



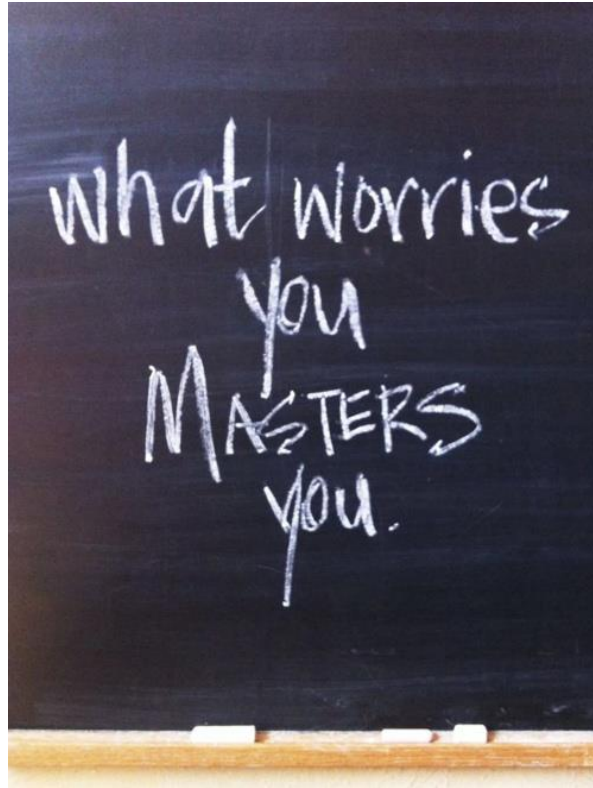
Module 7

SELF AWARENESS

Are you on autopilot?

Mindfulness & Presence

OH-LA-LA... Breathe deeeeeeep. We're crossing over the mountain peak – the hardest part of your journey is just about done. Breathe in. As we wrap up the second phase of your Personal Mastery journey, our goal is to gently shift your attention from worry and anxiety to present moment awareness and truly *living in* your life.



Our Next Step Together...

In phase 2, we've explored and developed a deeper sense of self awareness through values & boundaries, co-dependency & self love and getting to the root of happiness. Our final step is to deepen your level of presence – to live in the NOW.

In module 7, you'll explore:

- ✓ The Third Eye Chakra & Intuition
- ✓ Mindfulness & Presence

Recommended Resources:

- ✓ 'The Power of Now' by Eckhart Tolle

Learning:

THIRD EYE CHAKRA

The Third Eye (7th) chakra is located at the middle of the forehead and is considered the seat of intuition. This chakra reflects our ability to tune into and listen to our inner knowing or intuition. This energy center asks us to shift from using the logical mind to just 'survive' life to using our intuition to 'thrive' in life.

The third eye chakra reveals matters of self knowing and trust. Do we see beyond what 'is' to what is 'possible'? Do we have the confidence and trust to walk our own path in life (vs the path that society pushes)? Do we trust in our own knowing and intuition?

In this chakra, we:

- Deepen our sense of intuition & insight
- Learn to self reflect, deepen our discernment & trust in ourselves
- Discover matters related to our intuition & intuitive abilities

Healthy 7th Chakra

When our third eye energy center is healthy and flowing, we find ourselves trusting in ourselves, our intuition and our path & feeling confident and supported in life. We feel connected, grounded & centered and experience a depth of 'knowing' & clarity in our decisions and choices. When balanced, we find our self intuitive, charismatic, wise and understanding our purpose with ease.

When this chakra is overactive, we find ourselves feeling spacey, lost or worrying. When underactive, we have troubles seeing the 'big picture', are easily influenced by others, find purpose confusing and constantly doubt our self.

How It Relates to Intuition

Our third eye chakra is all about clearly seeing, sensing, feeling, knowing and hearing truth around us. The third eye is about learning to trust and have faith in the insights, awareness's and knowing that come to us as we journey through life. When we open ourselves up to 'listen', our intuition will lead us with clarity and confidence.

Tool #1:

ASSESS YOUR 3RD EYE CHAKRA

1. Acknowledge the physical states related to your 3rd Eye chakra

****Circle all of the options below that apply to you**

Headaches	Sinus Conditions	Sinus Infections
Bad Eyesight	Glaucoma	Cataracts
Blindness	Macular Degeneration	Stroke
Brain Tumour	Neurological Disturbances	Other: _____

2. What do you find yourself saying, do or being?

****Choose either the left or the right statement by circling or underlining the statement**

I struggle to trust my intuition	I trust my intuition
My sense of intuition is weak	My sense of intuition is strong
I feel empty & disconnected	I feel connected to my truth
I can't hear my own inner voice	I hear my own inner voice clearly
I am confused about my purpose/path in life	I am clear on my purpose & path in life
I am unable to visualize anything different	I can visualize my future & my desires

3. Indicate with an arrow how open you believe this chakra is:

Closed					Balanced						Overflowing
0	1	2	3	4	5	6	7	8	9	10	

Learning: PRESENCE

In phase 2 of your personal mastery journey, we've explored and developed a deeper sense of self awareness through values & boundaries, co-dependency, self love and happiness. As we prepare to wrap up phase 2, our final step is to deepen your level of presence - your moment to moment level of awareness. It is in the present that our intuition – the voice of our soul – resides.

