



Becoming Aware Listening Practice

Introduction

This is a beautifully effective release technique and I am thrilled that you will know it and can use it in your own life to reveal more of who you really are!

People who have used this Listening Practice have shared with me that their lives have changed so much for the better. They feel much more peace and can feel joy more easily and frequently. They have experienced relief and freedom in many different areas of their lives. It's used for experiencing peace and relief in big and small areas of life; from going to the dentist, having to deal with difficult people, your children not listening to you, to money concerns, weight issues, unrequited love and phobias.

The most important thing is to remember to use it when you feel contracted and to and to enjoy it! Yes, there will be tears, but they will be tears of release, healing and integration into love. I know I'm not alone when I say that when you practice it, it

can be truly life changing.

So, I'd love to share a little background behind this Practice.

This Practice shows you that heavy feelings are actually an invitation to meet yourself and integrate the energy so that you have more access to the fullness of who you are. Put simply, when you make this a part of your life, this Practice can result in your feeling happy, content and fulfilled.

The point of this Practice is that you embrace the parts of yourself that you previously resisted so that a space opens up, (this happens literally on an energetic level) understanding and release happen and the space is filled with love.

This results in two main things happening in your life: one is that your intuition can now become clearer and it will be easier for to connect with Divine guidance. The other is that because the resistance is reduced or eliminated, you can experience more easily a surrender of your false self - a Divine surrender into more of who you really are. This is the ultimate fulfillment and this Practice can begin to open the way to this - to yourself... to live from who you really are.

We come here without having been conditioned; our energy is pure. Up to the age of seven is when our subconscious mind is programmed as it is in a predominantly theta brainwave state, which is akin to a hypnotic trance, meaning that we absorb everything without filters. We become imprinted with the beliefs of others: parents, teachers, our culture, religion etc. And so, as small children, how we perceive the world is downloaded into our subconscious mind but we don't have the capacity to discern or choose these beliefs. Thankfully, once we become aware of this, we can change our limiting beliefs about ourselves and the world.

I'd like to make an important point here for those of you who feel an unconscious grief that you have lost something; your energy is still pure but becomes covered over so who you really are is merely hidden and therefore more difficult to experience.

It's because you've been conditioned that you've forgotten that you are eternal and infinite and beyond this realm.

Your truth has been covered over. Layers of conditioning have been imposed upon

you and words have been spoken over you. Your golden, mellifluous, beautiful light has simply been covered over. Remember that it is always present. This is all part of living here and it makes the emergence so much sweeter when you realize this. You can blossom and let go... you choose to live from who you really are – and this Process facilitates that – you begin to emerge, your light begins to shine and you feel the comfort and security and peace envelop you in your everyday life.

This practice offers you the opportunity to transmute the dense energy that covers over your truth.

It can help you to live more from your spirit rather than from your conditioning or ego; your false self.

From now on, you have a Practice that you can use (and please do use it!) to help end procrastination and the resistance that causes “negative” feelings.

When you *do* choose to shine the light of your awareness on these parts, freedom can be born from resistance.

What I have found is that the key to Living from Awareness, from who you really are, is to before hand become aware of the resistance you are feeling in an area of your life. To be aware of patterns that keep showing up or parts of you that you don't like, things that you don't want to look at, what you feel resistance around, feel numb or push aside.

These abandoned parts of yourself have a lot of charge around them and actually run your life on an unconscious level, making it difficult for you to feel peace for prolonged periods.

Only when you allow yourself to acknowledge these parts, can you gracefully move into presence, this is where the magic and power is, this is where YOU are! You move into flow, being able to enjoy your life.

These parts are beckoning you to return this energy to harmony, to love. You can be your own savior. This is a beautiful opportunity to return them to love rather than push them aside once more.

A shift happens when you embrace this Practice. There is energy within you that requires attention... *your* attention.

Heavy emotions usually relate to past wounds. When we place loving attention on the part of ourselves that feels angry, hurt, fearful, stuck in procrastination and so on, that energy can be transmuted and you can continue your life feeling lighter and with that energy integrated and serving you. It's such a relief to realize that you can view these feelings as a beautiful opportunity to reclaim yourself through your loving attention, so that you can own your life again.

You can view the feelings that arise as your child within. So when you feel sad, frustrated, angry or heavy, whatever you feel, there is an energy within you that hasn't been integrated properly and has remained stuck and until you shine the light of your attention on it, you can't move forward with grace, you can't feel the joy you could be feeling because there's an upper limit to it.

