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## CHAPTER 2 | Self-Awareness

Becoming aware is the process that provides insight into who you really are and what you really want. Awareness has to do with letting go of the ego. Our capacity for self-reflection is a good tool for this. The reward is an effortless life. A life in which effort has been released. The individual you really are is different from the person you have created and cultivated in the outside world. This is because your intuition has not been fully involved in this creation. Again, a conscious life is a life in which a person is able to let his or her ability to think and feel cooperate with each other and then make choices based on that. The process of awareness aims to reduce or dismantle the dominance of thought and the resulting ego. This creates more room for gut feeling. Every human being is able to connect with his intuition and does so regularly. One person does it more than the other or succeeds better than the other. The connection with your intuition is disturbed by your thinking. In order to be able to feel, the thinking has to be turned off, as it were. If you think, you cannot feel. If you feel, you can't think for a moment. This is how the system works. By feeling you get an answer to the question if something is good for you or if something or someone suits you or not. Gut feeling can be activated, for example, by asking yourself the question: 'Will this make me happy?' The first thing that comes to mind is an answer from the heart. For example, you don't think when you're working out or doing your hobby, but also when you're on your way to the coffee machine at the office or staring out of the window in the train. In these cases you create a state in which the brain ends up in an alpha state for a short time. In that case there is a reduced brain activity. This is the state that can also be achieved through meditation. When heart and head are in balance, then you are able to make choices that suit you best. These are choices from the heart. Those are by definition other choices you would make from thinking or the ego. These kinds of decisions are mainly aimed at sending a signal to the outside world of 'look at me' (driving a nice car, wearing a nice design dress, living in a big house, making a lot of money, wearing an expensive watch or taking good care of the other person etc.). The most efficient way to become conscious is with the help of a therapist. An important requirement is that he or she is already conscious, otherwise it won't work. After all, the therapist must know what it is all about. In the regular circuit of mental health care you encounter few conscious therapists. If that were the case, we would know that and society would be in a much better shape than it is now. Many psychologists and psychiatrists are mainly engaged in symptom management and polishing up their sales by selling tranquilizers. They are usually unable to address problems at the root because they simply don't understand or want to understand how it works. They cannot be blamed for that. Academic education falls short in this respect. In addition, the straitjacket of medical science hinders a more holistic approach to this problem. Unfortunately, there is also a lot of chaff between the wheat in the alternative circuit. So it



is a good idea to look for the right person. If you want to do the process of becoming conscious yourself, that will be a special experience. The chance of success is small. After all, you can't tell yourself something or learn something you don't know. Let alone recognize and solve blind spots, pitfalls and emotional blockages. On top of that, you always have an answer to the questions you ask yourself. In this process it's all about someone else asking you questions and on the basis of that you will come to liberating insights.