

Living an Awakened Life with Ease and Flow ©2006

You are in the process of awakening to realize your full potential as a human being. How does this look for you? You may find yourself continually searching within, inviting and discovering new inner resources and levels of awareness; waking up more to your Authentic Self. During this process, many people find it useful to have a guide or mentor who is capable of holding space, bearing witness, teaching spiritual practices, deepening wisdom and compassion, working through belief systems and providing encouragement. It is also useful to find community and friends that supports and understands this process.

Many people become confused or even disorientated when these new perspectives begin to open up. What is happening? Here are a few more insights into this amazing process. As our capacity of being fully human increases, the edges of whom and what we know ourselves to be expands. Like a balloon blowing up, nothing inside our sphere of self is lost. The primary changes are a shift in perspective which includes a deeper understanding and wisdom of patterns, beliefs and ideas and deeper compassion for our self, each other and the world. This appears in our experience as openings and expansion such as revelation, synchronicity, delight and intuition; and tightness or constrictions such as wounds, pain, frustrations and anger. We become more aware of moments of ease, flow and grace; and moments when we feel out of the flow. Triggers causing our experience to shift from flow to not flow may be internal or external, and become a focus for our attention.

There are many skills we can utilize to assist in this process of realizing one's full potential as a human being. These skills can provide the condition to increase the likelihood we can maintain this state of ease more deeply and continuously. The same skills can provide insight into those triggers which shift our experience to one of struggle, disharmony and often dis-ease. As we embody these skills, we notice a shift in our allegiance to living and being more congruent, integrated and coherent. We realize the world we experienced as being so separate is much more connected. A peace and stillness inside becomes a steadier, reliable condition and we live with a sense of great freedom. We no longer give our power away to external people and conditions, realizing they are not responsible for creating our happiness or our suffering. As our capacity for joy, ease and flow expands, we realize the precious nature of our worth and love.

What are some of these skills so useful in this awakening? When our attention seems mired in the personal emotions, obsessed with our body, or our mind goes over and over the same worry or thought, practices that extract and refocus our attention can be useful. Engagement in service for another or a cause; following the commandments or virtues or the four fold way; and creative expression through the arts are some examples. Other skills might be focusing our attention on something specific like a prayer, mantra or our breath. Other useful practices

include authentic communication, partaking in therapy or counseling, obtaining body work such as massage. Active movement such as working out, yoga, stretching or Tai Chi can be helpful. Reading self help books are another way to gain an understanding of the root of these conditioned responses and ways of being in the world in our intellect, body and emotions. These skills and activities bring our attention back into the present moment and out of the wheel of suffering we are experiencing.

Once our attention is not fully captured in our personal body, emotions and intellect and we have some free attention, another perspective of being human opens into our awareness. We may experience this way of living as intuition, synchronicity, or our thoughts and intentions creating our reality. We begin to see patterns and connections in the physical, spiritual and energetic dimensions. Practices that increase this way of being in the world include working with symbol, metaphor, myth, dreams, art, poetry, archetypes, ritual, and energy work. Many people explore subjects such as astrology, sacred texts, or divination techniques. Others discover energy healing or work with acts of compassion, prayer and service. Again, many find it useful to have a guide or mentor, and some become active in a spiritual community or spend time with like minded seekers.

The process can continue to unfold in our awareness until we experience what is called enlightenment, oneness, illumination, radiance or transcendence. With each deeper level awareness or perspective comes greater freedom, and more ease, flow and joy.

We all experience states of bliss, grace, and causeless joy. With practice and attention, this process of continuously expanding states of awareness and perspective is able to stabilize as a fully embodied condition of living, not limited to an occasional experience. The invitation to continue this exploration of the evolution of human consciousness is yours. May your journey be lived with ease, flow and joy.

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