The beautiful solution to this, the lesson, the opportunity for huge growth and expansion for you, is to become the loving parent to this part of yourself. Instead to looking outside of yourself for love, for fulfillment, you reclaim your own inner mother, your own inner father. When you were a child, you may not have received the love and support you wanted from your parents, if so, you would have grown up to feel that something was missing, maybe you feel that you're not enough or you need to strive all of the time, strive to be better, to prove yourself. The truth is that you are beautiful and magnificent beyond your understanding right now. You have everything you need within you now. The way to open the flow of energy is through love, by accepting yourself and then going beyond to loving who you are. That's how to feel truly free.

You don't need to look outside of yourself to others to give you what they may be unwilling or incapable of giving you. Know that you are so powerful that YOU can be the source of your own fulfillment. You can be willing to open to the truth of your soul and be nourished by your soul and by your Source, by Divine love.

When you are supported by your soul, by Divine love, you can embody that "mature being" so to speak; your inner parent, and this can result in your feeling secure, knowing that you can enjoy relationships with people as you no longer look to others to validate you... you're doing that for yourself.

When you think of these parts as children shouting for your attention, it's easy to see that until you attend to them (it doesn't have to take long, it's actually a simple

process) they won't let you move forward. You deal with what's happening under the surface for you. When you acknowledge them, the energy changes, you can feel a shift, a dismantling of old energy.

In this softness, healing and integration can happen, resulting in your feeling much lighter and your being able to continue your life from a clearer space so that you can connect with your Truth and receive the intuitive Divine Guidance that makes life so fulfilling and juicy!

You can begin to exhale, grow, feel joy, and take control (in the healthiest way). You can know your own value, not caring any more what others think about you. You can connect with you really are, beyond your conditioning. You can find that heavy energy and the effects of old patterns, judgments, conclusions, childhood conditioning can fall away, leaving you feeling light and ready to create your life from your Truth.

What happens is that you start to live more from presence - from your Truth - rather than from the false self. Your life can become blissful when you use this Practice as more and more of who you are is revealed. You won't feel bliss all of the time because you live on planet earth but there's always a foundation of peace that never changes and you can tap into it more easily. It's a choice to tap into what exists already. Remember, you don't have to create anything. You can relax. It feels so pressured when you think that you have to do everything and create it all yourself. Take the pressure off; when you live from who you really are you are naturally present so that when challenges come into your life, they are met without as much fear and you are carried through them. You can cry and feel your emotions but it's without the charge; the added weight of resistance.

The resistance of the pain is worse than the pain itself so this Practice has you acknowledge what's happening so that an integration can take place. Each time that you do this Practice, you become lighter and lighter as the layers that have been covering up your truth are removed.

Life feels very sweet when this happens because more love is felt, love is the truth of who you are. This Practice is a loving act for yourself. When you are "in love" a shift literally happens on a quantum level. Everything shifts when you love yourself. Part of my childhood knowing was that love never changes, that love is in

the space of everything; it's in the space of you! It's the real you! It's real, it's more real than anything that's happening on an outward level in your life. You are tapping into that love when you do this Practice. Just allow it, welcome it; it's yours already. Remember, when you were a small child, you were doing this - you were being this, you were present naturally... it was your true nature. It can be this way again, you don't need to seek and add things to your life and pressure yourself to be more and do more or to "fix" yourself.

It's very simple. Don't try to change your ego. Love that part of yourself that feels frustrated, sad, angry, critical or lonely part. You don't have to love the feeling, just the part of you that is feeling it. Love and let go so that you can live from your true nature.

It also has a positive effect on your physical body on different levels. Your health can improve because the stress response state of flight or fight begins to lessen and your nervous system can relax more.

This practice can result in you being sovereign in your life. No more leaking your power every day; knowing there's something better for you but being up in the air and unable to find the way to experience the clearing and connection you long for and know is available for you.

You are acknowledging what's happening, and in doing so, you are taking your power back from your conditioning so that you can connect with who you REALLY are and live from your Truth.

This Practice is part of a journey that leads you to what I call Connecting with Awareness (which is Stage Two of the Three Stages of Awareness Program).

I have found that before you can connect with Awareness, with Divine Love, with God, you have to connect with yourself first, love your own heart.

If you don't acknowledge and pay attention to what's arising for you, there will be too much static, too much charge or heaviness. This is why it can be so difficult to be present.

When you practice going Beyond Duality into Oneness, you become present naturally.

So, celebrate! From now on, you can go within where Being is. You can let go and be comforted that underneath the noise and resistance, is your truth, your Being... right here in every moment ready to guide you to your next best step in your life and ready to hold you in comforting support.

When to use this Practice

You now have a simple and effective Practice that you can use whenever you feel stress, upset, contracted, “negative”, a sense of unease that you may or may not know the reason for, frustrated and so on.

This is an awakening. Embrace this process to feel the freedom that you long for and beyond deserve.

