

The Awareness Factor

Awakening to the reality beyond “automatic pilot mode”

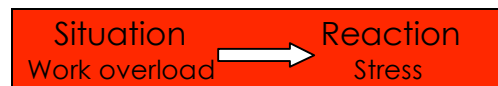
By Marie-Lou Kuhne Millerick

Awareness is active when we are present to see and witness Life:

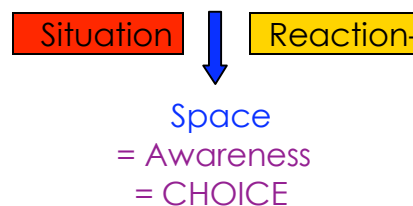
- We see situations as they occur during the day (as opposed to being caught up in thinking and planning the next steps, while missing what is going on in the moment)
- We notice our body’s reactions to situations (breathing gets short or shallow, muscles tighten up, jaw is clenched etc.)
- We notice our mind’s reactions to situations (conclusions, interpretations, judgments, projections about self or others)

Most of life is not spent in awareness, but in what we could call “automatic-pilot-mode”: when a situation and our reaction to it happen as an uninterrupted continuum.

In automatic-pilot-mode the mind randomly repeats beliefs and concepts, thoughts and thought patterns, depending on the situation of the moment. We may barely notice them, since they often slip under the radar of attention. E.g.: Imagine the consequences on your stress level and your efficiency if, consciously or unconsciously, your mind repeats every few minutes: This is too much work, I’ll never get it done on time, this is too much work, I’ll never get it done on time.....



In order to introduce Awareness, we need to use the slow motion button on the remote. Slow motion allows us to see what is really happening:



Life situations don't happen in a continuum. There is a space between every situation and our reaction to it. Awareness resides in that space. Resting in that space allows for CHOICE, which is absent in automatic-pilot-reactions motivated by social conditionings and behavioral habits.

Cultivating and expanding that space will dramatically affect the quality of life in general. It will increase efficiency/productivity and decrease stress at work while positively influencing all our relationships, including the relationship with self.

Simple and powerful tools, techniques and practices such as breathing exercises, meditation and active inquiry will help create, maintain and increase awareness.

Changes observed by practitioners of The Awareness Factor

Awareness

Conscious choice

Calm

Presence and clarity

Focus

Ease and inner peace

Confidence

Automatic pilot mode

driven by habits and conditionings

stress and overwhelm

distraction by chattering mind

scattered thoughts and action

worry and agitation

fear and insecurity