

## What is Conscious Awareness?

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### An Opportunity...

This is your personal space to reflect on the topics discussed. You have an opportunity to strengthen your capacity for [Self-Inquiry](#) into True Nature, opening the door to Awakening. Pause then experience each statement, allowing it to expand your consciousness.

- Your journey is expanding your consciousness beyond the personality you have identified with.
- As you transform the personality and expand your consciousness you experience and live as an integral part of the Universe.
- Everything is a part of the oneness of the Universe.
- The primary tool of Thrive and Awaken® is to keep returning to being conscious of this greater awareness.
- The Universe evolved for 13.8 billion years exactly as it did for you to be able to exist.
- The very atoms of your body came from exploding stars that spread their fused elements throughout the Universe. You are literally star dust.
- Atoms are part of an ever-present field of moving energy that is foundational to the fabric of reality.
- The Universe is estimated to have over 125 billion galaxies swirling around.
- The more you are with the expanded awareness the more it feels natural.
- You live in the illusion that you are in control of your life. 99.999%+ of life is out of your control. It just happens.

## Conscious Awareness Reflections

- You, the bacteria, and the plant life are one interdependent system. Your existence and oneness is interwoven with a variety of animals. You also have a shared ancestral connection and oneness with people.
- Genes can change based on life experiences. These changes are passed onto you influencing your mood, behavior, thoughts, and appearance.
- You live in the grand illusion that you're separate from others and the Universe. As you transform the personality and the illusions, you begin to experience our oneness.
- When you feel Connectedness there is a deep sense of unconditional love with great awe and joy.
- Your Enneagram personality style predisposes you to believe events in a very limited and biased way creating illusions that skews your perceptions.
- You have a confirmation bias. You are more likely to interpretate an event based on the beliefs we have about it.
- You truly believe you see and hear things exactly as they are, but your senses are quite limited. You only perceive a tiny representation of reality.
- Different species experience different realities. There is no way of knowing one true reality and this awareness can be uncomfortable. Yes, of course!
- You are the Conscious Awareness you seek.

