

# '3 Levels of Consciousness' Journey

**Be clear about where you stand in the bigger picture of your journey through life**

Where have you been?  
Where are you at now?  
Where are you going?

As we grow through life we move through 3 key stages or levels of awareness and 3 levels of manifesting. Here's just one way to describe the up-shifting of awareness and the grounding or down-shifting of essence into form:

Up-shifting or advancing our awareness through 3 levels:

1. coping through our fears, powerlessness and reactions because we lack self-knowledge, confidence and choices.
2. learning to be more self-aware, open and accepting so we have more perspectives and choices
3. trusting our intuition and higher guidance as we sense the essence of our experiences.

Down-shifting into form and consciously creating through 3 levels:

1. connect with and embody the highest guidance and essence of what you want to create
2. allow the abstract and concepts to move into ideals and ideas and strategies.
3. you are now ready to be open to synchronicity and to take action and create form.

Open to a new understanding of your life path with the '3 Levels of Consciousness' email series. In **daily emails for 24 days, you will receive short thought-provoking insights into 3 levels of consciousness described from different perspectives.**

With awareness, we continually benefit from small awakenings. As we raise our sights and intentions, then when we least expect it, we may experience a significant awakening or shift. From this new perspective and higher consciousness, we can now manifest consciously. May you find many of these shifts and insights as you travel the 3 step consciousness journeys.

**How to get maximum benefit from this consciousness-shifting email series**

To get the most from the 3 levels of consciousness journeys, reflect on your experience within the context of the bigger picture. Wherever you are, accept your situation without judgment, then open to a new perspective that brings more meaning and peace.

Find the phrases and tips that resonate with you and ANCHOR them in your mind so they expand your experience of life. Up-shifting heals the past and you evolve and down-shifting creates the future

We provide a simple 3 column form so every day you can write your inspired words, insights or actions. Listen to yourself for guidance and direction and capture this wisdom in writing to internalize a bigger clearer picture for your life.

When you've completed the series, you will also receive these 3 stages of advancing awareness and consciously creating tips in one file for your ongoing review and support.

Consistent, short, expanding reminders can produce little shifts that gradually accumulate to create a bigger, life changing effect. Be inspired daily with new and expansive perspectives.

Once you receive the emails series over the next month you will also receive a copy of all of these 3 sages of consciousness journeys.

### **Samples of 3 Levels of Advancing Awareness**

#### **Illusion --> Intellect --> Intuition**

Where are you in the movement of your perceptions?

Until we become conscious of our thoughts and beliefs, we unconsciously perceive and create our lives according to our illusions - what we believe to be true but is not. As we learn to question our mental outlook, our intelligence supports us in discerning what's true. Over time we learn to trust ourselves and life. When we release our need to control and surrender to higher guidance, we open to our intuition.

#### **Unawareness --> Self-awareness --> Higher Awareness**

What is your perspective as you do life?

Without awareness of the greater forces underlying our world of matter, we can only question what's happening. We experience powerlessness in what seems to be a random, confusing and chaotic life. When we STOP and pay attention, we become aware of how our faulty beliefs make life happen in specific ways. As we take responsibility to identify and release subconscious programs that we are projecting to the outer world, we naturally shift into higher awareness. We trust that we can allow life's innate intelligence to unfold beautifully.

#### **Concealed --> Revealed --> Healed**

How do you handle your self-sabotaging programs?

Hidden subconscious beliefs and repressed reactive emotions rule our lives. If we are not aware of something, we are powerless to change it. As we become aware of limiting beliefs and emotions, we can consciously choose new directions that support us. Each time we acknowledge a limiting belief and then intentionally shift our focus to an expansive experience, we heal and empower ourselves.

### **Samples of 3 Levels of Conscious Creating**

#### **Abundance --> Prosperity --> Money**

How do you define wealth?

Where do you focus most of your attention? If we are focusing primarily on money, it's probably because we perceive we haven't got enough of it. We're stuck in poverty and lack consciousness,

and remember - thought creates form. Look to life for reassurance! In nature, we see abundance: of leaves, of grains of sand, of oxygen molecules! When we can sincerely open our hearts in gratitude for all that we have, we can experience true prosperity. So declare the glass 'half full' instead of 'half empty.' With this attitude, you will always have what you need.

### Inspiration --> Imagination --> Manifestation

How does inspiration differ from imagination for you?

When the magic of inspiration strikes, use your imagination to try on how you will feel when your great vision or idea has come to life. The more we imagine living in this new reality, the more our inner experience registers in the energy field and supports the manifestation process. Remember to focus on your feelings and the qualities that arise knowing your inspiration has become reality.

### Purpose --> Meaning --> Activity

At what level do you get your guidance?

We lead a truly fulfilled life when we recognize our life purpose - our authentic expression, service and contribution. Living from this heart-based knowing, we experience more meaning, passion, joy, happiness and freedom in life. Knowing what most matters to us, it becomes easy to make decisions about what activities and behaviors best serve ourselves and others.