sometimes called Mindfulness, is a state of awareness that is developed over time. Witness Consciousness can be developed, over time, through the **Observer Practice**, a way of employing part of your awareness to observe without judging. It is a fundamental Beauty Way practice for living in Harmony with all of Life as it is unfolding.

**THE OBSERVER PRACTICE**

- Take a few deep, slow breaths, quieting the mind and body.
  - Move a part of your awareness about 2-3 feet above your head.

- Imagine this part of your awareness becomes a **cobalt-blue light**, rotating 360 degrees.
  - The cobalt-blue light is like a video camera, silently and neutrally recording everything without judgment, interpretation, or analysis.

- This part of your awareness is called **The Observer**.
  - Its only words are the simple mantra, "Isn't that interesting?"

- **On a regular basis, write down...**
  - what the cobalt-blue light has recorded.
  - the mind's reactions to what was recorded: its endless judging, interpreting and analyzing.
  - your observations about your attachment to your preferences.
  - notice the difference between the neutral recording and the mind’s reactions. Notice the patterns that the mind habitually expresses.

With regular practice, you will find that the Observer practice gives you a more objective and detached perspective while walking the Beauty Way. Your Horizon of Awareness will expand.

**Detachment is not indifference!**

Detachment is the recognition that...

- "I" am not my thoughts.
- "I" am not the temporary emotions that constantly rise and fall in the mind.

Detaching from the false identity of the ego-self leads to a realization of your true nature and purpose, your SoulEssence.

Detachment allows genuine compassion and service to flourish.

Detachment results in the skillful means of Clear Seeing and Clear Thinking which aid in solving life’s problems.

Detachment flows from the use of the mantra “Isn’t that interesting?”

“Let the Beauty you love be what you do.”—Rumi
The Observer practice allows you to make wiser choices and increases your ability to act with compassion for yourself and others.

Notice how you are able to live more harmoniously with all of Life when you give your mind or ego a break from ceaselessly...

deciding between right and wrong,
worrying, ranting and raving if your preferences are being met,
judging others for not meeting your view of how Life Should Be.

Additionally, the Observer Practice helps alert you to the symbols flowing into your life via Day and Night dreams. You are able to use that information to become wiser and happier.

The ability to detachedly observe all of life without judging is a vital skill on the Beauty Way.

“The Great Way is not difficult
for those not attached to their preferences.
When neither hate nor love arise, all is clear and undisguised...

If you wish to know the truth,
Then hold to no opinions for or against anything.
To set up what you like against what you dislike
Is the disease of the mind.”
--Hsin-hsin Ming: Verses on the Faith-Mind

For more, see the March 19, 2020 essay, “The Beauty Way of New Thoughts” at martibeddoe.com/practices.