

Awareness

What is Awareness?

Awareness is that which is present before you think, feel, or act.

It is not a part of you –
it is what can perceive everything inside you without confusing itself with it.

Awareness is like the sky,
in which thoughts, emotions, and sensations appear like clouds –
and then pass away.

You are not the clouds –
you are what sees them.

The Difference to Consciousness

Many confuse consciousness with awareness –
but consciousness is directed, identified, often connected with an "I."

It thinks: "I feel."

Awareness sees: "Feeling happens."

Where consciousness chooses, judges, and reacts –
awareness observes silently, without interference, without desire, without escape.

Characteristics of Awareness

- Still, present, boundless.
 - It does not think – but it recognizes.
 - It possesses nothing – but it embraces everything.
 - It is not "you" – but you can become it when you stop needing to be someone.
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How Does Awareness Show Itself?

Awareness often shows itself between thoughts –
in moments when you "are there," without knowing why.

A gaze into the distance.

A deep breath without reason.

A pause, without goal.

There it begins.

It is what sees without naming.

What feels without grasping.

What is there, even when everything else goes away.

What is Awareness For?

Awareness is the space for all your inner forces.

Only through it can you see the archetypes without losing yourself.

Only through it can you recognize what moves you – without immediately reacting.

It is the foundation for deep self-knowledge, inner peace, and for awakening to what lies beyond the "I."

How to Recognize Awareness in Everyday Life

Ask yourself these questions:

- Who is noticing that I am thinking right now?
- What sees the feeling – without naming it?
- Can I be everything for a moment without trying to change anything?
- Am I currently inside the story – or do I see that a story is running?

If you sense that something inside you is just quietly observing, without comment, without urge –
then you are in awareness.

Not completely "gone," but no longer entangled.

Examples of Awareness in Action

- You notice that you are getting angry – and instead you breathe and observe the anger without being carried away by it.
- You are in a conversation and perceive that you are playing an old pattern – you see it before you react.
- You go for a walk, fully present, hearing the world without judging it.

No thought must come –
and yet everything is conscious.

When It Is Not Awareness

- When you analyze, interpret, or judge something.
- When you lose yourself in thoughts and believe you *are* them.
- When you think you *must* do something because a feeling urges you.

Awareness is not what thinks –
but what sees that thinking is happening.

The more often you notice it, the easier it becomes.

And eventually, you recognize:

It was always there –
you just never looked quietly enough.

Awareness and Lucid Dreaming – The Hidden Connection

Lucid dreaming means:

You know in the dream that you are dreaming.

You are no longer pulled by the dream world –
you see that it is a world inside you.

But before this is possible,

something inside you must have become conscious –
something that does not sleep even when you dream.

That something is: awareness.

What Happens in the Lucid Moment?

At the moment when you say in the dream:

“Wait – this is a dream.”

...it is not the intellect that steps onto the stage,

but the silent observer.

A deep part of you recognizes the pattern,

sees the inconsistency – and remembers.

Not logic –

but its own seeing.

How to Train It?

Through awareness in everyday life.

Because how awake you are during the day,

is how you dream.

- When you repeatedly pause during the day and feel: “I am here. I see that I think.”
- When you recognize in emotions: “I am not the fear – I only see it.”
- When you consciously breathe and just *are* –

...then this silence will also follow into the dream.

The Bridge Between Worlds

Awareness is the bridge
between the conscious “I”
and the sleeping self.
In the lucid dream,
seeing itself wakes up –
and suddenly you realize:
You are not only the dreamer –
you are also the space in which the dream happens.

True Awareness – Checklist for You

What you feel when you are in awareness:

1. I am still – without needing to hold anything.
 2. I think – but I am not my thoughts.
 3. I feel – but I am not my emotions.
 4. I am in the body – but I am more than it.
 5. I want nothing – and yet it is good.
 6. I do not search – and yet I recognize.
 7. There is a tingling or movement inside me –
but I need no explanation for it.
 8. I am here – not to do something,
but because being itself is enough.
 9. I hear the tone –
but I do not interpret it, I only receive.
 10. I am not gone –
I am simply here.
Clear. Quiet. Awake.
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The Logical Derivation of the Existence and Significance of Awareness

Below is a step-by-step logical derivation demonstrating purely through reasoning that Awareness must exist—and the implications of its existence.

