



- Mastering M.E.-Mind & Emotions
 - Leadership Mastery
 - Life Mastery and Beyond
 - Other:
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4 Stages of Awareness

Every day we are either moving toward or away from greater aliveness. Are you moving down a detour? The universe will allow us to go any way WE decide because we are co-creating life. Notice the various stages of awareness in your life.

1. TO ME, Why ME - Drowsiness

In this stage of our awareness we are in the victim mentality blaming others, God, situations. We think things happen to us from some external source in our world. We feel defeated. We judge, criticize, and find fault.

2. BY ME

This is the first level of Awakening. We develop or begin to think about a dream for ourselves. In this stage we begin to see our own responsibility in situations with others and no longer feel defeated by life's circumstances. We use any failure we do see as feedback.

3. Through Me

We realize that we are spiritual beings and realize the Universe is friendly and conspiring on our best behalf always. We move forward to the *good* rather than focus on what happened or our current circumstances. We are open to higher guidance all day, every day and listen for it. In this stage we KNOW and experience that there is a purpose for our life. We also have to give up something..... personal control -like it having to look a certain way. We must be listening to our inner guidance in this stage and know *that* voice from all other voices in your head or we will get some static. In this stage we must TRUST guidance over our own personal will.

4. AS Me

In this stage we realize we are ONE with spirit which is every where present. From this state nothing is IM-possible. Storms will still occur in our life but from this state of awareness, this storm has NO power over us. We don't ignore or deny it. We accept it IS, but are not controlled by it. Here WE have peace of mind even in the midst of the storm. All the water in the world will not drown you unless it gets inside of you. *You* decide what gets inside of you, what controls your mind, and your emotions, what can dominate your day.

These stages are fluid and we are always one thought away from moving to another stage. But over time and with practice, you don't have to stay stuck in a lower stage. Once you notice you are in a lower stage, you get to *decide* where you want to live your life from.