Raise Your Power of Awareness

Experience More Joy, Fulfillment, Purpose and Aliveness

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The definition of consciousness is the state of being awake and aware of one’s surroundings. Another way to look at consciousness is that it is your power of awareness. As we awaken we become more aware, your power of awareness or becoming conscious to the interconnectedness of all things, helps you remember that at the core of your Being you are pure Divine love. The power of this awareness will raise your consciousness.

The essence of your true Being is masked by the patterning and limited beliefs we adopt from our surroundings. These come from our parents and our teachers, our government, communities, society, and our religions.

As you read and remember the simple truths outlined here, your power of awareness will rise.
You are a Spiritual Being
Having a Human Experience

People often misperceive that they are a body, a human, that has a Soul. I would offer to you that it’s quite the opposite. First and foremost you are a Soul, and that Soul has created a body. You have directed a very small portion of your overall consciousness into a physical human form. You can think of your body and your personality as your Soul’s Avatar. However, the larger portion of the entire Spiritual Being that you are, remains in nonphysical. In the realm of Spirit. We are all connected to this realm and this energy. Some call it Divine Love, some call it God, some call it the Life Force or All That Is, and for some, The Universe. No matter what it is for you, it is the Infinite Intelligence that directs all life. And, you are not only connected to it, but are very much a part of it.
Because you are first a Soul - a Divine Being having a human experience - and are using your Avatar personality here on planet earth to navigate your experience in physical world reality, you must accept that you are a creator. You literally created this body you inhabit. You as a Soul are limitless. You are connected to All That Is. This part of you is more expansive and greater than anything you can even comprehend in your limited human form. You are never disconnected from your Soul or its wisdom, guidance and creative powers. Your Soul is your inner partner in life. Life is not happening TO you. Life is happening THROUGH you. You manifest your life through your thoughts, beliefs and actions. Once you begin to own your place as a creator, you can live more fully in a space of unlimited possibility. A space where anything and everything that you really believe and really love is possible.
Life is Your Greatest Teacher

As Divine Spiritual Beings having a human experience you are fulfilling your Spiritual curriculum. You have embodied on planet earth to experience the “earth school” lessons you came to learn. This means that everything that happens in your life, the good, the bad and the ugly, is perfectly designed to present opportunities to learn those lessons you came here for. It can be hard for our egos to accept this. But from the Soul’s Perspective, whatever circumstance we experience, (love, divorce, happiness, addiction, loss, etc.) are all gifts bestowed upon our lives for our Spiritual evolution. From the Soul’s perspective, there is no right and wrong. No good or bad. The Soul is here on earth to learn, to grow, to evolve and experience. Life itself, is your greatest teacher. We have the ability to choose to see everything that happens in our lives in this light. This is what it means to mature Spiritually, to becoming enlightened, to being conscious and to raise your power of awareness.
The universe and everything in it is perfect. Our egos don’t like and often can’t accept this idea. In ego-centered thinking, we pass judgment on everything. We make it good or bad, right or wrong. This occurs simply because your ego is just trying to keep you “safe”. That is its job. But in that process, we create suffering for ourselves when things are not unfolding the way our ego thinks they SHOULD. Look at the perfection of nature and the perfection of the healthy human body. These entities unfold all by themselves governed by Infinite Intelligence, by the Life Force and everything is On Purpose. While things may not always be happening in the way we prefer, just because things are not going “my way” doesn’t mean they are going the “wrong” way. In life’s Divine unfolding, everyone is receiving the opportunity to learn the lesson they came here to learn. And from your Soul’s vantage point, you are being given experiences in the most perfect way possible for your ultimate growth and expansion. Nothing is by chance.
Your beliefs ultimately shape your world. We have the free will to choose our thoughts and our actions. Every single person on this planet has the opportunity to give meaning to their thoughts. We can choose to look through the lens of lack and limitation with all that we see and encounter. Or, we can look through the lens of prosperity and abundance. It is in your choices, your core beliefs, that shape and attract the experience you will have in your life. Each thought has a vibrational frequency that attracts the experiences you call forth into physical reality. Your thoughts are the most powerful creative tool you possess. The attention we place on our thoughts, and the energy we give to them, create an active vibration that activates the law of attraction – manifesting those thoughts into objects and events in physical world reality. Hate or Love. Defeat or Possibility. The choice is always yours.
As humans, we judge everything and everyone. We decide what and who is right and wrong, good or bad. This is our ego running the show so that it can maintain the illusion of control, so it can keep us safe. But from your higher-self perspective, judgment does not exist. It knows that everyone is on their own path, doing the best they can and that everything unfolding - the good, the bad and the ugly - is On Purpose. We can then drop the judgment towards others – but most importantly towards ourselves for judging others. Because when we forgive another we are still judging them for their “wrongdoing”. We energetically hold ourselves back in the burden of judgment about what has been done to us. So forgiveness of ourselves for placing the judgment to begin with is the true forgiveness. We can then come into alignment with “what is”, knowing it is all for our learning and growth. We are able to move into acceptance. When we can be in acceptance with what is and with where we are right now in every moment, then we are free.
The Purpose of Your Life is the Discovery of the True You

We are born into certain families, into a culture, a country, in a particular time and place. We are infused with the beliefs of our tribe. We adopt these beliefs for much of our life because we are raised to believe that is the truth. But, one day – likely between the ages of 43 and 55 - we begin to ask ourselves this question: “Is this MY truth?“. And the awakening begins. You begin to question your life, your tribe and your existence on this planet. Asking questions such as, “Who am I?”, “What is my purpose here?” and “How can I make a more meaningful contribution to my life and the lives of others?” The discovery process then begins. I heard Dr. Robert Holden say recently, “If something is missing in your life, it’s probably you.” Your purpose in this life is the discovery and the delivery of YOU. Who you truly are. What brings you joy? What lifts you up? What fills you with life giving energy and makes you come alive? What do you love? What is YOUR truth? Asking and answering and living into the truth of these questions is your purpose.
Awareness is often the cure. As you raise your power of awareness and lift your consciousness to these Spiritual Truths, you are given the chance to remember. To remember these truths are already inside you. To remember that you are the pure Divine essence of love, a Spiritual Being, using your avatar to navigate your way through your lesson plan here in physical world reality.

If these Truth’s resonate with you and you would like to take the first steps in raising your power of awareness to transform your life, expand your potential and live with more Joy, Fulfillment, Aliveness and Purpose I invite you into a complimentary coaching conversation with me.

If you are ready to begin your coaching journey today visit: donnabond.com

and schedule your Discovery Session at: Coach with Donna Bond