Here’s a really useful tip to remember: actually make use of the heavy feeling by using it as an alarm to let you know to Become Aware and go within to listen; to let you know that a part of you needs your attention so that it can be integrated and you can feel lighter and more free.

So, when you feel a heaviness in your body or are upset emotionally or have a thought pattern that keeps recurring, you can use it as a glorious opportunity to stop and actually listen to what’s happening inside rather than continuing your day, your life, with a constant sense of unease in the background, tension or heavy emotions etc.

Whenever you feel that heavy, contracted feeling, please use this Practice. Or use it if you find yourself grazing at the fridge, feeling let down by a friend, a family member is really pushing your buttons, being mean to yourself about your body, feeling blocked in your work, feeling sad and lonely because you can’t seem to connect with people who’ll understand you, tired of routine, putting things off, wanting to do something but you are resisting it... you’ll know when to use it.

It’s about Becoming Aware. You are Becoming Aware of what’s happening for you; repeated patterns and feelings, so that when you use this Practice, you Become Aware in an expanded way. You become more of who you really are, which is on the deepest level, Awareness, Consciousness, Divine Love.

This energy is real and it becomes lodged in your energy field /physical body so when you acknowledge it and let it go with this Practice, you don’t have to face it

again in that form. It may arise in another form that is less intense because there may be another helpful lesson for you within it but once you go through the Steps intentionally and with presence (not while you're watching TV!) then an energy shift happens; not just as some nice concept but literally. It's fascinating.

Use this Practice when the feeling arises. Don't wait. Your mind will try to distract you but this is too important to put off. See the procrastination as a beautiful opportunity to go within and meet these parts of yourself so that you may feel free. You can't change your life by only trying to fix what's outside, you have to go within. When you start this Practice, you'll notice that the outside changes without you having to control it because your energy will have changed.

Genuinely, this practice has become an adventure. I anticipate something arising and actually can feel a sense of excitement when some old wound pops into my awareness, "Something else to let go of, yes!" My brain has been conditioned in a way that benefits me because I have seen so many amazing results from using this Practice, both personally and for others who have used it.

Approach this Practice from a space of relaxation, not from a space of pushing or trying to fix something. Nothing is wrong, everything is as it is meant to be.

You have found a beautiful key to empowering yourself. Please enjoy it!

Letting Go: what's happening during the Practice?

People hold on. They've been hurt but they still hold on even though the situation has come to a natural end. They continue to keep thinking about the situation or person even after they have left it. Usually, it's because they require the thoughts about that situation or person in order to keep their identity... but it's a false identity they are holding on to. It's the product of their conditioning. It's not theirs, it's not their true nature; it's made up. They are not living from their Truth. When you connect with who you really are, you can hear the intuitive guidance that is always available for you. When you continue to live from the false self, it's much more difficult to receive knowing and guidance because it is covered over. Living from the false self results in focusing on struggle and what hurts us; constantly thinking about it in an effort to figure it all out. Sound familiar? It was to me!

Most are held captive by the false self. Most live from their head not their heart. And most don't want to face what's happening within themselves. When your mind is asleep pain ensues. Become Aware by using this Practice.

Holding on hurts. When we are unaware, we either try to bury the pain or usually we keep on picking the pain back up.

We are supposed to have experiences, when we allow ourselves to feel them, they pass through. We cause so much pain when we hold on. We keep on picking the pain back up in an effort to figure it all out. From now on, you can be aware of the natural flow and remember to be present during these times especially. So you will be doing this Listening Practice to integrate the past; the energy that has built up in you up to this point.

Letting go is natural to us. You no longer need to hold on to what is causing you pain. You can learn from it and let it go.

We can carry so much baggage with us. Upsets, big and small are carried every

day: how we were treated by our parents, siblings, teachers, friends, lovers... All kinds of baggage is held on to. For example, different ways you deny yourself; those you hold responsible for your unhappiness are so often the ones whom you'll try so hard to please, in an attempt to get what you never received from them anyway.

So, why do most people hold on to pain? Usually, because they don't know who they are without it. But that was never their Truth.

You are always held, you are always supported. You can feel it when you allow it. There is nothing to fear. You will not "lose" yourself, only the struggle. Who you really are can never be lost.

That's why I'm so passionate about this Practice; the more you do it, the more who you really are is revealed and experienced by you. You can continue your life as an adventure, it will be much easier for you to be present and when you're present, you're not in struggle, there's no judgment about what's happening in the moment, the moment just is: spacious, beautiful and full of love.

So, when you live from the false self (your personality, your conditioning), you hold on. When you choose to become aware and do this letting go Practice, you begin to return to your true nature. When you need to let go of something, a natural, easy letting go happens. A beautiful integration of who you were. You don't have to negate, deny or abandon any part of yourself; it all becomes integrated into your being each time you do this Practice.

