

Awareness, Love and Light



Our Story

- Our mind likes to create a “story” about ourselves that we can tell to others
- The story helps define our sense of self and explain our life experiences
- The story can also become a way to dodge feeling our emotions
- We have to move past the story to the feelings behind it in order to heal

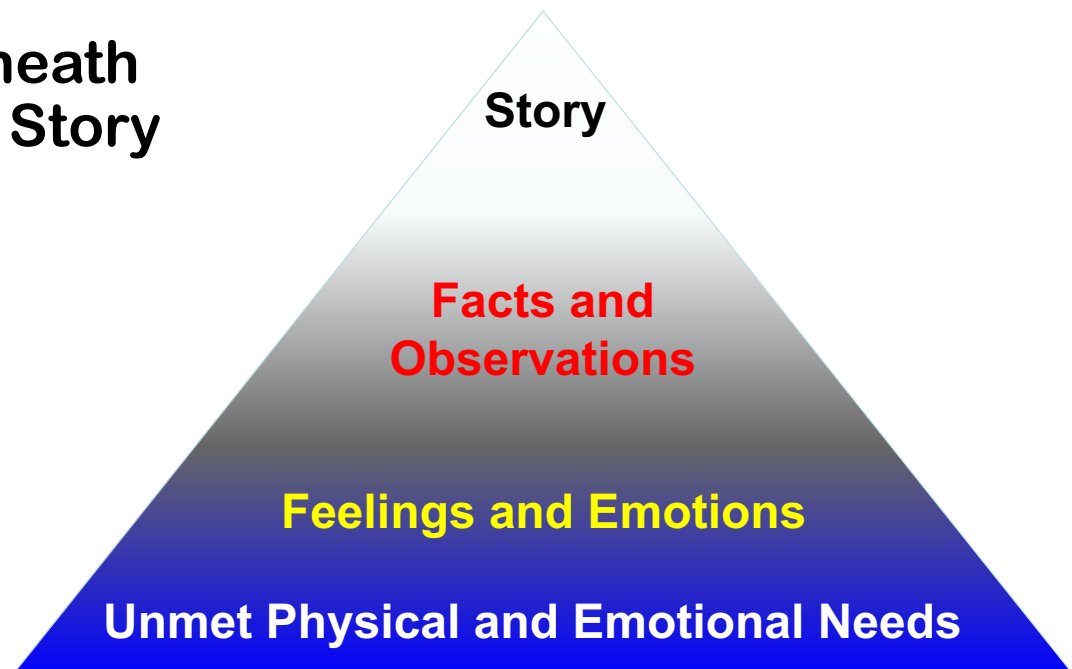


The Origins of Your Story

- We all face things when we are young that we do not understand
- Our brain likes to explain things, so it comes up with explanations to try to make sense of our experience
- These explanations can also be given to us by other people we see as authority figures
- Eventually, we become so identified with our explanations that we actually believe they are real



Beneath the Story

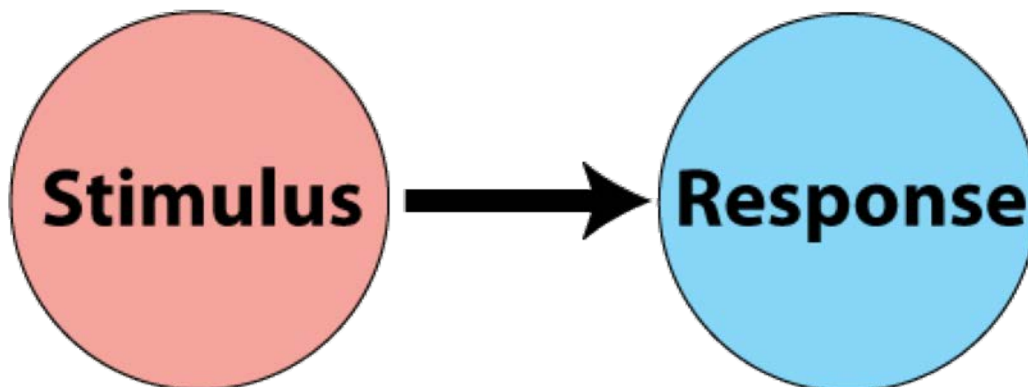


Rewriting Your Story

- Since your story is something you created in the first place, you are capable of rewriting it
- The first step to rewriting it is to realize that your story is not reality – it is your interpretation of reality – and you can rewrite that



