

Daily Practice - Awareness

Awareness is the very cornerstone of living a life from your authentic self. It allows you to become the wise observer of your thoughts, patterns and behaviours.

It is that fundamental tool that lets you get back in control of your choices and claim that freedom of being that is at the very core of feeling present, grounded, connected and ignited from within.

Awareness is not difficult to reach, and it's a never ending process of rediscovering

- what makes us click
- what drives our actions
- what lays in the background of our subconscious
- what makes us feel excited, or fearful
- what makes us a unique specimen of the human species
- what beliefs are showing the way, or keeping us stuck

In awareness we have the ability to

- see our thoughts without getting entangled
- see our thoughts from a new perspective
- feel our emotions without getting overwhelmed
- distance ourselves from the experiences of the past
- distance ourselves from the uncertainty of the future

Daily Exercise



Part 1 - Relax

Breathe deeply a few times and allow the here and now to quiet your mind. If after a few minutes it doesn't quiet, then move to the next step.





Part 2 - Allow

Welcome any thought that comes up.

In the first few or several days of your practice (especially if you don't have experience with mindfulness) you may notice the thoughts when you are already thinking them. They may come all together and overlap with each other. They may bring uncomfortable feelings or cheer you up.

Allow all thoughts.

Notice the feelings attached to them.

Notice the subtle changes in your mood, posture and being.





Part 3 - Take notes

Let your thoughts come and go in a flow.

Write the thought down whenever:

- it brings up a strong, uneasy or disturbing feeling
- it is phrased as a matter-of-fact statement "life is tough" or "math is not my thing"
- It is phrased as a judgement "I could have done more" or "I should have..." or "I am..." or "my friend Jasmine is..." and so on...

For each thought write down the exact phrase, any feelings/emotions attached to it, if it's followed by other thoughts and how it affects you.

