

Expand Your Basic Awareness Styles and Levels

AWARENESS IS DIRECTLY PERCEIVING OR EXPERIENCING what is happening inside and outside of us. See it as a flashlight that can be focused or fuzzy, weak or strong, shaky or steady, detailed or big picture, etc. We need to approach each moment as totally new by being open and attentive. Below are variables of how you are aware and how your flashlight works. Hopefully, your awareness batteries are not dead or on low.

AWARENESS IS OUR MOST POWERFUL RESOURCE to effect changes in our lives. We need awareness so we can skillfully handle whatever arises and know what we want to experience differently. Yet, most of us do not pay attention to inner and outer triggers, let alone higher motives. We stay focused on our past, conditioned, limiting, controlling, and often fearful ways.

IF WE HAVE POOR AWARENESS, we do not change. If we remain unaware, we repeat the past, remain stuck in relationships, live superficial, literal, and one-dimensional lives, lack experiences of love and beauty, and have limited connections to life, others, and our environment.

Progressive Ways of Experiencing Basic Awareness.

Underline or write the words you are working on and the ones you are aspiring to.

1. **FOCUS/SCOPE** - high detail, narrowly focused, ideas, ideals, concepts, wholeness, big picture
2. **SENSING MODE** - audio, visual, kinesthetic, psychic, clairaudient, clairvoyant, clairsentient
3. **INCLUSION** - repelling, divergent, separate, convergent, inclusive (attracts)
4. **CONCERNS** - who, why, where, when, what, how
5. **ORIENTATION** - to tasks, things, time, people, process, payoffs
6. **LEVELS** - reactive, habitual, ego, personality, watcher, accountable, soul, spirit
7. **MODE OF MOTION** - erratic, straight-line, weaving, oscillating, rhythmic
8. **ACTION** - inactive, reactive, hyperactive, proactive
9. **EXPRESSION** - introverted, balanced, extroverted
10. **DECISIVENESS** - procrastinating, passive, slow, reflective, changeable, methodical, quick, decisive
11. **ORGANIZATION** - chaotic, disorderly, manipulative, casual, disciplined, regulated, formal
12. **ATTACHMENT** - clingy, dependent, indifferent. independent, detached, interdependent
13. **CHARGE** - exhaustion, tired, emotionless, energetic, vibrant, passionate
14. **COGNITION** - irrational, rational, logical, lateral, creative, intuitive, artistic
15. **DIRECTNESS** - direct, vague, ambiguous, metaphoric, symbolic, indirect
16. **FLEXIBILITY** - rigid, vacillating, accommodating, yielding, flexible.
17. **OUTLOOKS** - pessimistic or optimistic - problem or solution - subjective or objective
18. **TIME PERSPECTIVE** - past, present, future
19. **TRUST** - skeptical, neutral, discerning, believing
20. **VOLATILITY, STRESS** - explosive temper, erratic, moody, calm, serene
21. **TYPES OF EMOTIONS** - reactive, instinctual, habitual, uncaring, psychic, feeling, loving
22. **STABILITY** - violent, aggressive, steady, calm, peaceful

Once you have a grasp of, and enhanced your basic Awareness, you are ready to experience **the Magical Awareness Level of cause instead of effects, of intuition instead of memory, and meaning instead of mediocrity.**