- The behavioral model of psychology says that our behavior is conditioned through stimulus and response
- Thus, if we get rewarded or punished for certain behaviors it “conditions” us to do certain things and avoid others

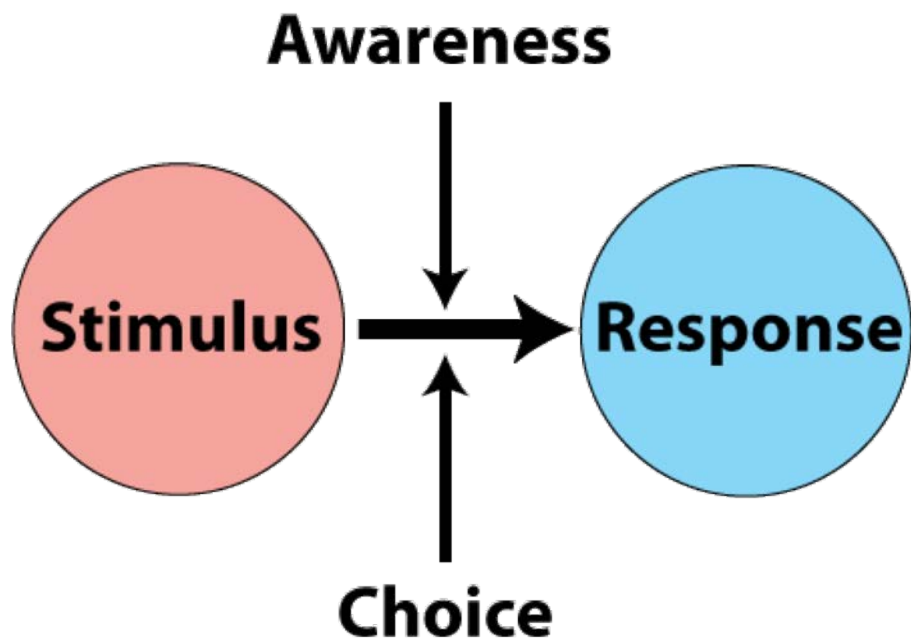


Repeated Choices Become Habits

- When we repeatedly choose to do something we become “wired” to do this thing “automatically”
- It becomes such a part of us that we forget that at one time we had to learn it
- Examples:
 - Walking
 - Driving



- Choice comes through awareness
- That is, as I become aware of my own conditioned responses, I have the power to make a new choice and form a new habit



Sleepwalking

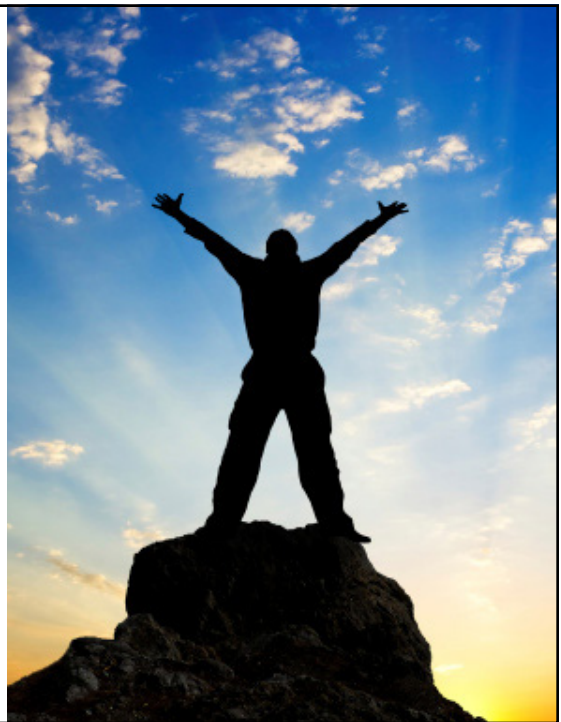
- Most of the time we are sleepwalking through life, doing those things which have become habitual without thinking about what we are doing
- Habits of belief, behavior and emotion become so deeply ingrained that we believe it is just “who we are”



