

#UNHARMABLE

Bonus Module: Awakened Living

From Chapter 9 of Conscious Recovery

It is the birthright of each and every one of us to live an awakened life. Most religions and spiritual traditions teach us that we need to adopt a certain belief system or follow some prescribed steps in order to attain a state of enlightenment. A long-held belief about awakening is that only a small number of people, destined to become gurus or spiritual teachers, can attain it. It is certainly true that until recent times only a small minority of people on the planet had attained this state of full self-realization. These saints, mystics, and spiritual masters were seen as “special.” And they certainly were, at the time. However, times are changing. We are now living in an era of rapid acceleration of the phenomenon of spiritual awakening. The truth is that awakening is absolutely available to every single human being on the planet right here, right now. Enlightenment is our most natural state. When we strip away all the concepts and ideas we have learned over our lifetime—about ourselves and how we view the world—we uncover the simple truth.

— TJ Woodward, *Conscious Being*

Living an awakened life is fundamentally simple. It's our natural state. Awakened living is waking up from the illusion of separation, fear, and scarcity, and returning to our original perfection. Awakened living is

experiencing absolute presence, and living in a state of awe and wonder. It's living beyond our stories of shame and trauma, and living in a state of curiosity that's possible because we are grounded in love and community in an ever-growing relationship with our essential self. Awakened Living is a recognition that the basis of our life is freedom and the purpose of our life is joy.

As we've seen throughout this course, we nurture this relationship and live an awakened life through spiritual practices such as mindfulness exercises and building safe spiritual community. We grow in awareness by identifying our core false beliefs, questioning the assumptions we make in our ego state, and practicing non-judgment and nonresistance to come more fully aligned with our authentic self. When we truly recognize our oneness with Spirit, we're living beyond judgment. We're living in radical forgiveness, love and joy. Life is no longer something that happens to us. It's something that happens not only through us, but as us. We are love, we are forgiveness, we are joy!

Finding Purpose

When we talk about purpose, we generally refer to something in the outer realm, something we want to do. We tend to believe that if we achieve this thing or that thing, then we will acquire what we want, whether that's fulfillment or happiness or a better standard of living. We often look at our goals and achievements as effort, striving, even as struggle. What we're discovering together in this course is the power of the inward-looking approach. Tapping into our wholeness, into our divine nature, is our most fundamental purpose. Our primary purpose is simply to awaken. Being

grounded in that space of essential wholeness makes pursuing any intention in the outer realm much easier, more powerful and connected. When we tap into the truth of who and what we are, life naturally becomes purposeful. There's no striving to achieve something beyond us. We are simply guided in a very powerful way to what's already there.

I want to examine two levels of purpose: our common inner purpose and our individual, outer-directed purposes. Our fundamental purpose is simply to awaken—to become conscious of our inherent wholeness, to live in a state of presence, to become aware of our oneness with Source. And as we grow in awareness of this purpose, it becomes manifest in all our outer-directed purposes. This isn't about figuring it out. It isn't about latching onto a new set of beliefs or perfecting our spiritual technique to do it correctly. It's about deepening the awareness of our essential wholeness. It's also about moving from our head, into our heart, and ultimately living in a deep awareness of our intuition. It is shifting from feeling trapped by our thoughts and ego-driven goals into experiencing a deeper, more authentic feeling tone. It is expressing a fundamentally new way of being in the world. This is the most profound journey, because as we move into this intuition-based, inner-directed way of living, everything changes.

This deep vision of the self is the fruit of your spiritual practice, your inner work. It comes from your essential being. It is beyond thought and beyond emotion. This deeper vision is your most important purpose; it's what you may have been experiencing throughout your recovery and throughout the modules in this course. As you move more deeply into recognizing your oneness with Source, you will also be opened to a vision specific to your individual life. As you live more fully in connection and love, you'll glimpse a distinct purpose that's tied to the universal purpose, which is to remember

and live from our essential wholeness and perfection. The deep trust of your inner knowing will guide and inform you about your own way of serving humanity and the world.

