

AWARENESS – 4 LEVELS

CLIENT SESSION 1

CHECKING IN

Client Session Start – Check-in

You should open every new client session with a brief check-in on the last session.

A great question to reinforce positive results is – ‘What has gone well for you since our last session?’. This will also give you an indication as to what your client has put in practice from your previous session.

We would never embarrass a client if they haven’t done anything, we might say something like well ‘today is a clean sheet’ or ‘perhaps let’s recap on what you could do.’

Then move on to the new session.

AWARENESS

LEVEL 1 – TO ME

The first step in learning about The Key is **AWARENESS**. Which simply means being aware of or conscious about it! The moment you experience The Key your level of awareness begins to rise.

Now at The Key we share four levels of awareness but at the start of The Key Coaching Journey we focus on two of those. The 3rd & 4th level are what you will experience on Master Key Coaching.

The first level of awareness [or type of person] is what we call 'TO ME'.

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

- Things just happen to me
- Poor me
- It's got nothing to do with me.
- I can't help it.
- I have no control over this or my life or anything
- I don't have a choice.
- It's not up to me
- That would never happen to me
- WHY 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!"

This is where people are involved or influenced what has been created in their lives but just don't know it.

AWARENESS

Learning Opportunity For You and Your Client.

PART 1

ASK – Can you relate to this at all?

[Pause and wait for responses.]

*[Be conscious of their response pay attention to what it reveals.
Acknowledge their response and respond appropriately]*

PART 2

Think of a recent experience where you have found yourself in
LEVEL 1 – TO ME? POOR ME?

Ask them for a brief description of the situation.

How did it feel being there?

How long did you stay in this state of being?

[Pause and wait for responses.]

*[Be conscious of their response pay attention to what it reveals.
Acknowledge their response and respond appropriately]*

PART 3

Do you know anyone in your life that is always moaning or
blaming other people for everything?

How does it feel being around them?

What does this mean for you?

NOTE

These are the types of questions that you can ask your client
[after sharing/ reminding] them of the 1st level of awareness –
To Me.

Asking these questions will help them to:

- Understand when they are in level 1 and how it feels.
- To be aware that they potentially do it a lot, unconsciously.
- They may be unaware that they are often in a TO ME state of being, until you make them aware that it is a thing.

AWARENESS

COACH NOTE

These are the types of questions that you can ask your client [after sharing/ reminding] them of the 1st level of awareness – To Me.

Be careful to listen carefully to your client this may be very revealing for them.

Asking these questions will help them to:-

- Understand when they are in level 1 and how it feels.
- To be aware that they potentially do it a lot, unconsciously.
- They may be unaware that they are often in a TO ME state of being, until you make them aware that it is a thing.

COACHING TIP – Take your time with these questions.

Give plenty of time for your client to reflect and consider their response. This may seem very basic but in our experience this alone is a powerful catalyst for shift.

AWARENESS

Level 2 – By Me

Share this by talking your client through this.

The second level of awareness [or type of person], we call **BY ME**. These are people who have a different level of awareness and energy. These people recognise that things can happen **BY ME!**

In other words BY THEM.

These people understand that:-

- They can influence things in their life **BY** their thoughts, words, actions and emotions.
- They are responsible
- They intend for things to happen, things start to happen for them
- They have choices
- They make decisions and have great outcomes
- They start to **NOTICE** synchronicities and some people call them lucky
- They become aware that they can create.

And sayI am creative, I can create!

IN OTHER WORDS ... I AM A CREATOR

Let's repeat that.

'I AM A CREATOR'

REPEAT THIS TWO MORE TIMES.

Please write it down.

AWARENESS

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

You can create possibilities, actually probabilities.

AT THE KEY WE CALL THIS DELIBERATE CREATION.

Where you are aware that you can influence and create everything in your life.

CLIENT LEARNING OPPORTUNITY

As your client –

Can you relate to this? [Wait for a response – take your time]

Ask them to close their eyes and ASK them –

- Do you know anyone that you consider lucky because great things keep happening to them?

PAUSE – Be patient

- Do you someone you would consider successful who is able to repeat success?