I don't want this to sound abstract in any way. It is part of my life's purpose to share this with you. I have been "prepared" for it throughout my childhood and beyond and have chosen to and been able to neutralize situations and relationships that had caused me the most pain in my life. I could be with someone who had treated me badly and caused deep hurt and pain through their actions, and I was able – effortlessly – to be with them without feeling any charge at all; because I had gone Beyond Duality and into Oneness... I could feel love for them. I had brought the whole spectrum into neutrality and accepted the situation, then gone beyond. (You only have to intend for this to happen.)

I realize that this could sound complex, it is in fact very simple; it happens in "no

time”. It doesn’t have to take time. Use your power of choice and do the Practice with intention. Your heart knows, your soul knows.

Can you imagine the freedom this brings? Can you imagine how you will feel when you allow this Practice to be a part of your life?

This is the point. My desire is for you to become aware and connect with who you really are because then you can live from here NOT from the struggle, pain, hurt, frustration, etc. That’s why I created this Practice (received it from Spirit to be more accurate); so that we could awaken to what’s happening within us and choose not to allow it to continue a day longer. It is our natural state to let go, to be present and BE.

Note: Step 5 Beyond Duality is a deeper Step. My intention for sharing it is that your soul will know and you don’t have to think about it much or try to intellectualize it. I’m sharing it because I received/knew it as a small child and I know that it is powerful and beautiful.

I need to explain it as your mind will want to understand it but, in truth, you only have to “have a feeling” of it for it to resonate with you, then you can just allow it to happen for you.

You don’t even need to add this 5th Step every time, maybe just for bigger issues that you are integrating and when you desire to go deeper.

The key is just to allow it rather than to fully understand it intellectually. Your soul knows.

The Audio of the Becoming Aware Listening Practice is on page 27. Please read through everything first so that you can have a foundation before practicing the Steps.

The Practice

It's best to sit down and close your eyes (when it's safe to do so) for this Practice. It makes it easier to connect within when you're not distracted and your eyes are closed.

The Steps for this Practice are:

1. Acknowledge

2. Soften to Listen.

3. "What are the words you wanted to hear/What do you require from me?"

4. "I Let Go And Know, It Is So."

5. Beyond Duality.

Explanation of the Steps

1. *Acknowledge*

This Practice is all about awakening. You are coming awake and choosing to acknowledge what you are feeling; no more denial, avoidance or trying to figure it all out. What a relief!

You are changing your relationship to the present moment, no longer focusing on the past or future. You are becoming present and this is where the power and magic is.

You are allowing the child within you to be heard, to express herself, to be witnessed. You are shining the light of your awareness on those parts of you that weren't expressed and became stuck, causing you to feel heavy. It's time to become aware of these parts, this energy, these feelings and acknowledge them from a space of love so that *lightness* can happen.

Simply Become Aware if you find yourself stopping what you're doing and reaching for comfort in a way that isn't healthy for you, perhaps you comfort eat or become lost on social media, whatever your pattern is. When you listen within, what arises will show you why this is happening. Perhaps you're feeling lonely. Acknowledgment is the first Step, then you can move towards listening within and providing yourself with what you need... the love or support. You'll know, you'll be told.

So, for the first Step, you simply notice what's coming up for you. Acknowledge it without judgment. Acknowledge it with love. It is important not to judge the situation; when we judge something, it is held in place energetically. When you can allow yourself to see it in a neutral way, not right, wrong, good or bad, it can change. See it as just a possibility in a field of infinite possibilities and know that

you can choose a new possibility.

(It's important for us to know that we are actually communicating with the Universal Energy Field and each of these Steps affect us and our life on a quantum level; everything is made up of energy: you, the world around you and the thoughts that you are having about the heavy situation you are addressing.)

What's causing you to feel this resistance? Notice if there's a part of yourself that you don't like, or something you've been judging, or something that you don't want to look at.

For example: You may be feeling cranky quite a bit recently and when you stop to acknowledge this, you realize the reason for this is because your children never seem to listen to you.

Now, identify the thought patterns around it; what are the usual thoughts and feelings that arise around this situation?

For example: "They never listen, I feel so annoyed - then I feel guilty because I love them so much. But No one ever listens to me!"

Allow yourself to feel what it feels like to have this resistance.

Now move to Step 2: Soften to Listen and I'll continue the example through the Steps (after I explain each Step).

2. *Soften to Listen*

Continue to allow yourself to feel it. You may feel nothing at first, so just soften and allow. So instead of denying or resisting what you're feeling, you are allowing it to be felt. You are meeting this part of yourself. This is so important because, without realizing it, you have probably been abandoning these parts. It's understandable, often to protect yourself, you will deny something. Until it is looked at, it will run your life and you won't be able to feel much freedom.

