

TOPIC I Group B

1. Experiential: Take a moment to be aware of what you are aware of....., Bring your attention to your left foot..... the temperature of the room.... Your breath..(CLAP) Notice your attention can be grabbed from you....and you can bring it back

This was a little taste of “I”

2. Who are you?
 - a. A list of descriptions
 - b. But you are more
 - c. “I” is all these things and also the who who is there and present all the time

3. Why do we want to know or teach this? What is the usefulness of “I”
What would happen if you didn’t have the ability to focus on your left foot? Or get your attention back after it has been grabbed? What would it be like if you had more awareness and choice in your life? How would your life be different, especially with regard to what is important to you?

4. Share personal experience of heightened “I”
Ask group to consider one of their own experiences of I, what words do you use to describe this state? Calm, present, grounded, unself-conscious???

5. What are some of the practices we could do to be “I”
 - observer
 - disidentification from subpersonalities
 - choosing