

The Application of Self Awareness *by Adrian Mitchell*

(Note: The terms Oneness, Universe, Universal Flow, Flow and God (non religious) are used interchangeably, so please feel free to substitute your favoured term, if a less favoured one is used)

The key to Freedom

As we know self awareness is the key to unlock the door to flow, oneness and freedom, where we can experience a relatively stress free, harmonious and happy life. Being aware of what is “good” or “right” for us at any given moment allows us to taste this sense of goodness or rightness, which we can call alignment (with Self and Universe/ God) and thus experience the fruits of flow, ease and harmony.

When we resonate with the Universal Flow (God), we are on the verge of allowing ourselves to engage with that flow which constantly moves through our Being. However we still have the choice to allow it into our mind to be passed on for linked behaviours or actions, or shut it out and therefore go into a mind spin creating a reactive response to the opportunity. Just because we have the key to freedom doesn't automatically mean we are going to unlock the door to it! Unfortunately!

Free Will

We are presented with unlimited opportunities to experience oneness, and in a fleeting moment we are aware of ourselves “resonating” with the energy of oneness, but oftentimes for one reason or another we let the opportunity pass us by. Our choice in these fleeting moments is what we could call what is commonly known as Free Will. Neither No-one nor nothing ever forces us into our choices. The power of Free Will makes sure of this. We make the choice always. Sometimes that choice has already been programmed by us and is now what we would call a habitual response. We have a tendency to continue to respond to something in the same way as we have done previously because of this pre programming, thus ruling out “conscious” choice in the moment. However this is still our choice, and with self awareness we give ourselves the potential to change and improve our responses.

Missed Opportunities and Inner Resentments

When we look back at all the times for one reason or another we rejected the opportunity to “go with the Flow” and thus also rejected the experience of that energy flowing through us, flowing out of us and flowing back to us, it is tempting to beat ourselves up, or to wallow in regret. Far better however to use this awareness (of missed opportunities in the past) to ensure we stop rejecting this uplifting energy and allow ourselves to experience what is after all our divine right!

So, what happens when we reject our resonance with self and the universe? We generally go into blame mode. We blame others for being the way they are. We blame everything for being the way it is. It's definitely not our fault! After all we go out of our way to get things done, to be co-operative, and to be nice. Others seem to do the opposite!

Sometimes it appears they do this just to annoy us! Other times people seem short sighted, pig headed or narrow minded. They just don't seem to get it, and they cause us conflict, headache, heartache, and/or stress. We walk away wondering why we bother, and yet we know we have to bother. It's our business, boss, work colleague, husband or wife, boyfriend or girlfriend, son or daughter, mother or father, brother or sister or friend. We walk away annoyed, frustrated, resentful, or maybe even bitter.

When others don't agree with us, don't comply with our wishes, don't see what we are seeing, or don't get what we are trying to explain, the frustration and annoyance set in. We react to their apparent inability to be on the same wavelength as us. After all, what we are saying makes perfect sense! At times like these, we know life would be so much easier if everyone were like us! But of course they are not, no-one is! We resent others for causing us all the stress and upset in our lives. We carry these inner resentments around with us and it isn't long before someone triggers them. We don't feel good, so to alleviate this sour taste left within us, we talk ourselves up and the other person down. We need to start feeling good again as soon as possible and we can only do this when we convince ourselves that the other person was at fault. Even though we don't need much convincing, we need to continue to do it! The problem is that we don't realise that by harbouring bad feelings about someone else, we keep the bad feeling within us ticking over. These inner resentments are primed with irritation and there seems to be any amount of people willing to come along and trigger those irritations. In fact it doesn't even need people to trigger our irritations. Anything can! We could be on our own trying to do something and something goes wrong...there's nobody else there but we still need to find someone to blame, to offload our irritations onto.

Spreading the virus

Yet we get so many opportunities to release ourselves from experiencing these resentments and irritations and fail to take them. When we choose not to take them, we simply set ourselves up for more of the same energy from others and we continue the blame game. We lock ourselves into a vicious cycle. Our problem is that we don't realise we are doing it. It is always someone else's fault. As long as we keep thinking this, we have no means of releasing ourselves from it. We are the victim and yet we are the good guy! How ironic is that! How unfair is that! When we are like this we are stuck in a narrow-minded and small-minded state, setting up more narrow-mindedness and small-mindedness to meet us. Our small-mindedness triggers others' small-mindedness. We keep getting back what we put out. Unfortunately we are blinded to our role in what we get back. Until such time as we allow ourselves to see the truth we will be always stuck in this unhealthy, self perpetuating cycle.