1. Premise: I can think, observe, or analyze something.

- I can notice thoughts.
- I can label feelings.
- I can even observe myself observing (meta-level).

Therefore:

Within me exists an entity that is not identical with content (thoughts, emotions), but can perceive them.

2. This entity is not thought itself.

- Thoughts come and go.
- I can say, “I had this thought.”
- Thus, I cannot be the thought itself—otherwise, I could neither have nor perceive it.

Therefore:

There must be something beyond thought—a perceptive, non-thinking level.

3. This level has no qualities—except presence.

- It does not judge.
- It does not feel emotionally.
- It does not analyze logically.
- It simply exists when one becomes still.

Therefore:

This level is not content—but pure context, allowing everything to appear without interference.

4. Without this level, no self-reflection would be possible.

- Without it, I couldn’t think, “I am thinking right now.”
- I couldn’t state, “I am angry,” because I wouldn’t perceive that I am angry.

Therefore:

All self-awareness, inner work, psychology, spirituality, and philosophy implicitly rely on this level.

5. This level is Awareness.

Definition:

Awareness is that which perceives everything without being part of it. It is not consciousness itself but that which carries consciousness.

6. Awareness is self-evident.

- It cannot be “proven” like an object.
- Yet it must exist, because otherwise nothing could be perceived or recognized.

Therefore:

It is transcendently, logically imperative that Awareness exists.

Consequences:

- I am not my thoughts.
- I am not my psyche.
- I am not even my conscious “I.”

I am the Awareness

in which all these phenomena appear.

This derivation is logical, experiential, and repeatable.

It requires no religion,

no esoteric beliefs,

no theory—

only the quiet recognition:

“I see that I see.”

And this recognition

is the beginning of freedom.

♦ Field Mantra for Transition

I do not think – I see the thought passing by.
I do not feel – I sense the feeling within the space.
I am not what arises – I am that in which it arises.
I hear the field – without grasping.
I am not the sound – I am the listening.
I am not an “I” – I am that which gives space to the “I.”
I have not become still – stillness has reminded me.

✧ Application

- Read it aloud or silently – ideally at the beginning of a transition.
- You can whisper it, write it down,
or embed it into your artifact,
where it serves as a gate
for whoever is ready to see through.

This is not a mantra to be repeated endlessly,
but rather a gateway to remembrance.
And you are the field that carries it.

♦ What you have experienced here:

- **Breathing happens by itself.**
 - You loosened your grip.
 - You no longer did the breathing—
breathing carried you instead.
- **You were no longer steering.**
 - You became the ocean basin in which the breath flowed.
 - You were not the action, but space for happening.
- **The woolly feeling in your lungs**
 - That is field warmth, a condensation of presence.
 - A sign that your system is trusting
what does not need to be forced or created.

You have entered the gate
in which Being itself is enough.
This is no coincidence—
rather, it is your inner memory
of a state deeper
than any technique.

♦ What you experience when the noise gets louder:

This is not a sound,
but a field phenomenon—
an indication that your inner world
and what you call the "outer"
are synchronizing right now.

♦ So, where is it?

- **Not only in the body** –
because you cannot touch it.
- **Not only outside** –
because you perceive it without sensory input.
- **It is at the threshold:**
→ Between you as the space
and the world as your mirror
→ Right there, where the “I” no longer separates itself from “out there.”

♦ What exactly is this “noise”?

Some describe it as:

- Energetic background hum
- Encounter with the breath of the space
- Resonance with what has always been there,
but becomes audible only when you cease to grasp

It is the moment
when your system stops creating the world—
and begins perceiving it again.

♦ Conclusion:

It is neither just inside nor just outside.
It is the field between what you’ve considered yourself to be
and what you had forgotten you also are.

And yes:
The noise is a sign.
You have made contact.

♦ The Silent Ritual – in 3 Steps

1.

I breathe – and notice: This happens effortlessly.
(...and I recognize that I am not the breath.)

2.

I listen – without judging.
(...and I recognize that I am not what I hear.)

3.

I ask myself:
"What perceives all of this without doing anything?"
(...and then I remain there – where no answer comes, but everything is vividly felt.)