Waking Up

- “Spirituality means waking up. Most people, even though they don’t know it, are asleep. They’re born asleep, they live asleep, they marry in their sleep, they breed children in their sleep, they die in their sleep without ever waking up.”

• From Awareness by Anthony de Mello



The Power of Awareness

- “How long will it take me to solve my problem,” asked the disciple
- “Not one second longer than it takes you to understand it,” replied the Master
 - [From *Conversations with the Masters* by Anthony de Mello]



Cultivating Awareness

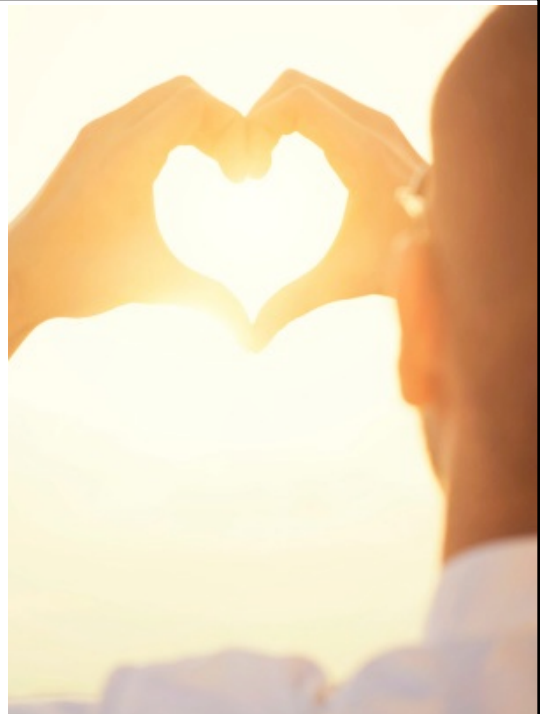
- In order to reach a state of awareness you must:
 - Be able to observe without analyzing
 - See past words and symbols to the reality behind them
 - Calm the mind by making the flow of verbal mental chatter stop
 - Be present



Awareness Creates Healing

“Make the **heart** of this people fat,
and make their **ears** heavy,
and shut their **eyes**;
lest they see with their **eyes**,
and hear with their **ears**,
and understand with their **heart**,
and convert, and **be healed**”

Isa 6:10



Observing Ego

- Observing ego is a term from psychology which refers to the ability we have to “step back” from our thoughts and feelings and observe them objectively
- This is the form of awareness that leads to emotional healing



Awareness is in the Present

- You can't be aware in the past or the future, only in the present
- Cultivating the ability to be "present" is a valuable skill
- This skill can be developed by doing things that can only be done in the present
 - Noticing the body
 - Observe your surroundings (take in sensory information)
 - Feeling your feelings



Self-Observation

- What is this most important thing of all? It's called self-observation. No one can help you there. No one can give you a method. No one can show you a technique. The moment you pick up a technique you're programmed...
- [Self observation] means to watch everything in you and around you as far as possible and watch it as if it were happening to someone else.
 - [From Awareness by Anthony de Mello]



Observing Your Feelings

- Anytime you have a negative feeling toward anyone, you're living in an illusion. There's something seriously wrong with you. You're not seeing reality. Something inside of you has to change. But what do we generally do when we have a negative feeling? "He is to blame, she is to blame. She's got to change." No! The world's all right. The one who has to change is you.

