

AWARENESS is the first sign of Spiritual Awakening.

*To increase your level of awareness,
You must practice noticing. You have
To be present and mindful to
Notice something.... (How to Move Forward)*

Three important things to notice.

1. **DISTRACTION.** What it is we look for to avoid seeing what needs to be done. What we turn to, to avoid having to be present.
Ask yourself. "What don't I like doing?"
"What are my preferences, my likes and dislikes and why?"
2. **AVOIDANCE.** Not wanting to be where we are at the moment. Not wanting to be present.
Ask yourself: "What am I avoiding?"
"What don't I want to see?"
"Why am I judging?"
3. **RESISTANCE.** Refusing to accept what is in your life at the moment. Refusing to accept the people in your life or the situation. Notice the energy spent doing so.
Ask yourself: "Why cannot I accept my life just as it is?"
"Why do I want to change it?"
"How do I change it or bring better things into my life?"
"What do I want?"
"What do I feel I lack?"
"What am I trying to fix and why?"

Sit down with a pen and paper and write your answers and then open your mind to other perspectives:

1. If you believe in the Law of Attraction, ask yourself "How did I attract this into my life.?"
2. "If there is good in everything, what is the 'good' reason that this is in my life?"
3. "What can I learn from it?"
4. "What ideas can I release so as not to attract it into my life again."

Everything that comes into your life can help you grow spiritually.

TIP: Read the chapter on Awareness in How to Move Forward, Leave your Thoughts Behind.

To purchase the book go to [Michael's Messenger Shop](#)