Now soften your being and listen. Don't just stay in your head, instead listen from your body, your heart, your gut. If you only listen to/from your mind, it will offer you the prerecorded story and you may not progress (your story should be honored, I'm not discounting it, but I want you to experience a fresh, true energy at this point, I want you to listen without conclusion or judgment, in other words, not to be in the past or future, just here now).

You may understand a lesson that a particular experience holds for you and become excited and cut off from what you're doing. Don't do this. Stay with the feeling until it feels complete, don't bypass it. The energy is being transmuted in your energy field and in the cells of your physical body.

Most of the time, the feeling only lasts a minute or two when allowed to flow up and out and no resistance is put in its way.

So, for example, when you soften to listen to your feelings - to your child within - something could come up for you like, "Nobody loves me, nobody understands me, I feel so alone."

It is very likely that at this point, you will find yourself crying. Allow any emotion that wants to come out, to flow.

The energy will shift around your feeling centers especially: solar plexus, heart and throat. Often, you'll find yourself yawning also. This is a release so please allow it.

So, to continue the example of feeling annoyed because your children aren't listening to you. You've acknowledged where you stand, "They never listen, I feel so annoyed - then I feel guilty because I love them so much. But No one ever listens

to me!”

Now go deeper. Keep listening. After you do this, after you access the energy that is underneath the irritation, you understand more as the root of what you're feeling is revealed to you. For example:

“I'm just trying to help them, why won't they listen, don't they realize everything I say is for their own good? I'm only trying to protect them and keep them healthy. No one EVER listens to me! It's just like when I was small - no one ever listened to me, they treated me as if I wasn't there. It was so frustrating, nobody saw me but I was there! I loved them but they didn't care. Nobody loves me.”

(This is usually done silently, within you. Afterwards, you could write down your experience, especially what you learnt from your child within. If you feel the urge to move your body or vocalize what's moving, allow it, just make sure you are in a safe, private space to do so where you won't be disturbed.)

Allow the grief to come up and out. You are witnessing it - yes, you are feeling it - but you're not collapsing into it.

You've listened to the part of yourself that feels unloved. It would have been too painful to acknowledge as a child so that energy became stuck. Now you can really understand why you would have felt strong emotions when your own children weren't listening (going back to the example); this hidden, covered part was really what was being triggered.

Cry or express yourself how you're drawn to. An expansion has just occurred. Energy is moving. It's beautiful. You're giving yourself a huge gift.

3. Ask: *“What are the words you wanted to hear/what do you require from me?”*

This is a simple, profound and beautiful Step because you are, possibly for the first time, allowing yourself to open and ask a question so that the part of you that feels neglected, abandoned or unheard will feel listened to and witnessed.

You are becoming the loving parent to the wounded parts of yourself.

So, ask this part of yourself,

“What are the words you wanted to hear in the past?”

Then, *“What do you require from me?”*

Imagine that you are with yourself as a small child. Just listen, don't push. Be a witness to this part of you.

For example, when you ask your child within, *“What are the words you wanted to hear in the past?”* words could come up like:

“You're so special, I love you so much.”

“It's OK, nothing is expected of you; I love you just as you are.”

“I see how beautiful you are, I love you so much.”

To continue the example of not being listened to, words like this might arise:

“I see you. I hear you. I love you, I love you so much and I'm here for you now. You are safe sweetheart.”

Feel as much love for yourself as you can. Bask in this sweet feeling.

It's interesting to see how your outer world can change to reflect your new belief and you can experience that people now actually do listen to you more because you're communicating from a different space where you're more present (no longer unconsciously communicating from the old energy).

If you need to cry, do so. When you feel complete, write the words down that you always wanted to hear and use them to nurture yourself whenever you need to.

Offering these words will help to heal that part so that it can integrate into your being and support you from now on because it's strong now.

Some days when you do this Practice, because of what's arising for you, it may not be relevant to ask, "*What are the words you wanted to hear in the past?*"

If so, ask, "*What do you require from me?*"

So, listen and give this part of you what she asked for. This could be attention, a hug, to be seen and heard, to be loved... (If you aren't quite at the stage where you can feel love yet, accept that, it doesn't have to be today.)

As this part of yourself becomes integrated into your being, you will live from more of the fullness of who you are; with more of the full spectrum available. This will affect your future. Imagine, for example, setting up a soul centered business where all parts of you can play; the part that may have previously felt abandoned and now feels witnessed, acknowledged and loved, can blossom and offer new, exciting creative ideas.

You are becoming present, no longer stuck in the past and the present moment is where the magic and power is!

4. *"I Let Go And Know, It Is So."*

This Step is about letting go of and integrating the energy that was causing you upset or stress.

This Step takes heart (courage stems from the French word *coeur* which means heart).

