

Real awareness

Many times when we tell another person in our environment about his negative behavior, the other person will tell us, "Yes, yes, unfortunately I am aware of it."

Is this really an awareness? It is an important question.

I would like to point out that the confusion in the concept of "awareness" is becoming more and more prevalent due to the fact that the world of spirituality and the various courses speak a lot in the language of consciousness. Thus, creating a dangerous situation of cheapening insight and causing unnecessary delay on the way to movement and growth in life.

Let me explain.

Awareness indicates knowledge.

When do you and I know something?

As far as managing relationships or experiences in life, we will only know in hindsight.

Only from previous experience can we imagine what will happen next time we try.

That is to say – we know true knowledge only after experience.

Therefore, when a person says, "I am aware that I am behaving in a certain way, but unfortunately, I am not doing anything about it." In his very words, he attests to a lack of awareness stemming from a lack of action. In this description there is no "retrospect" and no awareness, development or growth, because there is no attempt to change.

What happens then? What happens is that the same person is alert or aware of this particular behavior, but does not grow with it to his consciousness area. Alertness or familiarity with a particular behavior, does not yet create awareness.

I will give you some examples:

A manager at a company says to his employees: "I am aware that I am shouting in vain, but, what can I do, I am furious." As long as he is unable to do anything about it, consciousness is beyond him.

All he is willing to experience is a presence of negative behavior.

Or, for example, when a woman says to her partner, "I am aware that I am too sensitive, but, what can I do, that's who I am," in that she describes stagnancy and self-righteousness rather than growth and awareness.

It is important to clarify that vigilance and recognition of behavior are also important steps on the path to growth and awareness, since without initial recognition of certain negative behavior, consciousness can certainly not be created later on. The way to

consciousness passes through alertness. Alertness, is a mixture of waking, presence, sight and attention.

Awakening directs us to go through something with ourselves. Once we can say, "I am aware of this," a large part of the change has already taken place. It is a new window to look through, a new way to deal with a problem and with its solution. Alertness is an important part of personal development. It develops our honesty, and honesty with ourselves. Vigilance does not allow us to escape from its actions, thus leads us to awareness. Alertness comes following experience. Awareness is learning, it is another way of knowing what works for us in a positive way, but you can use this terminology only after executing and coping.

So how do generate awareness?

1. Be prepared to generate awareness every time you get a feedback from the surrounding people. Listen instead of argue and learn how you act through the mirror of your surroundings (they are not always right, but always worth listening to).
2. If you have generated alert, make a commitment to try to create a change in your actions, so that if you had generated alert to impatience in a particular relationship, try to act patiently next time and then you will create a new awareness. After a large number of such actions, you will be able to create a new quality habit, growth and awareness.