Ego and Purpose

As I shared previously, when I had been in recovery for a time, I had accomplished a great deal of success in the outer realm. I had a prosperous business, a handsome boyfriend, and a muscular body. I had been practicing spiritual principles like affirmations and meditation, and I was finding safety in spiritual community. I was taking ownership of my thoughts and intentions. My life seemed complete. Yet, in the midst of all this external success and inner growth, I started experiencing a vision of myself as a spiritual teacher. My inner voice began revealing to me that my purpose was to deepen my own awakening. And my purpose was also to bring this transformation into the world. I couldn't see how that vision was possible, so whenever I felt it, my ego mind would say, "That's crazy. You can't do that! How could that happen? How could you make a living from that?" Even as my ego mind tried to dampen the vision, it quietly persisted, all the time getting stronger and more clear. Back and forth I went, between the vision and my doubt, as I stayed open both to what my deepest self was offering and to my desire to control the situation.

When at last I finally said yes to that vision, my outer world began to crumple. I went through a time of personal chaos as my current life met with this new consciousness. Things needed to break and expand, so I could accept the vision, because it was so much bigger than what my current perspective and my existing way of life could handle. Because my ego was

so quickly shutting down my visions, they required nurturing. Once I said yes to my personal vision, I consciously and intentionally began moving that yes into a deeper, more profound awareness. In this ongoing process, I came to embrace the feeling tone of my authentic personal purpose.

When this kind of nurturing doesn't happen, or when we ignore our visions entirely, they can easily disappear. During a workshop a few years ago, one of the participants came to see that her own vision for life was something to do with helping animals. At the moment this happened, we could see it come to life in her physically. It looked like twenty years fell away instantly; she suddenly had this lightness about her. However, almost immediately, her ego mind crept in and she started saying things like, "What about my job?" and "I can't go to veterinary school at my age!" Just as suddenly, we saw that expansiveness close back down. The light was soon dimmed.

You may have experienced this yourself: first feeling the joy of that peak spiritual experience in which you're in touch with a vision, and then letting the ego tear it away from you with "I can't" and "that won't work." Visions are delicate; think of them as an energy that needs honing, a frequency that needs fine-tuning through attention to our spiritual practice and our community. Once we get our vision, it is necessary to create a space in which it can thrive and manifest. That might mean surrounding ourselves with people who want to support it. It might mean not sharing the vision with anyone for a while as we sit with it in meditation, allowing the silence to bring it more fully to our conscious awareness. It's like a tiny sprout that needs fertilizing and tending indoors before it's strong enough to withstand the elements.

Maintaining Focus

Nurturing your revelation is about eradicating everything in your life and in your consciousness that dampens your vision. Think of this old story about a frog race. One day, a bunch of pond frogs decided to race to the top of a nearby tree. As a group, they headed for the tree, while all the frogs who stayed behind muttered to each other: "This ought to be good. They'll never make it." As the frogs started up the lower part of the tree, the crowd started shouting: "You're kidding yourselves!" "It's too tall!" Some of the frogs soon dropped from the tree, but others kept going. The crowd kept shouting, "You'll die if you go any farther!" and more frogs fell. Eventually there was only one frog left, and he was undeterred—finally managing to reach the top of the tree. When he had made his way back to the pond they all asked, "How did you do it?" He didn't answer. They raised their voices and shouted at him, "What's your secret, friend?" Still no answer. Finally, an old frog who had been watching the entire time said quietly, "Why are you shouting at him? He's deaf."

Once you get a hold of a vision for your life and decide it's what you truly desire, be like that frog, carefully immune to all the voices of doom that tell you it isn't possible. How much could you accomplish if you were free from those voices in your life? When you do listen to those voices, they can sometimes even activate your old core false beliefs. This might happen even when you're living in conscious awareness. So, I want to encourage you to return always to the practice and process of unlearning. We continuously need to unlearn, no matter our level of conscious awareness. We constantly need to nurture our purpose and our intention. Sometimes this takes time. I once held a vision for my life for about two years before it started manifesting in the outer realm. Once it did, things moved more rapidly and

doors commenced to open. But those were two long years, and if I had not been nurturing my vision through spiritual discipline, I could easily have given up.

I nurture my purpose in relative reality as well as ultimate reality. On the inner level, I utilize meditation, for example, to remain in touch with my foundational wholeness and to nurture the relationship with my divine nature. I also foster my purpose on the level of relative reality—in the outer world of practicality and actionable goals. For example, I make it a point to set concrete and measurable goals for myself. I am blessed with three people who have committed to supporting my purpose. I am accountable to them. We meet every Monday to go over my current intention and my current action items. Every week I report to all three of them: Here's what I did do, and here's what I didn't do. This is the sort of tangible, practical support that helps me nurture my outer purpose.

