

## Awakening:

Typically an awakening will begin with an act of being/spirit/grace. You may or may not even realize it has happened initially. This moment, or event, will be the start of your energy being redirected inside. It will give your awareness enough energy that you can begin to see the illusions of pain and suffering and that it has always been you creating them. An awakening will not ensure you fully realize who you are and experience consciously the Joy and Peace of being. What it does ensure is that you have the opening and ability to make your bid for freedom.

Historically, people have to hit rock bottom and create the most intense hell for themselves that they can handle before they have enough drive to proceed on the path of awakening. One has to have created so much pain and suffering for themselves that facing what is inside is less painful than the reality they have been creating. Going in is the only way out.

Awakening is just a shift from only perceiving your world through your mind to experiencing your being directly in everything. Another way to look at it is that awakening is about realizing/experiencing you are pure awareness/being and the world of form is just a dream/illusion there to reflect yourself back.

What do you think stands between you and being a fully realized person? I will give you a hint – your mind and all of the thoughts and emotions tied up in it. The mind keeps you feeding it all of your energy through your conditioning. It keeps you imprisoned in the perception of form. It keeps you believing your ideas and thoughts are truth. This is how awareness set it up. You programmed your mind from birth to ensure you faced the lessons you chose for this lifetime.

People that remain in the conditioned state of the mind are referred to as dead or asleep. The Toltec traditions talk about the world of form as being a dream, not much different than the dreams you have while sleeping. All of the conditioned thoughts, ideas, and beliefs keep you imprisoned in your habits, behaviors, and patterns. This makes you essentially sleep walk through your life, always doing as your conditioning dictates unable to perceive a different reality. Until you are able to step back from your thoughts and emotions, look deep inside, and see what is driving all of these patterns, you are imprisoned by them. Your mind runs on autopilot keeping you in a dream of pain and suffering. The good thing is, the dream becomes a nightmare which drives you to wake up. When you awaken to the dream, you then will be able to be a co-creator with Awareness and create a new heaven for yourself.

The experience of fully realized awakening takes persistence, perseverance, and consistent effort. If you are looking for an easy path to freedom I would ask you to look inside and find out where that aversion to exploring your self comes from.