



TIMELESS WISDOM AT WORK

DEEPEN AWARENESS

The mind by its nature becomes what it concentrates on, so when we say deepen awareness we mean it in particular way. Not only "awareness" as in observing the ever-changing content of your mind, but more the space and the silence inside, from where the content arises... the background, or what is called the timeless wisdom of the Self. One client, a high-powered executive described clearly on a recent coaching call, how being in awareness shifted her perception while on a drive. "Everything was different, alive, so beautifully alive, the air, trees, the bushes, the way river curved, and the land, everything... even the interior of the car, like I had never really seen anything before...is this what deepening awareness is?"

"Yes, like that," I said.

Timeless wisdom coaching wakes people up.

Inquiry

When are you most aware?

Right Action

Pick one window in your house or office and go and look out of it for 5 minute at the same time each day. Notice what you see, what you're thinking and how you're feeling