It takes courage to face the part of yourself that you have been resisting or avoiding. Though when you do it, you realize the benefits and you'll want to do it again and again so that you can become lighter and lighter, freer and freer and courage won't be necessary any more.

You have been courageous enough to acknowledge what's happening for you. Now, you are taking a stand for yourself, for your happiness and allowing yourself to let go of being controlled by this and you are leading yourself into a different energetic space where you choose for the energy to be integrated.

Love is the key. In truth, you ARE love so it makes sense that you use your own essence to transmute the struggle you're experiencing.

You are a leader. You are leading yourself to a different way of being now.

For this Step, allow any heavy energy that wants to leave your system to leave. Feel/see the energy leave your system effortlessly. It literally leaves, usually through your feeling centers: your solar plexus, heart or throat (or it could leave from another area where, for example, you experienced a trauma in that particular area, it's usually from your feeling centers though).

Now, be willing to marinate the situation, the upset, the stress, in love. Picture the situation being enveloped by love and Divine intelligence healing it.

When you can feel, or are willing to picture the situation with love, breathe out anything that no longer serves you, then declare:

"I Let Go And Know, It Is So."

This is a (gently powerful) command, declaring your choice for healing and integration of what you just acknowledged: the energy that arose from the previous Step.

So you are letting go of the heavy energy that was covering your truth and you are choosing to come from the space of who you really are instead. Then from here, you simply step into the choice of it by choosing that “It Is So” and by the power of your intention, of your pure choice, your energy shifts.

When you choose from the space of your truth, from who you really are, your choices hold more power, purer power than when you choose from confusion or from your ego.

Who you really are is always present. Be present when you speak these words (no regrets about the past or concerns for the future) because the present moment is the portal to access your innate power and Truth.

When you do this, every time, you will become lighter and lighter as the heavy energy that surrounded the situation is released and/or transmuted.

With these words, you are shifting energy. When you let go of “the struggle” also let go of doubt. When you feel these words that you have received or maybe you received a message about what needs to happen now, there is power in that feeling. It’s not the words themselves as such, it’s the feeling, the heart energy that you put behind the words. The energy of your feeling is tremendously powerful. So, don’t “hope” that It Is So, actually *know* and *feel* that It Is So *now*. Come from a space that it has already happened. You are choosing a different possibility now, it exists already and you are grounding it through your choice and your feeling.

When you practice these Steps, you can feel your life becoming lighter and you can notice that things that used to bother you before don’t bother you any longer.

It’s not a concept, it’s really happening. Energetically, your system is changing; energy is released from the cells in your body and the neural networks of your brain are altering.

It really is very exciting!

5. *Beyond Duality*

I'd like to share with you a deeper process for areas in your life that have charge around them or have been effecting you for a long time. This has been with me for all of my life. I can remember having this knowing as a very small child. I would have been unable to articulate it in words, it was a knowing that my Being held. It fits beautifully here.

All you need to know for this Step is this:

Be present with both polarities. Draw each opposite in so that they can meet in the middle and be neutral. Go beyond into love.

Comfort can be found in this way of accepting and allowing. They can integrate and unite and you can feel the harmony that is created from this fusion.

You can bring the essence of your new way of being into this Step by being present with both polarities of it, becoming neutral and going beyond into love.

I recommend that you don't do this from an intellectual standpoint, just feel it, your soul knows.

I have given a summary of this Step below for you to read so that you can have a feel for it if you want to go deeper. And for a fuller exploration, please listen to this [Beyond Duality Audio](#) (taken from my Program: [The Three Stages of Awareness](#)).

(Note: Two minutes into the Audio to nine minutes in, I discuss Beyond Duality. After the first 9 minutes of the Audio, I talk about separation consciousness (duality) and unity consciousness (Oneness/love). Oneness is what you are "uncovering".

Also, for clarity, in this Audio, I mention "Fall Back". This is a profoundly effective and simple truth; a beautiful sacred surrender - a powerful surrender of what's holding you back so that you can stand in your Truth and transform your life - your way of being. It is covered in the Three Stages of Awareness Program.)

Beyond Duality

This information is not for your mind, it's for your heart and your heart will understand.

Life involves duality; the polarities of up and down, good and bad, masculine and feminine, expansion and contraction, happy sad, hot cold, and so on. Without the dark we wouldn't know light, without sadness we wouldn't know joy. When we see dappled shadow on spring leaves, the beauty exists due to the contrast of the dark that accentuates the light.

Often, people awaken through experiencing difficult and challenging circumstances. Transformation can happen because the darkness serves the light. Everything contains its opposite, identical in nature but different in degree. This can seem paradoxical. Throughout my life insights in the form of paradoxes have come to me so I feel very comfortable with them although I could never figure them out using my linear thinking. In one way I think of them at the cosmic giggle. If we are open to their secrets they can teach us about ourselves, life and the nature of the universe.