- What about you?

- Are you aware of anything you have deliberately created?

Finish with...

You see when you have this awareness you can begin to create deliberately and consciously.

That's ' The Key.

AWARENESS

These are the types of questions that you can ask your client after sharing the 2nd level of awareness –By Me

Asking these questions will help them to:-

- Identify people who have this *skill / ability / awareness*.
- Help them build desire to move from level 1 to level 2
- Gives them a glimpse of what they will experience with The Key Coaching.
- Get excited about their creative potential.

MASTER KEY COACHING SEEDING

Although your client is early in the process, you might want to say ...

The 3rd and 4th level of awareness are where The Key will ultimately take you, when you continue through Key Coaching to Master Key Coaching. This is the vision and potential for you. Let me give you a brief overview of them.

AWARENESS

Level 3 – Through Me

Share this by talking your client through this.

This is where we act as a channel, a vehicle, an instrument; an opening for 'Life' to work through us.

This is where we have opened ourselves up to a deeper level, surrendering. It is the awareness of unity and oneness. The awareness of 'The Universe' – something bigger than us, which begins to operate through us.

The feeling would be like 'being in the zone' or in your flow. 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 me over. Something beyond me began to sing through me or run through me, or act through me, or write through me".

Christine experienced this when she was writing Grace -The Key Book. This is the stage of being an instrument, being a channel with something operating through you. This is part of the Key Journey that we will take you to.

CLIENT LEARNING OPPORTUNITY

Ask your client- Have you ever had a moment in your life, beyond what you had planned, beyond what you were thinking when something began to move inside you or work through you and took you beyond the level of awareness or experience or possibility?

PAUSE – LET THEM THINK.

AWARENESS

Level 4 – Is Me

Share this by talking your client through this.

The 4th Level of awareness is called IS ME.

This represents those moments in life when we feel totally ‘connected’. We feel there is no sense of separation between us and life, between us, ‘The Universe’, God, Love, Life, The Divine or what ever label that you are comfortable with.

You have an awareness of your Oneness with everything. 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 Universe’.

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, the whole.

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

This state, where the Spirit of Life, 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.

This is the ultimate destination to UNLOCK with The Key.

Can you see that The Key is a life long journey?

We can all experience this with the right guidance.

CLIENT LEARNING OPPORTUNITY

Ask your client.

- *Can you relate to this level?*
- *What does it mean to you?*

PAUSE – LET THEM THINK.

AWARENESS

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- *What does it mean to you?*

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AWARENESS DRAWING

When explaining The 4 Levels Philosophy it is impactful to draw each level as you discuss it.

Take time to learn to draw The 4 Levels of Awareness [**progressively**] –

You can find out how in the following modules.

1. MODULE 3 – AWARENESS
2. MODULE 17 – KEY DRAWINGS

Watch the video and print off the PDF's.

This is a very impactful visual during a coaching session and it will help your client to understand the concept of awareness and also to remember the 4 levels.

It will take practice to be able to draw, speak and share this on a zoom session,

AWARENESS MEDITATION

Ask Your Client

Would you like to experience expanded levels of awareness right now?

Okay let me guide you through The Awareness Meditation which is one of the favourite meditations at The Key.

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.

THINGS TO DO

DOWNLOAD THE AWARENESS IMAGE AND SEND TO CLIENT IN YOUR FOLLOW UP EMAIL.

AWARENESS MEDITATION

Ask your client to practise the Awareness Meditation every day at the start of the day and watch your world expand. They can buy it in THE KEY COLLECTABLES section of their Key dashboard.

THINK ABOUT

Ask them to be aware of how they felt during the awareness meditation?

Ponder how much more of life is noticeable as you expand your awareness.

What did this tell you about you, and your relationship to the universe?

THINGS TO TELL YOURSELF

I expand my possibilities and life when I expand my awareness.

I am a powerful creator.

I am awake.

FURTHER INFORMATION ON AWARENESS

Read Anthony De Mello's book – 'AWARENESS' on AMAZON

<https://tinyurl.com/y9flhdw8>