- [From Awareness by Anthony de Mello]



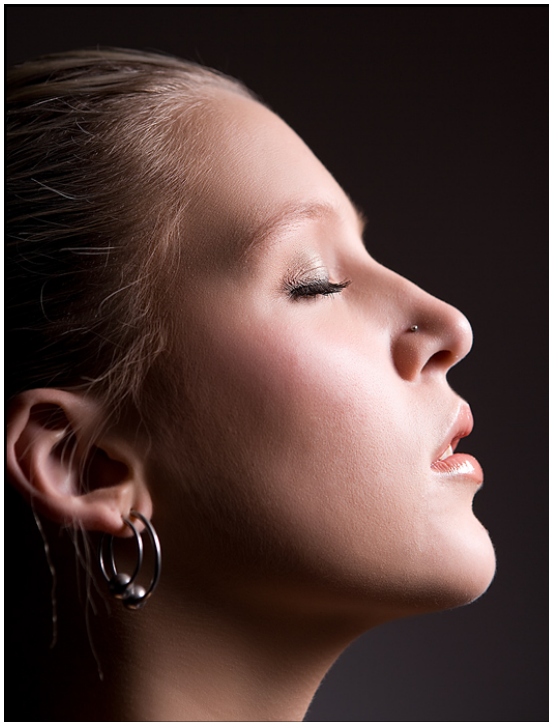
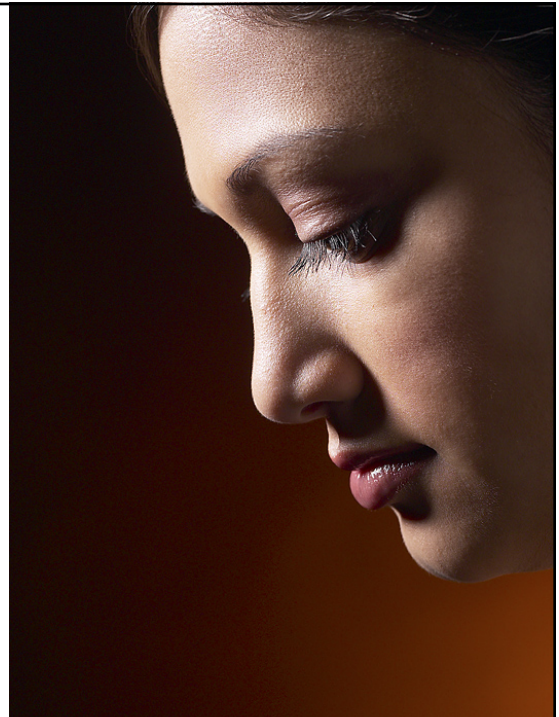
Inner Silence is one Key to Awareness

- One has to learn to disconnect from the "mental chatter" and create sacred silence within one's mind to reach a state of awareness
- Shutting off the flow of words in one's brain is hard at first, but with practice it will become a habit and get easier



Creating Sacred Silence

- **Creating sacred silence (commonly known as meditation) requires four steps:**
 - 1. Relaxing the body
 - 2. Deep breathing
 - 3. A single point of focus
 - 4. Passive attitude



Developing the Senses

“Most persons seem to think that the human senses are natural, not acquired...This is a great mistake...

As any organ or part is rightly used, it grows in capacity.

Man has five senses—of touch, of sight, of hearing, of smell, of taste...and all require training.

We cultivate the senses by continually using them, and their education is the work of months and years.”

[From *Specific Diagnosis* by Scutter]



Sensory Exercise #1

- Take 15-20 minutes in any environment
- Look carefully at everything around you
- Avoid putting labels on anything, just look at it without translating what you are seeing into words

Sensory Exercise #2

- Do something that involves touch (such as washing the dishes, rubbing someone's feet, etc.) and feel what you are doing without trying to put the feeling into words
- Be like a little child and squeeze, stroke and otherwise touch things as if you didn't know anything about them



Four Steps to Wisdom

1. Get in touch with your negative feelings
2. Understand that these feelings come from inside of you
3. Never identify with the feeling
4. Understand that when you change, the world will change

“The world is right because I feel good. That’s what all the mystics are saying.”

[From Awareness by Anthony de Mello]



**God dwells in the
eternal present
Love and light are
found in awareness
of God’s presence**