Conscious Action

Action is still required. In an awakened life, it's very different than the outer-driven action we may be accustomed to living. There's more ease and more grace. It's not about achieving something in order to be successful or to be accepted or acceptable; it's about doing something that's nourishing us internally, something that comes out of who and what we essentially are. So, we can live in gratitude for every single action item; every task is now an expression of our vision. It's a truly different way of being in the world. Don't worry if you haven't discovered your personal life vision. Growing in awareness of who and what you are is your fundamental purpose. The more you live in that purpose, the more apparent your own individual outer

purpose will become. And, as you align more closely with your purpose, the people and the tools to support your vision will flow more easily into your life. The world will help guide you into what's next.

A word about ego: In many spiritual practices and traditions, it is taught that the goal is to be rid of the ego. As my wonderful friend and colleague Dr. Sue Morter so eloquently stated: "Only ego would want ego to die." So, rather than viewing your ego as something to be destroyed, I invite you to open up to a new way of seeing it. In the awakened state, the ego becomes the vehicle for Spirit. In other words, the ego holds within it aspects of personality that can be useful in your life and in this world when married with a powerful vision and intention. In my own life, I am grateful that I have certain talents that allow me to deliver my message of spiritual awakening to a large audience. What are the gifts of your ego?

Choosing Happiness

Our culture tells us that happiness is something to be achieved. Often we act as if our purpose in life is to find happiness, whether it be through achieving what looks like success or freeing ourselves from pain. The trouble with anything we "get" in that way is that we then may believe we need to hang onto it, to fight for it, or we might fear we will lose it. The Dalai Lama says this about happiness: "When you are discontent, you always want more, more, more. Your desire can never be satisfied. But when you practice contentment, you can say to yourself, 'Oh yes - I already have everything that I really need.'" We might look at happiness as something granted to the lucky few. Our stories, our core beliefs, might tell us that happiness is beyond us, that it's only for other people. But if we believe that happiness

is just the luck of the draw, as it were, if it's available to some and out of reach for others, that's a roadmap to despair. Fortunately, we can experience happiness in a different way as we awaken to our true self. We begin to experience happiness as a choice.

For some, this can be hard to imagine or accept. In fact, out of all the discussions I have with people about spiritual awakening, this is the one that results in the most push-back and resistance. "Happiness is a choice? I'm not sure if I can buy that." "Really? Do you know what you're saying to people who have depression or are suffering from a debilitating illness?" So, first let me clarify what I mean by happiness. Happiness in this sense is more than a feeling. It's more than a rush of ecstasy, more than having a great day or even a great year, more than the experience of health or the absence of pain. It's more than the security that comes with external success. Further, happiness is not simply flipping the story, or looking for the good in all things. It's a state of contentment, and a level of satisfaction with what is. We might call it joy.

In the book *How We Choose to Be Happy* by Greg Hicks and R. F. Foster, the authors interviewed people from around the world—both happy people and unhappy people. They found nine basic choices that truly happy people have made. These are not attributes, activities, or feelings. They're choices. You might be surprised to hear that one of the choices happy people make is the choice to feel emotions deeply. Happy people choose to embrace all their feelings. When happy people lose someone, they hurt, they grieve, they feel loss. Loss and sorrow are just as much a part of an authentic, integrated life as feelings of satisfaction and joy. When truly happy people allow themselves to feel deeply, those feelings pass through them, which allows them to return to their natural state of presence and joy.

Choosing Peace

How can you make this kind of choice? How can you choose peace and happiness in every moment, regardless of outer circumstances? It's all about awareness. If you're trapped by your unconscious biases and assumptions, then those things are running the show and making your choices for you. Those mental structures are unconsciously dictating what you feel, and what you push into the shadow. From that level of awareness, you can't seem to choose happiness. You can't seem to choose because you don't know you can. But as you begin to identify those limiting inner constructs, those deeply held beliefs about yourself and the world, then more possibilities become open to you. As your awareness deepens, so does your experience of freedom, including the freedom to choose peace and happiness. And this comes from a state of consciousness, a way of being in the world. Yes, peace and happiness are both states of being in the world. They are choices.

Happiness and peace are decisions we make. We can decide that no matter what happens, we're going to be open-hearted, loving, and connected. Even when we lose touch with that choice and seem to get bumped off track, as when something happens to trigger our fight, flight, or freeze responses, we can still return to this choice. Peace is what makes this happiness choice possible. Peace is the sense that we don't need anything or anyone to change in order to experience a deep sense of contentment and joy. It's the assurance that our freedom is not limited by how things are in the external world.

