

Conscious Living

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Have you ever driven for miles only to realize that you had done the whole trip on automatic and you couldn't remember the journey? Or you instantly react to someone or something, and you wonder why you reacted that way? Or maybe you just notice, that you just don't notice? It happens to most people. Things become so automatic that a person just slips into the subconscious or unconscious, and moves about their day.

As we grow up, we develop our own patterns, strategies and beliefs through our experiences. If repeated enough, or traumatic enough, these experiences settle into our subconscious and unconscious, and are used automatically whenever needed. However, our lives are always changing, and in particular, we find that living our lives on automatic, based on old patterns and beliefs, really doesn't work.

That's when conscious living comes into play. But what is conscious living?

Definition of CONSCIOUS - Perceiving, apprehending, or noticing with a degree of controlled thought or observation; done or acting with critical awareness

Synonyms: ALIVE, APPREHENSIVE, AWARE, COGNIZANT, MINDFUL, SENSIBLE, SENTIENT, WARE, WITTING

Definition of LIVING - Having life, active, functioning; exhibiting the life or motion of

Synonyms: ALIVE, FUNCTIONAL, FUNCTIONING, GOING, LIVE, ACTIVE, ON, OPERATING, OPERATIONAL, OPERATIVE, RUNNING, WORKING

So we could summarize by saying that conscious living is functioning, perceiving and noticing with a degree of controlled thought and acting with critical awareness. Far from living on automatic, it means noticing, being aware, and acting from that awareness.

Conscious living is:

1. Taking the time for yourself to think about and choose the life you want.
2. Understanding and changing any negative thoughts, patterns and behaviors you may have.
3. Becoming aware of your thoughts and words and actions, and choosing them consciously and carefully - living with self-awareness.
4. Living with awareness of your relationship with everyone and everything around you and understanding that your actions have consequences - choosing your actions consciously and carefully.

And how do we learn to live consciously? It is simple but it takes repetition and practice, just like learning all of the other beliefs and patterns we have acquired in our lives. Some simple tips for conscious living:

1. Get to know yourself. Examine your thoughts, actions, habits, and behaviors and work to eliminate those that are negative or don't serve you.
2. Become the observer. Look at yourself and your life from the perspective of a stranger looking at you. Do you like what you see - if not, change it.
3. Change your perspective, then do. Whether it is a person, a tree, an animal, look at life from the other's perspective and act based on that perspective. Do no harm.
4. Be grateful. Appreciation of even the smallest things helps to open your heart and grow the good in your life.
5. Be forgiving. Forgiving and letting go of the past allows us to move on and live in the present.
6. Accept the unacceptable and move on. Again living in the past, keeps us in the past. Accept and move on.
7. Meditate or pray. Going inside to connect with the Spirit, opens our hearts, our creativity, our passion, and our understanding.
8. Change what you do daily. Doing the same thing over and over every day, puts us into the automatic mode. Change things up, learn something new, try new things, meet new people, have new experiences - make life interesting.
9. Live in the present. We create our lives by the choices we make and we can only make choices and take action in the present. Stay present, take power, and create your life.
10. Love yourself. You may not be perfect, but none of us are. Be patient and love yourself while you consciously learn and create your life.

Conscious Living is well worth the effort. Creating our lives, and living awake and aware, is so much more fun, rich, and exciting than living on automatic.