

Why Awareness Matters in Personal Evolution

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Introduction

If you want to evolve faster, one place to start is to increase your awareness. Not just your level of alertness or perceptiveness, but rather your awareness. So, awareness occurs as a result of an increased ability to feel, knowledge of how you work intellectually, a recognition of your emotions and emotional reactions, and an broad perspective of you, life and where you fit. The list below attempts to create the case for why increasing your awareness is so important to your own personal evolution.

1. When you are aware, more things in life make sense.

This is because you have enough perspective to have a helicopter view of life and can see people, events and problems from all angles, not from just the 'me' angle.

2. When you are aware, you notice things when/as they occur, not later.

This is because you have become sensitized and there is less of a buffer delaying your feelings.

3. When you are aware, you will react less and respond more.

This is because, you see/feel things before they become a problem or crisis. When you see stuff early enough/immediately, you have time to respond instead of going in a survival/emotional reaction.

4. When you are aware, you will waste less time on things that do not matter.

This is because you will both attract better things, and because you'll have naturally installed better filters so you aren't presented with needless stuff.

5. When you are aware, the solutions to problems become more immediately obvious.

This because you will naturally see 'more' when you are aware and in that 'more' will be a solution.

6. When you are aware, you know better where you are along your evolutionary path.

In other words, you have a clearer picture of where you've been, and have developed a greater sense of what's possible. This information and perspective let's you choose where you want to go next.

7. When you are aware, there is less resistance.

This is because there is less fear. (Fear causes resistance. Ignorance and lack of awareness cause fear.)

8. When you are aware, you attract others who are similarly evolved.

Evolved states are attractive.

9. When you are aware, you can handle paradoxes that would flummox and upset most people.

Even if you cannot resolve the paradox, you can much more easily live with it, because you know it is these paradoxes and conflicts which make life complex/rich.

10. When you are aware, you respect others easily.

This because you come to realize how very little you know.
