

# MEET... "AWARENESS"

Awareness is with all of us in all moments but sometimes, we become so busy doing... that we do not see Awareness! When we are born, Awareness is born, but it takes a little while for us to know this as we begin developing a relationship with them.



Awareness opens our *eyes, hearts, and minds* and sometimes this hurts! Awareness makes their home with us but we often miss the opportunity to befriend them. **Awareness is always with us but to befriend Awareness we must explore with them and always learn.** We will learn to trust Awareness and lean into their sensations and feelings, but this is a journey!

Without Awareness we cannot feel and sense all the experiences around us!

Without Awareness we cannot feel with others!

Without Awareness we can become close minded, divisive, and hurtful!

Without Awareness we cannot learn deeply about our passions, strengths, pains, and purpose!

**BUT... with Awareness,** we can feel our hearts beat, our long deep breaths, wet tears, our warm laughter, and all of the sensations that can lead us into the seas of calm as we join up with others who are still wondering and wandering without Awareness.

Awareness never leaves us, we sometimes try to live without Awareness!

With Awareness we can sense safety and danger!

With Awareness we can sense all our of our sensations movements, thoughts, and breath and those around us. Sometimes we know when others have lost Awareness, but we know Awareness is there for all, it is just that others have not called out to them, held them tightly, and listened to the soft whispers of their Awareness.

© Revelations in Education 2021

Sometimes Awareness is bold. Sometimes Awareness needs to be jostled awake. Sometimes as we grow older, we unintentionally push Awareness away and they become buried in all our "doing" in life. Sometimes we need other people or experiences to help awaken Awareness.

BUT... Awareness can lead us onto new paths, new journeys and new discoveries! **Awareness loves the present moment!** Awareness knows that the present moment is magical and can give us the gift of a shift in perception and so much more... **Stay tune!**