As if it isn't bad enough to be walking away from any given frustrating and irritating interaction, trying to talk ourselves up and the other person down, what do you think the other person is doing at the same time?! Yes, you've guessed it! They are doing the exact same thing to you. They are talking themselves up and talking you down. And that's not just the odd time, but every time. Think of the amount of people going around talking themselves up and you down, while you are doing the same to others. It is a self perpetuating disease, like a virus being passed around from person to person infecting

many, many people, although thankfully, not everyone! It's not that we automatically feel this irritation or frustration with all the people in our lives on an on-going basis. If this was the case, we'd probably be at meltdown! It is more of a case that this need to be "right", to "not be taken advantage of", to "not be taken for granted" to "not be caught out", to "not have to waste our time explaining something obvious to others over and over again", to "be understood" or whatever other guise the need appears under can often override the instinct of connection and compassion. Everything is fine until the need within us is triggered and then we seem unable to extract ourselves from our unhealthy cycle.

Self awareness and the moment of choice

As stated earlier, the moment arrives when we choose between staying in connection with the other person or breaking out of the connection with the other person. It is not that we want to break the connection with the other person. It is more that in that moment when our need has been triggered we allow that need to simply override the connection. We then set in train either brief or longer lasting adversarial conversations (both with the other person and also in our heads!) and accompanying behaviour, action and of course, feelings. The problem now is our feelings. We allow them to either, reinforce our current thought process on the issue, and crystallize our need, ensuring we continue on the path of separateness and adversary or we understand what the feeling is communicating to us.

Feelings, like thoughts, are information carriers. If the feeling is carrying "non connectivity", "adversarial" or "separateness" information, it is actually alerting us to the imminent danger of losing connection, which is our natural state. It is not there to reinforce the thought process of "attack or defend" or "shutdown" invading and pervading our minds at that moment, which takes us out of sync with the natural flow of life. Self awareness is the key to knowing this. This is awareness of "Self", the core essence of you and your connection to the flow of life (Oneness or God). This awareness carries the energy of flow with it and therefore picks out or discerns anything that is not of that vibration or frequency and is therefore a danger to your health (stress, negativity and particularly, coldness and separateness).

If there is very little self awareness, it is likely that we wouldn't notice that we have a choice at all. In this case, self awareness can be generated or increased by an amount of harsh life lessons bringing home to the person the awareness of compassion and connection. Hopefully a person reaching this point will begin to make the choices which they are now aware of, of staying in connection rather than choosing separateness, more often. Being aware gives us the choice...we however still have to make the choice. Applying our self awareness in that moment of choice is critical. The more of an understanding that we have of the unnecessary damage we do to ourselves, others and the world at large when we continue to choose separateness (under the guise of "being right" etc) and therefore attacking and defending, the more likely we will be able to choose "the flow" choice.

Personal warfare

When we realise that by choosing separateness over connection, we indulge in personal battles and personal warfare, provoking others into the same. Not that we are responsible for what others do. We are not! But we need to be aware of what type of energy we are contributing to our relationships, our family, our friends, our workplace, our community and our society. By consistently choosing personal war over personal peace (which is what we do) we are helping to shape the world around us into a battlefield rather than a peace haven. Let us not fool ourselves into believing that our personal battles and wars have no connection to gang warfare and countries going to war with each other...its just numbers! The world starts here within each one of us. The more of us who choose personal peace over personal warfare more often, the better for everyone. We can do this by consciously choosing to stay in the energy of compassion, kindness and connection, when another choice presents itself.

This does not mean we cannot make “hard” decisions when we have to, whether it is in our job, family life or elsewhere. We can make “hard” decisions and still stay connected, still stay in the flow. It is not what we do, but how we do it that matters. It doesn’t make sense to reject our parental obligations so that we can “stay connected” to our son or daughter! Or to reject our duties or obligations in the workplace because we want to “stay connected” with our work colleagues! This is not staying connected. If we are doing things “to be liked” or “to be connected”, or “to be seen to be kind and compassionate”, we are absolutely not connected, we are absolutely not in the flow. In fact, quite the opposite! We are actually making choices to “not be in the flow”, because we are out of sync with the natural flow. Our choices to try to avoid conflict by running from it, means we are allowing ourselves to be bullied. This is never in our best interests and therefore could not be part of the flow of life. If we have somehow unwittingly or otherwise set up conflict for ourselves we must face up to it and not make it worse by running, hiding or pretending. We can’t end a war by pretending it isn’t happening. All we do is prolong it and probably make it worse. Running and hiding from personal warfare is as bad as engaging in it; in fact it is the same, because we carry around our inner resentments with us towards the other person anyway. We are just not expressing them out loud.

Just so as we are clear what I mean by personal warfare, let me give you a couple of examples.

Example 1:

You are working with someone who has a very different way of doing things to you. You like to be neat and tidy, organised and on time. Your colleague seems to be all over the place with their work. Their desk is always a mess, they always leave things until the last minute, their work appears to be sloppy and they are always looking to you for a hand to finish things. You have always got on fairly well with this person, but this drives you mad. On the outer level, you try to point out to your colleague that they need to be more organised and that you haven’t really got the extra time on your hands to finish their work off for them, but still end up doing it. On the inner level however, you are really letting them have it. You are judging nearly everything they do. You are secretly calling them every name under the sun. You give out about them to other colleagues. You carry

resentments with you directed at them. You go home and tell your wife/husband or girlfriend/boyfriend about how bad the person is...every day! On the outer level you are working with them, but on the inner level, you are at war with them!