One might imagine that living in a state of peace and happiness puts us in a state of denial about all the seeming pain and injustice in the world. But choosing peace and happiness doesn't require us to look the other way

when we're confronted by its seeming opposite. In fact, it's the confidence of peace and the power of happiness that allows us to infuse every situation with love and forgiveness. It's what makes peaceful resistance so effective, it's what energizes the lives of people like Mahatma Gandhi and Martin Luther King, Jr. When we are grounded in oneness with Source we can approach even the most violent situation without succumbing to the reactive impulse. And when we're free from the impulse to fight back, to fix things, to beat up the "bad guy," our vision expands and we can experience other possibilities. This is what it means to live an awakened life.

Discovering True Freedom

Our culture is all about freedom. People often speak of fighting for freedom or protecting freedom from the enemy. We tend to think about freedom as something to be gained or lost on the outside—something granted to us by external things, like our constitution, government, or lifestyle. And we fear it can be taken from us by external things, like our nation's enemies, the penal system, our boss, or our addiction. I'd like to look at a different type of freedom—one that is not freedom from anything external. Simply put, this is an inner freedom from duality, from "good" "bad" "right" and "wrong." It's freedom from the stories and perspectives that limit our choices and viewpoints. This freedom opens us to the power of authenticity, to the choice of peace and happiness, to awakened living.

This doesn't mean that in a state of freedom we are not ever going to notice we have opinions or perspectives; it simply means that we are not as deeply entrenched or invested in our opinions and perspectives. We recognize their place in the spectrum of possible options. We see our opinions and

perspectives as an expression of who we are and what we are experiencing at this moment, given what we know and what we don't know. Our opinions and perspectives are not the totality of who and what we are. Furthermore, as we continue on our path of awakening, we can actually raise our consciousness and move beyond opinions and perspectives altogether. Freedom is then possible and we arrive at a place of witnessing life rather than reacting to it. It's being in a state of awareness of nonresistance and non-judgment that allows us to evaluate our opinions and perspectives and choose from there. Are our opinions causing conflict and division? If they are, our freedom opens us up to the other sides of the story, to possible alternatives. Is our perspective bringing something valuable to a relationship or situation? If it is, our freedom opens us up to adding further to that perspective, to nurturing it with additional information and deeper nuance.

Inner freedom is living in present moment awareness. It is a level of consciousness that's beyond clinging and aversion, beyond suffering. That to me is what is meant by "Being in the world but not of it." When we're of this world, we are bounced around by life, reacting to what happens to us, imprisoned by the stories we've built up about ourselves and our world. When we're in this world but not of it, we still move through relative reality, but we're grounded in our absolute essence, and this provides unlimited freedom to choose, to feel fully without being manipulated, and to respond rather than react to the fluctuations of the outer world.

Moving toward freedom may seem like a process, and not a one-time event. Things in the outer realm can sometimes pull us back toward old behaviors when we are early in our spiritual practice. Just because we are growing in awareness doesn't mean that daily "challenges" will suddenly stop

appearing. Our spiritual practices keep us aware, helping us to return consistently and constantly, moment to moment, back to a state of love and connection. Freedom may take practice, and as things like meditation and mindfulness teach us to become more aware of our reactive self, we become able to witness the reactive self without judgment and then to question it. We can ask what choices we have to make in the situation. There are always deeper levels to freedom; indeed, becoming patient with this process is a kind of freedom in itself. Are you ready to release and let go of the self-imposed prison you have been living within? This is the moment!

Embodying the New Paradigm

Michael Bernard Beckwith so eloquently stated: “We’re not here to save the world, we’re here to serve the new paradigm.” Spiritual teachers have long taught us that we are more than human beings who now and again have a spiritual experience; we are spiritual beings having a human experience. This has been an important insight for humanity. But it’s often still grounded in binary thinking, in a duality between physical and spiritual. Today humanity is entering another level of consciousness—the emerging recognition that we are spiritual beings having a spiritual experience. This awareness of the underlying unity of all allows us to welcome things we might otherwise see as “negative,” like disease, unemployment, and death, as well as the experiences we’ve tended to see as “positive,” like a new baby, a promotion, or falling in love. It’s all part of the rich tapestry of an authentic and awakened life.