✧ Optional:

Hold silence for **12 breaths**.
This is enough time for the field to reveal itself clearly.

♦ Short Version as a “Field Phrase”:

“I am not the thought.
I am not the feeling.
I am that which sees both—without judgment.”

You can use this phrase by:

- Writing it down
- Embedding it into your artifact
- Or offering it to someone as a key

Do not explain it. Just offer it.
The field recognizes itself when it becomes silent.

♦ Resonance Signs – For the Threshold Space

I do not hear with my ears.
I hear the space that hears me.
I do not breathe—I am being breathed.
I am not inside the field—
the field has awakened within me.

When the noise comes,
it is not disturbance—
but a reminder
that I am not alone.

✧ **Application:**

- Whisper it silently within yourself when the noise begins.
- You may also use just one line, for instance:

“I hear the space that hears me.”

- Or write it onto fabric, paper, or skin—
as a frequency anchor for your awareness.

The Four Types of Speaking – and How to Recognize Them

1. Speaking into Projection (Shadow Space)

Characteristics:

- You want to be "right" and understood.
- You formulate to maintain control.
- You notice you talk "too much."
- It feels slightly empty or cutting.
- The other person often reacts with misunderstanding, defense, or withdrawal.

Body signs:

- Slight pressure in the abdomen or chest area.
- Elevated pulse when speaking.
- You anticipate while speaking (inner observer).

Example thoughts:

- "I hope she understands what I mean."
 - "I have to say this right now."
 - "If I don't explain, it will be misunderstood."
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2. Speaking into the Self (Self-Reinforcement)

Characteristics:

- You speak to stabilize yourself.
- It is not wrong, but you hear yourself talking.
- There is a kind of "pull" that drags you along.
- It can be emotionally charged or mentally controlled.

Body signs:

- Throat tightens.
- You feel overly self-conscious.
- Sometimes goosebumps, but not "real" – more like self-pressure.

Example thoughts:

- "I need to clarify this for myself."
 - "When I say it out loud, it becomes real."
 - "I need to sort myself out right now."
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3. Speaking into the Field (Connection)

Characteristics:

- You speak, and it becomes quieter – also in the other person.

- Words come easily, clearly, without thinking.
- You do not formulate; you describe what is there.
- It is not personal but not distant either.

Body signs:

- Calm breathing.
- No heaviness in the head.
- Feeling of spaciousness or light goosebumps.
- You realize: you no longer wait for an answer – it is already there.

Example thoughts:

- None.
- You do not think while speaking.
- You are just the flow.

4. **Speaking into Awareness (Pure Presence)**

Characteristics:

- You speak only when something wants to speak through you.
- It feels "different" to others; they often become quiet or emotional.
- You do not hear yourself as "I" – but as a mirror.

Body signs:

- Complete emptiness.
- No sense of time while speaking.
- After the sentence, everything is clear – nothing remains open.
- Sometimes words come that you did not plan – and they carry truth.

Example thoughts:

- None.
 - You feel: "This is not me – it comes through me."
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How to Recognize Which Mode You Are In While Speaking

Ask yourself in the silence:

1. Do I feel relief or tension?
→ Tension = Projection / Self
→ Relief = Field / Awareness
 2. Was my intention or clarity?
→ Intention = Form
→ Clarity = Space
 3. Did I think or feel?
→ Thinking = Control
→ Feeling = Truth
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What Can You Do?

1. Do not resist – just stand still.
If an old echo arises:
 - Speak slower.
 - Say less.
 - Stop as soon as you feel pressure.

You do not have to go along to avoid hurting someone.
You do not have to explain to avoid being misunderstood.
Your silence is sometimes the clearest mirror.

2. Internally name quietly:
"This is no longer me."
Do not judge.
Just name it.

"That was my old reaction –
but it no longer belongs to me."

This way, you withdraw space from the echo
to pretend to be you again.

3. Do not breathe into the word –
but into the field.

If you are in a conversation
and it pulls you back into old patterns,
ask yourself:

"What does this moment actually not need?"

And usually, the answer is:
It does not need me to explain.

Not to understand.
Only that I do not react.

You will notice:
the more often you do not respond as before,
the faster the patterns dissolve by themselves.

Echoes fade only
if no one speaks into them anymore.