

Life. Fun. Purpose.

With Purpose Coach Fawn Miller

Module 3.1.2

The Practice  
Of  
Waking Up

Awareness & Consciousness

*\*\*\*This worksheet is designed to be explored while listening to the corresponding audio\*\*\**

***“If there were nothing but thought in you, you wouldn’t even know you are thinking.  
You would be like a dreamer who doesn’t know he is dreaming.  
When you know you are dreaming, you are awake within the dream.”***

***~Eckhart Tolle***



Starting today, I invite you start an “Awareness Practice.” The instructions are simple: take a few moments to “Wake Up” and observe your thoughts as often as possible. Zoom out into “Observer” mode and simply *notice* your inner world.

This will reprogram your moment to moment experience so that you are no longer *sucked in* to the river of your thoughts, unconsciously identifying with whatever they say, and instead you will be awake and aware that they are happening OF you, but that they are not *who* YOU are.

Retraining your awareness in this way is the foundation for designing your “Hell YES!” life, inside and out. Once you are conscious of your inner world and realize that your thoughts can either work for you or against you, you can *choose* what to listen to and who to invite to your “party”...aka your reality.

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When I first started this “Awareness Practice” stuff, I had to get pretty creative about remembering “wake up” in the moment. I was so on autopilot that I would completely forget to tune in to conscious awareness. Kind of like when you walk into the kitchen but then for the life of you, you can’t remember what the heck you went in there for. I realized very quickly just how unconscious I was throughout my day. It was a very strange experience because I consider myself to be a very aware, thoughtful, and conscientious person. But when I would pick up my journal at the end of the day to record my Awareness Practice progress, I was like WOW. I’m totally sleepwalking through my day!

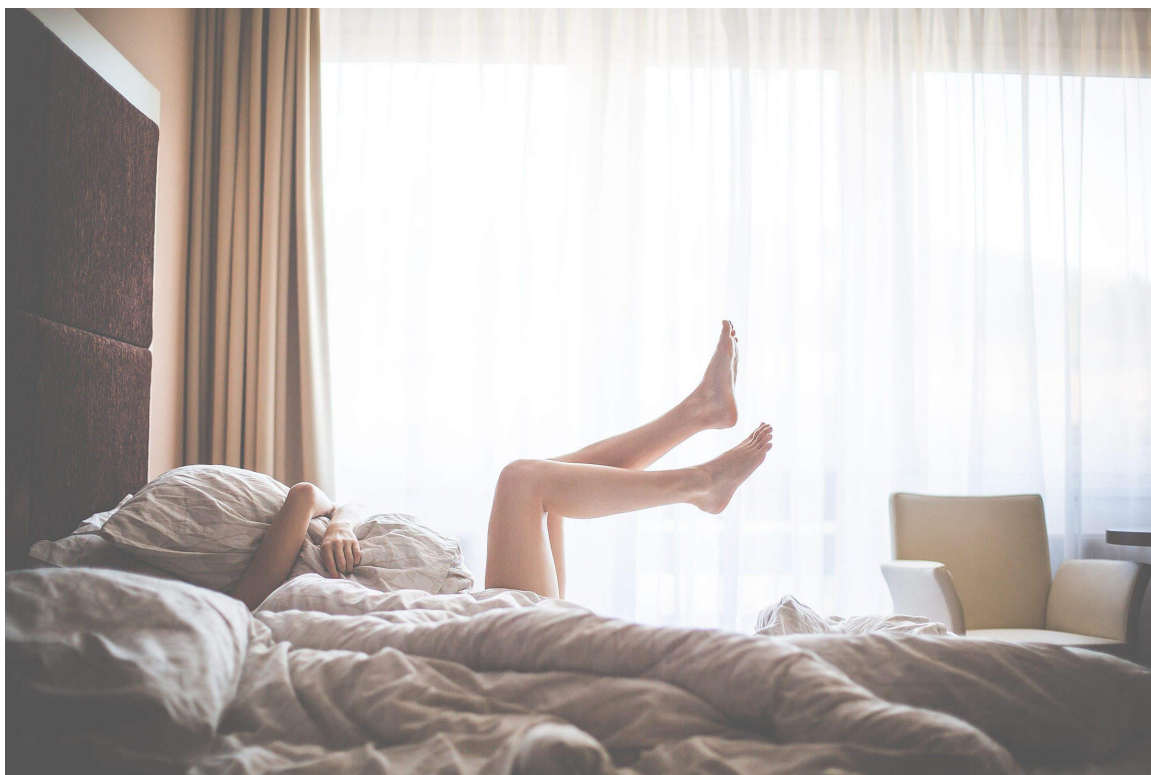
So...I put reminders EVE.RY.WHERE.

I’m talking sticky notes on light switches, in the fridge on the cheese drawer, in my car on the face of the stereo...I would draw little symbols on my hand or wear a special piece of jewelry, and set alarms in my phone. I made it a part of my daily morning routine, before and during journaling. I know, hilarious right? Even though my friends thought I was nuts (and then *they* started doing it) and my house looked like some kind of sticky note and flash card gallery, I was committed. And I still am. Because it *works*.

To be honest, I find Awareness Practice and meditation pretty amusing... meaning, I’m very amused by my inner circus (especially in the morning): sometimes I’ll start laughing so hard when I realize the things that are popping in out of the ether! I’m like “*Geez guys, where the HECK are you coming from? I literally just woke up! You are so random and NO I don’t want to feel insecure and anxious right now thank you very much Mr. facebook article headline I accidentally saw yesterday about how eating carrots is correlated with getting hit by lightning*”....