What is Presence?

Presence – the thing that directly impacts both our peace of mind and our recognition of our intuition. Intuition is found in present moments (not in the past or in the future) and peace of mind is really all about living & enjoying what is happening 'right now'.

We've all heard the phrase, "stop and smell the roses." We know, philosophically, that life is precious and we should take more time to enjoy it...but how many of us actually do this?

More often than not, we rush through our days:

- ✓ We review our daily to-do list while we're showering (we're in the shower, but our thoughts are not on the water & our shower)
- ✓ We eat meals while surfing the latest facebook/instagram/pinterest updates (we're eating but our thoughts are not on the food we are eating)
- ✓ We worry about our bills while we're driving to work (we're driving, but our thoughts are not on driving)

Just how often are we doing one task while worrying, planning or thinking about another task, situation or conversation??

Consider This:

...When was the last time you took a shower and actually noticed the sound, the feel and the smell of the water while you were showering?

...When was the last time you ate a meal and actually noticed the taste, texture and color of your food? When was the last time you enjoyed food (without beating yourself up about what and how much you're eating or what your weight is)?

...When was the last time you drove the speed limit and noticed the sky & clouds above you, the birds flying past or enjoyed a fully present conversation with your children/spouse (without worrying about how fast you can go to make up lost time or worrying about being late)?

QUESTION: Are you functioning on autopilot waiting for a predetermined point in the future to notice & enjoy your life? Have you ever wondered, how much of your life are you actually *experiencing*?

Living on Autopilot

(We're physically present to a task but our mind is somewhere else)

Tool #2

Identify Your Level of Presence

****Place a check in the appropriate column to indicate the frequency of the situation or circumstance in your life (usually/sometimes/rarely)**

Usually	Sometimes	Rarely	Situation or Circumstance
			I worry, plan or think about my day while showering, getting dressed, doing my hair/makeup, etc.
			I review stressful situations or conversations in my mind while falling asleep.
			I rush through my meals – barely tasting my food - eating to get it over with, playing on my phone or feeling bad about my weight or what I'm eating.
			My level of presence during conversations is low – I'm usually on my phone, thinking about something else, watching others OR I'm listening to respond, thinking about my response or trying to get my '2 cents' in.
			I move from inside to outside and back in without noticing or appreciating the weather, nature, sky, animals or sounds around me.

***Calculate your score from the above exercise. Each check counts for the following points:**

'Usually' # checks _____ X 10 points/check = _____
 'Sometimes' # checks _____ X 5 points/check = _____
 'Rarely' # checks _____ X 2 points/check = _____
Total Score = _____

If you scored 10 – 16 points, you live life with a good deal of presence. You enjoy the majority of what you're doing – noticing details, enjoying moments and having authentic conversations with people. You likely feel a high amount of satisfaction in your days, regardless of what's going on, how the weather is or who you're with. Keep up the good work!

If you scored 19 - 35 points, you live life present sometimes and unaware other times. You enjoy portions of what you're doing – but find it easy to fall back into worry and anxiety. Developing a regular mindfulness practice will impact the depth of enjoyment that you experience in life.

If you scored 36+ points, you're living life on 'autopilot'. There is little presence or mindfulness in your day and you're generally consumed with thoughts, worry, anxiety and 'mind chatter'. You likely float through life, paying little attention to the task at hand and often ignoring the small joys in life. It's time to re-assess your mindset and consciously practice presence in everything you do.

What is Mindfulness?

Lifestyle authorities and spiritual teachers like Oprah Winfrey, Eckhart Tolle and Deepak Chopra have done much to normalize conversation around spirituality, meditation and being more present.

But what does ‘being present’ really mean?

In general terms, presence is about living in the moment or learning to appreciate the ‘now’. It is an **intentional state of mind** where you acknowledge, allow and release your worries, anxieties and plans in order to **fully focus** on what you are experiencing in that moment. Finding, cultivating and maintaining a state of presence can be achieved through the *practice of mindfulness*.

Presence is an
intentional state of mind

Mindfulness – often confused with meditation – is the ongoing practice of allowing what ‘is’ in your life. Mindfulness involves shifting from being a victim of our brains’ constant chatter to cultivating awareness and exercising the conscious **choice** to think or not to think. It involves a fundamental shift in the way we live, from reacting to thoughts and situations to experiencing our life from a non-reactive or neutral perspective.