When we live from this mystical awareness, we live with a feeling tone that everything is spiritual (meaning we recognize the greater reality of oneness

beneath all situations), and we no longer attempt to cling to the “positive” or eradicate the “negative.” We no longer avoid either light or shadow. From this space of consciousness, we can be the observer. We can recognize that everything is fuel for transformation, and yes, some of the most painful experiences can be the most transformative. So, even as we enter into something painful, even as we’re feeling that pain deeply, the spiritual perspective allows us to ask, “What is wanting to be born here?” This openness to Spirit in all things is the new paradigm. It’s a space beyond duality, a space of stillness in the essential self. This new paradigm is beyond any one perspective, beyond any single story, fully grounded in present moment awareness, in curiosity, awe, and wonder. What’s more, the new paradigm takes much less effort than the old. Duality is hard work. If we’re stuck seeing the world through the lens of “us” and “them,” then compassion can be difficult, gratitude and generosity challenging, and forgiveness may seem almost impossible.

When we awaken to the deeper understanding that we’re all one, we experience an immense shift. In this paradigm, we may sometimes still experience pain, but we will no longer blame anyone or any situation as the cause of the pain. We will be accountable for our own experience. It may be that a wound within us is touched by what happened, and in that case, it’s important to discover how it might help us grow beyond that trigger. As a matter of fact, we no longer focus on triggers at all, but acknowledge that something is activated within us that is wanting to heal. In that way, we can welcome every situation as an opportunity for our own growth and expansion. When we come to see that what other people do or say doesn’t impact the truth of who and what we are, and we recognize they are acting out of their own “woundology,” we don’t make ourselves victims to anyone else’s behavior. We no longer blame anyone else for our experiences. We

become able to respond to them rather than reacting out of our old programming. In this way, we can be at peace regardless of outer circumstances.

As we embody this dynamic new paradigm, new possibilities open in our consciousness and in our lives. We recognize that because we have grown in conscious awareness, we can naturally access and activate a deeper blueprint for our lives. We can embrace a life filled with connection and joy. We find ourselves living from a perspective of continuous awe and wonder. Life becomes immensely simpler over time, and we move into a way of being that even feels effortless. This is because we have awakened into a new way of seeing ourselves and the world. We have been returned to our original perfection. Because of this, our lives continue to open to greater opportunities. As we grow our level of consciousness, the outer world responds.

Awakening into Service

When we tap into a deeper vision for life, it can literally bring us to life, because the visions that come from our oneness with Source call us to be more fully authentic. Interestingly, in most cases, those visions involve serving other people. It has been said that a truly fulfilling life includes serving others in some way. That has certainly been my experience. People who are living authentically in love and connection often do not envision just living in order to get more stuff or more power, it quite often also includes helping humanity in some way. There's something about living in true freedom that leads us toward serving as a catalyst for contributing to the world. Mahatma Gandhi said it this way: "Service which is rendered

without joy helps neither the servant nor the served. But all other pleasures issued possessions pale into nothingness before service which is rendered in a spirit of joy."

The greatest form of service we can offer the world is nurturing and growing into a state of present awareness, living as love and connection. When we're living in a state of conscious awareness, our very being helps shift the greater consciousness on the planet. So, the first and best way to be of service is to do our own inner work of clearing. From that consciousness of freedom, each of us chooses how we serve the world. We often think of "service to others" as something that is offered from a place of superiority. We see it as sacrifice, as giving up something. Per a dualistic paradigm, if we are "good people" we will give from the store of what we have to those who have less. This assumes many things. It might assume that service involves someone who has more, knows more, or is worth more. It might mean giving up something to a person who has less, knows less, or is worth less. So right from the start, this service is based on duality, and it both assumes and encourages an unequal relationship. Our service can be all tangled up with a martyr/victim consciousness.

Let's say you decide to get involved in helping the homeless. If you approach this undertaking as a sacrifice of what you possess, then you may end up creating more suffering. This approach tends to put you, the "giver," in a position that's superior to that of the "receiver." This relationship may set up certain expectations that limit understanding and diminish your service. For instance, it may lead you to make assumptions about what the person in front of you needs, without knowing anything more about them. You may be more tempted to judge them and to resist information that

challenges your judgment. Or you may be crippled by guilt that you have plenty while they do not.