Example 2:

You are sitting at home watching the television with your partner. Your partner asks you to get her/him a cup of tea. Both of you were enjoying the film up to that point. However you don't want to miss some of the film, just to get her/him a cup of tea and anyway, why is it that it is always you that has to get the cup of tea! So you sit there giving out like hell in your head about your partner and then ask her/him to do it. Then she/he gets annoyed and says they only asked for a cup of tea. You know that a cup of tea includes something to eat and that takes even longer. You know no matter what happens now you will find it hard to enjoy the rest of the film. You are there thinking all sorts of negative things about her/him and she/he is there thinking all sorts of negative things about you. At some point regardless of who actually gets the tea, if anyone, both of you will hopefully come out of your warfare state and will engage on a normal level again. But maybe when you go to bed either one of you or both of you may recall the incident (if you have been able to let it go momentarily) and suddenly your minds are back in warfare again until you can finally shake it off again and fall asleep.

There are any amount of examples any of us could come up with, unfortunately, to highlight the kind of absolutely unnecessary personal warfare that goes on between people, even people who love each other! They happen every day of the week, in most households and probably every workplace. Does it matter who starts it? No, of course not! All that matters is who can stop it. When we look at any of the examples we can come up with in our lives, pointing the finger is the easiest and least useful response. In all examples, we need to listen to our hearts and follow what our hearts tell us. Or if you like, listen to ourselves, our real selves, that part of us that is never out of the flow and align ourselves to our real selves and therefore to the Universal energy, Oneness or God. It is actually the path of least resistance, though at the time when we have already left the flow we don't necessarily see it that way because now we have to "let go", and that's too difficult! The difficulty is of course being able to let go and get back into the flow, rather than staying in it in the first place.

Conviction, connection and compassion

How do we know when we are making a decision or choice that is aligned with the flow? When we have complete conviction about the choice, we are in alignment. We know we have conviction when there is absolutely no doubt in our minds and in our hearts about the course of action we are going to take. Not alone that but this sense is accompanied by an overwhelming sense of peace; peace of mind and peace of heart. When this happens we are resonating with our real selves...hence the sense of conviction. When this happens, we are also resonating with Oneness/God/Universal Flow because our real selves are completely one with it. We are at this point experiencing flow and because we are making a choice or decision in this energetic state or choice or decision will carry this

energy with it and so the consequences will also carry this energy. Therefore when we go with the flow, the flow comes back to us.

More perhaps than anything else, our being “in the flow” is recognised through our sense of connection; connection with loved ones; connection with family; connection with friends; connections with work colleagues; connection with strangers and of course most importantly of all, connection with God/Universe/Oneness through which all other connections are possible. This sense of connection is the overriding recognition that no matter what else, all is well. When we are faced with these moments to choose Oneness or separateness, peace or war as we are many, many times every day, these are our moments. These are our moments to again choose reality, freed from the illusion of separateness, competitiveness, selfishness, war, conflict, pain and suffering which is created by and harboured in our small-mindedness. When we choose small-mindedness, we get back small-mindedness from others. If we choose to operate from our small-mindedness, we are also choosing its consequences. We may assume that our choices, decisions, and interactions are the “right” ones, but we don’t like it when others appear to choose small-mindedness in response to us. We can usually easily spot small-mindedness in others, but unfortunately we find it very difficult to spot it in ourselves.

Our connection with others and the Universe automatically brings with it, compassion which is a rich, deep feeling of connection to others. We also experience compassion when we act out of alignment as we get back what we put out. When we apply our self awareness we open ourselves up to life. When we don’t for whatever reason we close ourselves off from life. These moments of choice, moments of free will have a huge determining impact on our lives. We can do little without self awareness, but with it we really need to challenge ourselves to remain in peaceful waters rather than choosing stormy waters and all that goes with it. We need to be watchful for these moments and make the choices that bring us peace. Even if we make our warfare choices, as soon as we realise what we have done we need to take corrective action which we can do at any stage. The more we choose peace, the more others around us will as well. Let us not wait for others to start. We can start...now!

As I finish off this article, I am aware of some new information flowing through me about resentments so I’d better latch onto it before it flows away!

Resentments

These are messages we keep resending to ourselves about ourselves and others which have been caught up in our small-mindedness and therefore continue to be re thrashed over and over again. These messages contain toxic information which is counter to the pure information flowing through life. The toxic nature of this information is what stops it from being in the flow and therefore it gets caught up in our small-mindedness where it continues to be regurgitated over and over until it is cleansed of its toxicity by our heart and it is free to flow again. In other words when we reopen our hearts to ourselves and others (which shut down towards the person(s) we are holding the resentments about) we wash away the poison and our cleansed energy is free to flow again. These toxic resent messages are our resentments. Let go and let Flow!