

Day 2: Today's Lesson: Awareness is the first step for healing and knowing who you are.

As one of my teachers, Eckhart Tolle says, awareness is the greatest agent for change....and when you shine light on an issue it becomes available for transformation.

I love this quote....what this means is that when you look at something or when you place your awareness on it, it's then in your conscious mind and it can be changed with intent and the choice to do so.

This week is all about knowing who you are, and being aware is the first step in healing.

Awareness is consciousness and this is where we come from, consciousness. We are all a part of the collective consciousness and our objective is to expand our awareness.

Self awareness is our ability to observe and identify what our thoughts and feelings are. It's about knowing what is going on in your head and your heart. It's being aware of how you are treating yourself, how you are talking to yourself, and what you are feeling.

It's also about discerning what your thoughts are as opposed to the voices of others that are in your head that have become of part of what you are choosing to believe. Meaning, are you really listening to your own voice as opposed to what others have said to you that you have now taken on as your own reality.

It's actually part of our purpose is to become fully self aware and the goal of becoming self aware is to fully accept ourselves. I'm going to say that again because it's worth repeating. The reason we want to become fully self aware is to accept ourselves unconditionally, because when we accept ourselves fully this leads to self love.

You have to be aware of what you are thinking to be able to make improvements in your life. If you aren't aware of how you are speaking to yourself or treating

yourself, there's no way to make any changes. And changing your thoughts, patterns and behaviors is the key to a better life that is filled with more love.

You have approximately 60,000- 70,000 thoughts per day, 90-95% of them are in your subconscious so you aren't necessarily aware of what they are.... and 90% of your thoughts are a repeat of what you thought about yesterday. Without awareness of your thoughts, there's no way to change what you are thinking and then you wind up on auto pilot, creating the same thing over and over again.

Here are some reasons why you want to be self aware.

- It improves your ability to trust yourself.
- It allows you to recognize your emotions, like anxiety, anger or sadness
- It will help you to self regulate your emotions and reactions, so certain triggers can become easier to navigate.
- It then allows you to make changes so you can have a better life.
- It positively impacts how you relate to others.
- It helps you to make more informed decisions.
- Aids in developing self control which leads to more self esteem.

Also, when you are self aware you can recognize and appreciate your own strengths but it also allows you to know what things in your life need attention for change, so you can transform those thoughts that are keeping you stuck.

So let's talk about the work and process of becoming aware:

In order to become self aware you have to take the time to reflect so you know what's going on in your head. It's about slowing down to listen carefully to what your higher self is telling you.

When you start doing this work, it can be really scary. There are parts of you that don't want to be seen or heard and it can feel safer to keep those things that happened locked away where no one can see them, including yourself. But when you let those thoughts, feelings or experiences be known, this leads to knowledge and power that allows for you to change your circumstances.

It's much easier to not be aware of your thoughts, because that way you can avoid your pain and we all do this by distracting ourselves, usually with mind numbing activities or keeping ourselves so busy so we don't have to be aware of how much pain we are actually in. This could look like watching t.v, emotional eating, staring at our phones, reading, alcohol, drugs, whatever it is. In reality if we choose to be aware of what our emotions are, it give us the control to feel them and then release them or it gives us the opportunity to make different choices about what we are thinking and how we are feeling.

So don't judge yourself about your avoidance, just be conscious of what activities you are doing so you can make a choice about how you want to spend your time. And when you choose to become aware the opportunity presents itself for healing so you can make changes to have a better life.

I think one of the most important things about awareness is to know the difference between what your ego is saying and what your higher self is saying and also discerning which is your ego and which is your higher self. And that will take some practice to discern.

You have an ego, every human being does. Your ego is the part of you that was created for survival, so it wants to control and predict what is going to happen. It wants to keep you safe, but by doing that it can also keep you stuck. The ego, because it is trying to control and predict, can feel constricting, it can make you feel bad, make you feel fear or judge what you are doing. And it is your ego that leads to suffering by believing it.

Your higher self is your soul, (which we will talk about in the next section) but that's the part of you that is connected to all that is, the collective consciousness, god, source, whatever you want to call it, this part of you knows your highest destiny and will always feed you information that will lead you to live your best life. It is the part of you that observes, not judges.

The way to become discerning is stopping to notice what feels good to you and what feels like fear. The ego keeps you in fear and the higher self is expansive

and when you are listening and connected to your higher self you feel aligned, like all is well.

The key to being aware is taking the time to hear and know how you feel...what feels good to and what doesn't? That's how you know the difference.

And then it's choosing to listen to your higher self instead of listening to your ego. Easier said than done, I know, but that's the work and that's how you will be able to become more self loving.

Life isn't always easy on this planet so it's important to be listening to your higher self, it's important to be aware of when you are being critical of yourself or putting yourself down. You want to be aware of how you are treating yourself.

It's about making a choice to stop the thoughts that are saying you aren't enough. You get to decide to change your focus to something that is self loving instead of judgmental.

So how are you treating yourself?

Are you aware of what you are saying to yourself?

Start becoming aware of how you are moving through your life.

Are you always tired?

Do you feel good?

Are you saying mean things to yourself?

Do you feel worthy of having what you want?

Do you value who you are?

These are all questions to ask yourself, to become aware of how you are living and then become aware of what the answers are.

Here's the other thing, we all have blind spots, things that we are not aware of, so it's also a great practice ask the questions like what am I missing? What is it I'm not seeing? When you start to ask questions and stop to listen to your what your higher self is saying, you'll hear the answers.

Practicing mindfulness, like meditation, which is not the only mindfulness practice, but one of the best ones, which will allow you to hear the answers.

Look for reoccurring themes that you see over and over again. This is the universe trying to get your attention. The problems you have, the things that make you feel bad is the universe saying to you, there's a different way you could be living....and when you make different choices about how you are living, you get different results.

The most important thing about self awareness is to accept who you are. No one is perfect. Awareness is just a part of the process of becoming more, of growing, evolving and doing better.