



THE KEY<sup>®</sup>

AWARENESS

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## AWARENESS

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### LEVEL 1 - TO ME

The first level of awareness or type of person is people we call 'TO ME'.

You may know people who say it always happens..... TO ME

- Things just happen to me
- I just can't help it
- I have no control over my life or anything
- I don't have a choice
- I can't do anything about it
- It has nothing to do with ME
- WHY ME?
- Or perhaps they sit and wait for everything to happen TO ME

These people are sometimes described as victims of life.

In the main they are simply people with a low level of awareness who continue to create the same results and outcomes from challenges and problems over and over again.

The underlying BELIEF is "It has nothing to do with me!"

People in this level of awareness are creating they just are not aware of it

**THIS IS CALLED NON DELIBERATE CREATION.**

## AWARENESS

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### LEVEL 2 - BY ME

The second level of awareness or type of person we call them BY ME

These are people who have a higher level of awareness and ENERGY and who recognise that things can happen BY ME!

- I can influence things in my life through my thoughts, my words my actions, my energy
- I start to NOTICE synchronicities and luck and I get luckier
- I am responsible
- When I intend for things to happen, things start to happen
- I have choices
- I can make great decisions and guess what they have great outcomes
- I discover I am creative, I can create!
- I AM A CREATOR

Say this again - 'I AM A CREATOR'

### REPEAT THIS THREE TIMES

This is when you are recognising you can create all sorts of magic.

THIS IS CALLED DELIBERATE CREATION.

### LEVEL 3 – THROUGH ME

This is where we act as a channel, a vehicle, an instrument, an opening through which Life has its way through us. We say in essence that something is operating through us which is why we are identifying our self as a channel now.

This is where we have opened ourselves up to a deeper level of surrender, based on the awareness of unity and oneness, based on the awareness of The Divine and something begins to operate through us, like being in the zone or the flow.

Have you ever had a moment in your life, beyond what you had planned, beyond what you were thinking when something began to operate through you and took you beyond the level of awareness or experience or possibility? Artists, poets, musicians, spiritual writers and leaders talk about this experience.

They prepared, they visualized, they planned but something beyond them began to operate through them and they were simply an observer.

You may have heard the expression ***“Something just used me. Something took me over. Something beyond me began to sing through me or run through me, or act through me, or write through me”***.

I experienced this when I was writing Grace – The Key Book.

This is the stage of being an instrument, being a channel with something operating through you.

#### LEVEL 4 – IS ME

This level of awareness represents those moments in life when there is no sense of separation between us and life, between us and God, us and Love.

We understand I AM.

This is a stage where you are preparing the way and of all your inner work has served as a preparation for these moments to leap into the gap , the awareness of your Oneness with ALL of the Power and ALL of the Presence and ALL of the Love.

This is a moment that is different from being a channel or an instrument of the Divine.

Here you will say and know the truth of “I Am that, I AM”.

I AM Life.

I AM Love.

This will Be when you feel at ONE with ALL of nature,

This will Be when you feel at ONE with ALL of humanity.

This will Be when you feel at ONE with ALL the Universe, The Cosmos, with EVERYTHING.

This state, where the Spirit of God, the Spirit of Love, the Spirit of Universal Intelligence, the Spirit of Beauty, we know ‘AS US.’

It is a DIVINE state of BEING.

## AWARENESS MEDITATION



**CLOSE YOUR EYES** – and become aware of yourself and where you are right now.

Now expand your awareness to you and your immediate surroundings, the room you are in. What do you see as you observe yourself?

Now expand your awareness to you being beyond the room looking down onto the building you are in, and how does that feel? What do you see from there?

Now expand yourself awareness to moving away from the building and you looking down on the city where the building is – you see the building as a tiny block.

Now expand your awareness to the country that your city is in and see the shape of the city and the borders of the country.

Now expand your awareness to you in outer space and seeing the country as part of a continent and as part of the world.

Stay there a while and feel yourself weightlessness and you as part of the Universe and how does that feel?

Now slowly travel back to the world, the continent, the country, the city, the building, the room and you.

Gently open your eyes when you are ready.

## AWARENESS AFFIRMATION

I expand my possibilities and life when I expand my awareness

I Am that, I AM.

I AM Love.