Mindfulness is not restricted to silent, solitary moments or extended periods of time; rather, it is practiced on an ongoing basis: during conversation, in the shower, while eating or as we’re walking, for example.

Mind.ful.ness

noun

A mental state achieved by focusing one’s awareness on the present moment, while calmly acknowledging and accepting one’s feelings, thoughts and bodily sensations

Tool #3

CONTRIBUTING STRESS FACTORS

What factors contribute to a lack of awareness and presence in your life? Let's acknowledge these so you can begin to release them and focus on the moments at hand.

***Circle the situations, circumstances or events that you find yourself worrying, anxious or stressed about, that you can't stop thinking about or that keep you up at night.**

Career/Job	Responsibilities	Money/Financial
Judgements/criticisms	Fitting in	Relationships/Friendships
Overwhelm	Life Balance	Safety/security
Lack of Connection	Lack of Purpose	Fulfillment & Happiness
Health	Weight	External Beauty
Uncertainty	Fears/insecurities	Emotions & Sensitivity
Other: _____		

Reflection Questions

Of the factors identified above, which are the two (2) most prevalent worries or anxieties in your life?

What keeps you worrying about these?

How often do you find yourself in worry or anxiety or thought over these?

Benefits of Mindfulness

Incorporating mindfulness practices into your day isn't just all fluff! Studies show that mindfulness results in or impacts:

- ✓ Improved concentration
- ✓ Reduced stress & anxiety levels
- ✓ Improved skillful responses (vs. high powered reactions)

Mindfulness is to our brain
what exercise is to our body

When we exercise, our body functions better as a whole: we feel better, sleep better and enjoy life more. When we practice mindfulness, our brain functions better: we're better able to make skilled decisions, handle situations better and, overall, enjoy life to a greater extent.

When we practice mindfulness, we discover that all of that endless 'mindchatter' is unfounded and just 'chatter'. It's rarely based on facts and it's largely just a story *gone wild*.

Imagine: You've got an upcoming assignment, test or client presentation. Your mind has spent the past few days (maybe even weeks) ruminating on ALL of the possible scenarios – most of them negative outcomes. The more you focus on the negative outcomes, the more your anxiety and stress have grown.

"I'm not smart enough/experienced enough/good enough to do this. What if I fail miserably? What're my parents/boss/clients going to think...Oh my God. It'll be awful. What happens if this goes poorly? What if I fail/get fired?! ..."

What portions of these scenarios are true? Are they based on fact? Let's be honest...they've largely been made up and they've taken over your mind, your day and, possibly, your week. Chances are you'll get through the assignment/test/presentation without issue. Now you've blown all that time accomplishing nothing but worrying...and you've missed out on actually *experiencing* your life and the people in it.

In our final tool, you're going to explore your awareness and practice the ability to bring yourself back into the present moment to deepen the level that you experience your life.

Tool #4:

CULTIVATING MINDFULNESS

****As you move through the coming week/days, practice noticing when you are worrying, anxious, stressed or experiencing mind chatter. Stop. Implement the steps below. Afterwards (end of your day/end of the week), record any awareness or discoveries and complete the self-reflection questions below.**

3 Steps to Being Present in Any Moment

During conversations, driving, situations or circumstances follow these 3 steps to bring yourself back into the present moment.

- | | |
|-----------------------|---|
| 1. Notice | Notice that your mind is wandering to the past or the future, following a train of thought that is beyond what is right in front of you. |
| 2. Acknowledge | Acknowledge that you are not your thoughts – you are the observer of your thoughts and have the power to choose where your attention goes. |
| 3. Focus | Bring your attention back to what is actually going on right now, right in front of you. Focus on the smell, taste, touch and sound of what is happening. Breathe deeply. |

Reflection Questions

How often do you find yourself worrying, anxious, stressed or experiencing mind chatter (circle one)?

Rarely Sometimes Often Constantly

What types of moments or situations do you most often catch yourself thinking about something else and not being mindful to the task or moment at hand?

How often do you find yourself lacking mindfulness or presence?

Tell me about your level of enjoyment of a task/moment when you're fully mindful or present in it.

Tool #5:

WHERE ARE YOU AT?

After learning about the throat chakra & presence, I'm feeling:

****Circle all of the words that apply to you**

Relieved	Excited	Surprised
Motivated	Overwhelmed	Intrigued
Irritated	Determined	Clear
Empowered	Inspired	Curious
Other: _____		

As a result of becoming more self aware, I am appreciating:

****Circle all of the words that apply to you**

My Past Struggles	The Root of Worry & Anxiety	Value of 'Now'
Beauty Around Me	My Family & Friends	My Personal Power
My Truth	Others' Truths	The Value of Listening
Other: _____		

This Week's Daily Affirmation:

I am learning to _____ and let go of _____
so that I experience _____ in my life, relationships and activities.