And then, I realize that I was just *thinking* about what I was *thinking!* Ahhh! It’s so META! :)

I'll watch allllll of that pour in, pour through, pour out, and I "sit" back in the seat of my consciousness peacefully until things calm down a bit. I mean for sanity's sake, I don't want to start my day being involuntarily recruited into that circus! So I'll chill out for a bit, let it roll through town, and then I do my gratitudes and get my butt out of bed to go journal and lean through the daily comfort-zone-expansion-challenge I call yoga, lol.



## Awareness Practice, Part 1

**I invite YOU to do whatever it takes to 'wake up' throughout your day as often as possible.** I highly recommend scheduling "consciousness breaks" aka "Awareness Practice" aka "meditation" into your day to simply and gently notice your thoughts. I especially recommend "waking up into awareness" as soon as you literally wake up first thing in the morning. Take a few moments to notice the flood of thoughts that rushes in like a tidal wave as soon as you 'ping' into your day. Simply lay in bed and observe them, with the understanding that you are *not* them but that you are *experiencing* them. As you watch your thoughts, gently label them "Thinking."

Here is an excerpt explaining the details of this practice from Pema Chodron's phenomenal book ["Start Where You Are"](#):

*"Labeling our thoughts as "Thinking" is a powerful support for lightening up. A very helpful way to reconnect with this open dimension of our being, this fresh, unbiased dimension of our mind. When we come to that place where we say, "Thinking", we can just say it with an unbiased attitude and with tremendous gentleness. Regard the thoughts as bubbles, and the labeling, like touching them with a feather. There's just this light touch, and they dissolve back into the space. Don't worry about achieving. Don't worry about perfection. Just be there each moment as best you can. When you realize you've wandered off again, very lightly acknowledge that. The light touch is the golden key to reuniting with our openness. Just touch the thoughts, and let them go.*

*When you notice you're making a really Big Deal, just notice that with a lot of gentleness, a lot of heart. In reality, it's No Big Deal.*

*If the thoughts go and you still feel anxious and tense, you can allow that to be there, with a lot of space around it. Just let it be. When the thoughts come up again, meet them for what they are: No Big Deal. You can loosen up, lighten up, whatever.*

*Connect with the open, spacious quality of your mind, so that you can see that there's no need to shut down and make such a Big Deal of everything. And then when you do make a Big Deal, you can give that a lot of space, and let it go.*

*In sitting practice, there's no way you can go wrong, wherever you find yourself. Just relax. Relax your shoulders, your stomach, your heart, and your mind. Bring in as much gentleness as you can, and follow your breath and observe your thoughts.*

*When we regard all our thoughts as passing memory, labeling them "thinking" touching them very lightly, then they will not appear to be so monolithic. We will feel a lightening of our burden.*

*Labeling your thoughts as "thinking" will help you see the transparency of thoughts, that things are actually very light and illusory.*

*“Every time your stream of thoughts solidifies into a heavy storyline that seems to be taking you elsewhere, label that: “thinking”. Then you will be able to see that all the passion that is connected with these thoughts, or all the aggression, or all the heartbreak is simply ‘passing memory.’*

*If even for a second you actually had a full experience that **it was all just thought**, that would be a moment of full awakening. This is how we wake up our innate ability to let go.*

***Use the labeling, and use it with great gentleness as a way to touch those solid dramas, and realize that you just made them all up with this conversation that you’re having with yourself. Touch and then let go of whatever you come up with.***

*Instead of running around the room like a wind-up toy, you can just pause, and let it go.”*

*~Pema Chodron, “Start Where You Are”*

Through this practice you will gradually realize and wake up to who YOU truly are, and begin to shift into the freedom of not identifying with your thoughts, especially your negative thinking. From this awakened place, you will live in conscious choice, and design your reality however you desire.

**Action Item:** How will you set yourself up for consistent “Consciousness Wake-Ups” throughout the day? Who will hold you accountable? How will you track your progress?

**Describe here:**

## Awareness Practice, Part 2

As you begin your Awareness Practice, you may notice that some of your thoughts in particular stand out. Maybe they are repetitive. Perhaps they are exceptionally strange, scary, or maybe fun, or exciting. In this phase you are going to begin using your awareness to track your thoughts. As in, taking note of them when you take your “Awareness Breaks.”

**Create a running list in your phone, or section in your journal, or here in this worksheet, or record them in your voice memos and transcribe later. Whatever feels best for you. The important thing here is that you are aware, and consistently recording the thoughts that come through.**

Note: whatever comes up, be as neutral about it as possible and simply write it down. This is not an exercise in judging our thoughts, or feeling good or bad about them, or even evaluating them. Remember, thoughts are merely “*thinking*.” In this phase we are simply noticing and recording, like a scientist in the field.

**Action Item:** Decide on how and where you will record your thoughts. Feel free to use this section to write down the thoughts that flow through when you are consciously observing.

I will record my thoughts (when): time of day/daily/days per week/etc

I will record my thoughts (where): journal/in workbook/phone/etc

*“Life is the constant Opportunity to wake up.”*

~Byron Katie

# **Awareness Practice, Part 2**

## **Thought Tracking Journal**



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