

Mastering Your Awareness

By Linda Koen

We want to maintain our connection with the Earth at all times. This is really important. We need to be aware of ourselves and maintain that all the time.

All that occurs is here and now. We are here by our free choice and we choose to make the most of this opportunity.

We are responsible for all our energy. To be masters we must be aware of what our energy is doing and what we are allowing. We are one; we are a part of the whole and are all connected. We allow ourselves to feel safe, secure, loved and supported.

As we focus and connect with our heart, feel our heart, place awareness on our heart centers we are assisted with our inner balance of love, wisdom and power.

Fully and completely feel your physical body. Regularly scan from top to bottom, back to front, inner and outer and really put awareness in your physical system. Note any areas of disharmony, imbalance, blockage, discomfort or pain and ask the healing angels to assist you to restore harmony.

The etheric body, around the physical body, is the blueprint that connects to the physical and provides energy for healing and regeneration. Any areas of discomfort or disease in the physical will be reflected in the etheric level.

A few inches out in our energy field is the emotional body. This level of our field holds all the feelings we have about ourselves. If we judge ourselves and try to avoid our feelings, whether negative or positive, this level can get jammed up and we can end up feeling nothing. We can feel disassociated, cut off and separate. Integration and harmony can only occur when all levels work together. There can be no separation within our system. Allow the energy on this level to flow, no matter how or what you feel about yourself.

Disharmony in the physical can be a direct result of unfelt feelings. Everything is connected. There is no room for self-judgment; there is no need for self-judgment. Accept how you feel and allow it to flow. You will realise it is nowhere near as bad as you thought. Your heart is strong and loves you and accepts you fully and completely as you are without judgment. Allow these feelings to be felt by the heart and loved into wholeness and acceptance. You may expand your heart to include



these feelings or you may allow them to move into the heart. Do whatever works for you. Allow the energy to flow and allow them to be healed, loved and accepted with the heart. Be honest with you self and allow them to move. Perhaps see this like water as it gently moves up the sand, ebbing and flowing.

The mental body is another level out. If the feeling level is not flowing, this level might be a little rigid. Intensify the love from your heart to the thoughts you have about yourself, the way you think and your judgments. Recognise any resistance and any thoughts justifying the judgments you have about yourself and forgive self. Choose to remember, in all moments, that your thoughts create your reality. How you think about yourself is what you do. How you think about the world is what you see. Choose positive uplifting, loving, harmonious, thoughts for balance, integration, unity and wholeness. Choose not to entertain thoughts of limitation, separation, judgment, criticism and defense.

Everyone is God in a body. We are all here learning. We are all practicing and expressing more love in each of our moments. We recognise we have a choice. We can choose to think with fear or love. There is no judgment if, in a moment, you forget to think with love. Just acknowledge, "oops I forgot to think with love, that's ok, I will get it next time". Forgive self and forgive other, if other is involved, and let it go. Your thoughts create your reality; if you hold onto and judge them you will create a similar situation to give you another opportunity to let it go and the power to make another choice. What you resist persists. Mistakes are just opportunities to learn. Just choose to remember, in more moments each day, as that is how progress is made.

Judgment of everything, higher, lower, inner, outer, better, worse, superior, and inferior, keeps you stuck. Move into a space of acceptance where it all just is and make choices based on that. Feel relaxed, at peace with yourself and completely aware of your body-- fully connected with the emotional and mental self.

Let's use the physical senses to assist us and allow the raising of these senses, above and beyond the physical level. Vision becomes not with the eyes but with the inner. As captain of your ship you can scan any part of your system and locate anything that is imbalanced or foreign and then you have the power to address that. Work with the senses and bring them into a heightened state of awareness. You will be able to smell things like fear and that can be a very valuable sense. Touch becomes subtle like someone is stroking your arm without touching it. Allow all of them to be heightened and deepened at the same time while maintaining full awareness.

The more we interact with someone the more energetic connections we make with that person. We work to develop, maintain and strengthen our awareness of the effects that others have on us. If any connections feel negative ask Archangel Michael to lovingly dissolve as many inappropriate connections as possible. There is no need to put a face to them or to think about whom they may be with.

Allow your sensory system to be your guide. Be aware and feel when people are sucking your energy and you are sucking their energy. It goes both ways.

A healthy functioning relationship with self can be taken out to experience with others. It is easy to disconnect if you release the need within yourself for the roles. If the role is still there a reconnection will be made. If we have a role, we will reach out to someone to fulfill that role within us to make us feel needed, or worthy, or loved. So bring it all back to self. When we have a healthy relationship with self and take that out, we show others it is possible.

We are creating by the way we think. We hold ourselves back, we sabotage by the way we think. There is another way that uses much less energy and is much more loving. The way is called Mastery. We all want to be a Master of ourselves. We want to make a difference; we want to leave more love on this planet than there was before we came here. We must start with self. Love self and then love others. It cannot happen the other way around. We cannot love our kids and then love ourselves. The heart connection can never, not be there.

Be fully aware; feel connected in a way that is safe, loving and empowering for you. Make a conscious choice to remember to maintain that connection all the time, in all the moments and integrated growth will come from there.



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