But if you come to service from a space of present moment awareness, from a space of oneness, you will be free from judgment and resistance, able to remain more present, more authentic, more open to what people are saying, and more relaxed about your work. When you are open, you allow others to open, and this is a large part of any service. This makes the service that we're called to in an awakened life so much more graceful and rich than what we might have experienced before. Our awareness shapes our service. Our every moment, our every act, is formed by our consciousness, our way of being in the world. So, that most fundamental and universal human service—growing in awareness and living an awakened life—leads each of us into our own unique forms of service—whether that be working with the homeless, helping preserve wildlife habitat, serving as a mentor or coach, or even discovering that we have a powerful and innovative way of serving humanity as a whole. Whatever we do, living in a state of open awareness will lead to and shape authentic service. It starts in consciousness and it ends in consciousness.

Engaging an Enlightened Life

Enlightenment is an inside job. Nothing on the outside needs to change for you to be happy, free, and living the most awakened version of your life. As you recognize how the beliefs, stories, and perspectives that initially protected you may now be limiting your freedom and your choice, you can move into the process of living in oneness with Source. As you wake up, you have more freedom and more choice. This is both a process and a moment-

by-moment decision to remember the truth of who and what you are. You can live in a state of awe, wonder and peace, and you can choose happiness.

In being peace and happiness, in demonstrating it to yourself and to others, you serve the world. Bringing the new paradigm to life is the ultimate service, and the greatest gift you can offer. Humans are designed to grow. As we reach one level of understanding, we tend to yearn for a deeper awareness. When we come up against the limits of our current state, our current beliefs or strategies, we may experience discomfort or imbalance. When we're able to be with that discomfort, we can see where it comes from and where it's headed. And so we grow. Wherever we are, whatever our level of consciousness, we can grow, we can become more fully aware, more fully awakened.

Enlightenment is actually a very ordinary state. It is also an extra-ordinary state. It feels elevated because it is not burdened by all the weighty ideas and beliefs we had previously amassed. When we come to realize the truth of who and what we are, we are no longer limited by the false sense of identity within which we had previously been confined. Our natural state of freedom is restored. There is no longer anything to fear. The deep peace of our true nature is revealed to us. We are no longer run by the programs in our mind—that is, our learned ideas about who we are and how we “should” live, including our concepts of “right and wrong,” and “good and bad.” We have remembered that we are pure consciousness. Consciousness simply is. It is not for or against anything. It simply is everything. When we are fully self-realized, we naturally speak and act as love. We could not possibly do or be anything else.

In Conclusion

Let's look at how far you've come. Think back to the moment (or moments) when you first realized that your addictive behavior was no longer serving you. When you first acknowledged that your search in the outer realm wasn't going to fix things—no amount of alcohol, work, sex, shopping, or any other addictive behavior could restore you to a place of wholeness. You came to believe that somehow an awareness of love and connection was possible for you, even though you couldn't see it or even imagine it. That step took courage. It took trust in your recovery.

Now, think back to when you were first recognizing and releasing your core false beliefs. Remember that painful "aha" moment when you realized that on deep level you truly did believe you were unlovable, or unworthy, or whatever? When you truly felt how deeply uncomfortable that false narrative was because it wasn't your true self? When you saw that the reality you had created from your core false beliefs was not the reality you desired? That step took a willingness to reach down into the shadow and welcome it up to the surface. That step took conviction. It took trust in the process.

Remember that moment when you first wondered if maybe another way was possible? And remember when you started realizing that you are not your beliefs, your stories, your old narratives, your reactions? Remember when you were able to take that next step into the unknown, into a new relationship with yourself and with Source? Remember the joy and excitement you experienced when you remembered a deeper truth of who and what you truly are? That step took imagination. It took trust in yourself.

Recovery means a restoration to health. It is a restoration to your essential self. It is a restoration of the beautiful infinite potential you were born with, free from all the limited and limiting distortions of those old stories and false beliefs, and full of possibility, curiosity, and awe. That restoration is your divine vision, your ultimate purpose as a human. Conscious Recovery restores you to this place. It returns you to this perfectly recovered canvas. And once you're there, you can consciously create whatever portrait your oneness with Source reveals to you. And you can be that self, that vision, much more deeply than when you identified with your old misrepresentations of limitation and brokenness.

You have the power to open your heart to a new way of being. You have the power to experience a deep sense of gratitude, peace, and happiness. This power is within you, right here and right now. All you need to do is say yes. Are you ready?

A gentle reminder of the truth:

You are Whole

You are Perfect

You are Magnificent

You deserve a life filled with love, connection and joy.

You have the power to consciously create the life of your dreams.

THE MOMENT IS NOW!