

March 2009 - NEWSLETTER

AWARENESS

The wonders of life is only visible once we become fully aware. Awareness is a term referring to the ability to perceive, to feel, or to be conscious of events, objects or patterns, which does not necessarily imply understanding, but is something that awakens understanding if it is accomplished.

1. Awareness is taking notice of what your senses are telling you.
2. Intuition is the interpretation of these sense-observations. A knowingness that gives you hints on how to respond.
3. Understanding comes when the person keeps an open mind to input of information from sources that cannot be explained. Understanding also comes after experiencing the benefits of awareness.

Awareness is an attitude one can cultivate. Our lives are strewn with sign posts. These sign posts appear gently from time to time nudging us into making better decisions. When we listen and follow the guide positive things happen for us. When we do not take note our sign posts starts to scream at us; nightmares, dis-ease, accidents, arguments, etc.

Babies are in the moment:

They cry their hearts out. They laugh without reserve. They watch you like a hawk. They sing and dance whether they can or cannot. They speak the truth. They do not judge. They are friendly - but they also trust their intuition.

They are absolutely in the moment because they have no baggage and they move to the next



Sign posts -

The most common signposts are

- our friends and family - what do they reflect to us?
- our judgements, what do we admire or what irritates us about other people? Can we draw any inferences from our judgements to our own lives and attitudes.
- Patterns are another aspect of our lives that sign post habits and bad choices. They might manifest in various levels of our lives differently, but once you start thinking about it, you will notice they all have a common element directing/warning us.

Awareness –

To be conscious of an event, to feel and perceive objects and patterns one has to be in the moment. The moment or the now is the most important time in your entire life. If you can be present and observe, take note and perceive you will be surprised what you can gather from that moment. Most of the time we live either with guilt from the past or worry about the future, forgetting that the now is the only time you might ever have.

Our greatest regrets come from not listening or not focussing when we had the opportunity to make a difference. Our greatest blunders are when we judged situations with the baggage of past experiences or stopped an amazing idea because of fear. If we realise that none of the parties are present from the past experience or that the situation is happening in a complete different setting or situation and if we take it step by step, there is no actual correlation to imbue fear of the future, then we can judge the moment for what it is.

We learn from previous experience, but when previous experience hamper our expansion we should have a good look at what the previous experience taught us. Most of the time previous experience brings 'fear' to our lives. Fear of the unknown, fear of failure, fear of being ridiculed, fear of taking a chance, etc. In stead of wisdom.

People who accomplish operate from a level beyond fear. They show the awareness and knowingness mentioned previously and focus on a positive outcome.

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