

Becoming Aware of Becoming Aware

A Tool of Mastering Alchemy by Jim Self

There is a shift in consciousness occurring. It is a shift in the perception of our world. Many feel that something is not right, that something has been lost. In our rush to create more for ourselves, the bigger house, a better car, a higher salary, we have actually created less. We have less time to spend in that big house, less time to enjoy the company of our family and friends and less opportunity to appreciate a sunset or take pleasure in the natural beauty that surrounds us. What is really missing, whether we're aware of it or not, is that we have lost a part of our 'selves' along the way. And at the end of the day, more, bigger and better are simply not enough. We have disconnected from the things that truly nourish us and it has left us physically ill, emotionally unhappy, mentally exhausted and spiritually unclear about who we truly are. This, however, is beginning to change.

As more and more of us begin to shift we are starting to remember who we are. We are recognizing imbalances in our lives and asking ourselves "What's really important to me? What truly makes me happy?" The answer isn't found by gaining more of the world outside but in gaining more of the 'me' within. In our rush to the top we have left a part of ourselves behind. We have traded respect for competition, kindness for advantage, and giving for taking. We've lost touch with our 'Inner Guidance' which always directs us to a higher, more vibrant place. This higher place is a place where cooperation, support and understanding create deeper trust, friendship and compassion.

A shift is occurring within the hearts of humanity now and millions are beginning to consciously awaken. They are finding a new passion within and recognizing that who they are counts. "I AM valuable, important and significant. I matter and I have a contribution to make!" This passion is igniting within each of us. This shift is taking place across the world in every town and village and in the hearts of each child, woman and man. Whether the issue is feeding the poor, healing the sick, building community, or nurturing the Earth, there is a growing awareness. It is an awakening—a Shift in Consciousness! A connection is being made one heart to another. In this connection of caring, sharing, giving and receiving, a spark within the heart ignites and grows. This awakening consciousness has no limits. It is a shift that is taking us all into a higher dimensional awareness; a higher, more aligned way of life. We are 'becoming aware of becoming aware'.

From one way of life toward another

The shift is not only altering our consciousness, it is changing the world around us. A shift, by definition, is the 'movement from one position to another' or a 'change in direction'. The third-dimensional world as we have known it is crumbling around us. The old ways were designed by governments and corporations to support and provide well-being to its citizens. These outmoded ways no longer work. All of these systems are deteriorating: governmental, legal, health, social services, education, food quality, political, monetary, protection of the environment, and more. All are broken.

But now, when we look a little deeper, we find there is a new passion growing. Individuals, groups, and companies offer new ideas which clean the Earth, recycle waste and create new power sources. More companies offer employee ownership, day care, equal pay and much more. The creation of Heaven on Earth is unfolding before us. We are at the beginning of this new way of life, not the end. But each of us must awaken now. Each must make the shift within. Many are awake and more are showing signs of waking every day, while countless numbers are still fast asleep—but not for long. We will each experience becoming aware in our own unique ways. For some it will be powerful and alive; for others it will be slower and more cautious, but we will all walk a common path.

A Tool of Mastery

Allow me to offer you an exercise that will rapidly take you down this path. This exercise will interrupt your third-dimensional habits and assist you to remember who you are. First, create a list of words. Pick words that make you feel good. Select words that you would like to be known by in your world. For example: insightful, kind, respectful, purposeful, gracious, gratitude, integrity, dignified, caring, or helpful. Make it a long list, choosing words that will help you remember your 'Self'. It is within the words that you will awaken.

Next, choose four or five of those words that make you feel especially good as you experience them. Try each of them on and see how they feel. Then, take one word each day for a week and **be** that word. Demonstrate this word in every situation and notice how it makes you feel. You will notice that when you become intentional about being the word, you feel more alert, aware, present in the 'Now' moment and in charge of yourself on your own terms. If you find you have slipped out of the word, simply smile and become the word once again. One

note of caution however; this exercise produces side-effects that generally lead to feelings of Certainty, Well-being, Command and Happy. Yes, there is a shift occurring and the shift is within you!

Jim Self is an international teacher, speaker and author. He has been a leader in the field of spiritual development for over 27 years. He offers us the Tools of Mastering Alchemy as a Way of Life. This work is co-created with the Archangels, Ascended Masters and Teachers of Light. Free DVD and Free Teleclasses are available. Jim presents FREE local classes and the weekend seminar 'Creating the Personal Power Field' www.MasteringAlchemy.com

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