



Who Is Noticing?

A quiet space to explore who you are in relation to your thoughts.

Right now, what thoughts, emotions, or sensations am I aware of?

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As I notice these experiences, what feels steady or unchanged within me?

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If these thoughts come and go, what is it that remains present to notice them?

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Thoughts can move, shift, and pass. The one who notices them does not need to move with them.