Life moves in cycles between polarities. When we move towards accepting this, life can become easier because the negativity that comes from resisting challenging circumstances is reduced.

What is true in the macrocosm is also true in the microcosm; as above so below. So we see the same fundamental truths whether we gaze up into the cosmos or down into subatomic particles. I have found through personal experience that we can use this experience of duality to propel us into our true state of Oneness. So you move from feeling separate - and remember duality means two - to being *One*.

Living in duality can feel so uncomfortable that we can come to the point where we feel like bursting and we know at this point that this separation, this struggle, is not who we are and we surrender out of sheer exhaustion most times. It is then that we feel grace and we can feel the truth of who we really are. There is only *One*, there is only love.

The struggle you feel in your everyday living is agitating you, inviting you, beckoning you to move into the state of Oneness - of love - that you really are. There is a pure energy, a living intelligent light to be found within the present moment. When you connect with Divine presence, when you begin to live from here, everything unfolds magically in your life.

It is the sea of Awareness... it is Oneness... it is love.

Beingness is the state of Oneness and it can be felt when we move Beyond Duality. When you go within and expand into spaciousness, you can more readily feel Oneness. Philosophy uncovered the truth of unity and science has discovered that as a sub nuclear level of reality everything is connected. The fundamental truth is that we are all One.

When I was a small child I had an expansive knowing of what is. I knew that there was - is - infinitely more than our senses show us and that for now, it's incomprehensible to us in this physical reality. One of the elements of my knowing was an awareness of polarity. I was aware that we can go Beyond Duality. I always knew that the awareness and acceptance of both opposites made sense and that there was a deeper truth beyond them. It wasn't a thought process, it was something that I felt.

It's all there, in this vast lose expensive state that we can live from when we choose to. This lose light state is accessed when we relax. When we are in struggle we contract and the state of lightness cannot be accessed easily, if at all; but always be comforted by the fact that it's always here with you (as you).

We can move from a state of duality to Oneness. When we live from duality we feel separate because we don't feel Oneness. Moving Beyond Duality feels so beautiful because Oneness is who you really are.

It's beneficial to be present with both polar opposite at the same time. When we accept the way of things in this physical realm, life invites us to embrace it and I feel that when we reach this stage we will go beyond. This can feel like heaven on earth. (And by the way, when I refer to accepting the way of things, I mean from a spirit level of allowance, not from a defeatist point of view.)

It's difficult to explain the insights that came to me when I was small, the insights

were just there. My attempt to translate it into words would be this:

Be present with both polarities. Draw each opposite in so that they can meet in the middle and be neutral. Comfort can be found in this way of accepting and allowing. They can integrate and unite and you can feel the harmony that is created from this fusion.

I also remember knowing that what held everything together with love. The only way I can describe it is that love was in the space of everything; it glued everything together. Love is all there is. I feel that if it glues everything together, love also appears in the fusion of two opposite when they unite. When we feel this harmony, the harmony that ensues from deciding to draw the two points together, we can know that we're on the right path, the path of allowing Awareness.

Doesn't pushing from space duality feel so slow and stuck? How can you effectively do affirmations from a place of feeling poor or not enough? I knew that we can go beyond and that it would take no effort. It's a graceful, elegant and simple flow.

You can Fall Back from duality into Oneness. From *here* you can create, not from polarised scarcity.

Remember, don't get stuck in how to do this, there's no "how to" as such; it's the truth of who you really are!

When you become aware of the energy that you've been using up in the struggle to move away from the negative polarity and towards the positive one, you can see the value of choosing to go beyond into Oneness. You learn to live from a state beyond your beliefs and judgments. In this state you can find that you don't want to manipulate your life; you learn to live from innocence born from stillness.

So, you can move beyond – you are capable of collapsing both polarities. When you burst through and give birth to a new way of living, you go beyond polarity and both the positive and the negative disappear. You can be free because your energy is free from contraction.

I know this sounds abstract so just feel your way through it, it need only take a moment.

For example, if you have an issue around money, when you feel that contracted feeling, allow yourself to feel the two polar opposites come together; abundance and scarcity and all of the judgments around this. Draw them together so they meet in the middle and become neutral. Then go beyond, into love. Feel this new energy. It won't have a charge around it. You can just be, without all of the judgments and conclusions and conditioning around the energy of money. Create from *here*, live from *here*, embody the new ideas that come from *here* and feel yourself expand in joy and love as you allow yourself to receive from Oneness.

Become present as often as you can. Allow yourself to feel the spaciousness of your presence. Occupy your body, experience it; remember to breathe consciously. Your breath will bring you into the moment, it will anchor you in your body. Simply let go of anything that is preventing you from being present. Your body is always present. There's no need to do anything, just be.

It's such a beautiful choice to move Beyond Duality and into the now, although it's not a movement in the sense of going somewhere, but I feel that we do have to choose first and then we can go beyond.

Have you noticed at times that you can feel foggy, as if you lose focus and drift in your life, as if you're being pulled around like a piece of driftwood? This is what it can feel like to have an ego: foggy and helpless.

Our ego has us believe that we are separate. When we embody the presence of Divine love, we realize that we are not separate, that we are One, and we are liberated from struggle.

So when you're having a challenging day, stop, close your eyes and remind yourself that the frustration, struggle or whatever has you upset is not real... and it's not yours. When you remember this, it feels so light and you won't be able to sustain the contracted feeling.

What I call our "everyday" life happens in the physical realm; the realm of duality. Infinite being however is absolute. In the spiritual realm, everything exists right here, right now. Everything is love, that is all there is. So our soul's domain is Beyond Duality and our soul's wisdom is available to us always. Oneness is where your soul's wisdom is. Oneness is the end of polarity.

So, to live more Beyond Duality, in Oneness, become present. Allow the present moment to remind you that Oneness is here for you now. When you practice stepping out of living from duality and the resulting struggle, and into the present moment, it's like waking up from a dream. You realize that who you really are is the mysterious, glorious, ineffable presence within the present moment.

In this state, you can feel an effortless connection with your intuition. And so, you will receive clues along the way as to what your next step towards your highest good should be. Life becomes more like a game to be played. You begin to participate with your life from a changed space. You accept and allow life to flow which reduces resistance and life becomes easy, lighter, more relaxed and expansively spacious.

Claim your infinite Being, merge with it, commit to it, to yourself. Let your whole world, your whole Being open up for you. No more “shoulds” and “musts” - all of the self-judgment and false identification that causes separation.

Let go of what you have burdened yourself with, let go of the struggle.

Choose to live from expansion, not contraction. Hand over any need for control to your Source. Embrace the knowing that all is well and you are looked after and loved completely.

[Now, please click here and listen to the Becoming Aware Listening Practice.](#)

In Conclusion

I know from my spiritual experience as a small child that you have everything you require within you; you are powerful, magnificent and whole. You found this Practice for a reason. The time has come for you to step into your pure power and express who you really are. This Practice will help you to do that.

Let go of any self-doubt that you are anything other than beautiful, ineffable, Divine love. It doesn't serve you any longer. Decide that you are going to use this Practice any time something comes up for you from now on; it's such a comforting support. Decide that you can learn from your past. When you learn from your experiences, they won't repeat in the same way again. For example, you may stop and look back over your past and realize that there has been a repeating pattern of attracting narcissists. Go within and ask that you learn every lesson that these experiences have been offering you. To see the pattern in this way causes a shift where you view it as an opportunity to grow instead of feeling victimized. So, for example, you realize that you can put boundaries in place from now on so that this doesn't happen again and you are going to listen to your intuition when you receive the guidance not to allow yourself to be used any longer, then you can start to attract balanced relationships with people who respect you.

Can you see how expansive and useful this way of looking at your life is?

This Practice allows you to go within and connect with the part of you that needs your loving attention, this softens your energy and you can relax more because you're not in avoidance of what's coming up for you. So it's a wonderfully effective way for you to connect with yourself on different levels, especially with your child within.

Then, when you go Beyond Duality and feel Oneness, you can begin to receive your

intuitive guidance much more easily because it isn't obfuscated by static, by all of the energy that was distracting you. You can go deeper and connect with Awareness, with your Source, so that you no longer need to look outside of yourself for fulfillment. You can feel empowered, knowing that you are receiving guidance from your soul, from your Source.

See this Practice as an adventure. Enjoy every time that you do it, as you become lighter and lighter and start to live your life from a new space of peace and joy and love.

Wishing you, love, health, wealth and joy!

Marianna



Connecting with Marianne

If you'd like to explore going deeper, you might like to look at the Three Stages of Awareness Program. Please [click here](#).

If you have any enquiries or you would like to find out about going deeper into Connecting to and Living from Awareness; from Who You Really Are, then please contact Marianne at info@letgoandknow.com with any enquiry that you may have.

Disclaimer: The information in this Program and on the letgoandknow.com website is not intended to be a substitute for professional medical advice, diagnosis or treatment. Please see a medical professional if you need help with depression, illness, or have any concerns whatsoever. We do not offer medical advice, course of treatment, diagnosis or any other opinion on your conditions or treatment options. Services or products that you obtain from Marianne McGuire/her website are for information purposes only and not offered as medical or psychological advice, guidance or treatment.