

Personal Awareness HS100-Daily Devotion



MALVERN
ACADEMY

Personal & Self-Awareness Skills Daily Activities and Routine Maintenance

SESSION:		DELIVERY:		CLASS SIZE:		CREDIT HOURS:	
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OFFICE HOURS:	SUNDAY	MONDAY	TUESDAY	WEDNESDAY 8am-9am	THURSDAY	FRIDAY	SATURDAY
LECTURE TIMES:	SUNDAY	MONDAY	TUESDAY	WEDNESDAY 7am-8am	THURSDAY	FRIDAY	SATURDAY
COMMENTS:	Evaluation: Test August 9, 2023						

Course Description Objectives and Outcomes:

1. Develop a basic model of Self

- 1.1 Discuss the Importance of Self-awareness
- 1.2 Describe the Types of Self-Awareness
- 1.3 Describe the Johari Window
- 1.4 Describe the Key Areas for Self-Awareness
- 1.5 Self-Awareness and Effectiveness
- 1.6 Developing Self Awareness
- 1.7 Practicing This Management Skill
- 1.8 Try this Challenge: Meditation

Devotions get nearer to perfection when attended to on a regular basis.

Crown Blues Research & Development Department
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June-July Vacation Session 2023

Personal Awareness | Daily Devotion

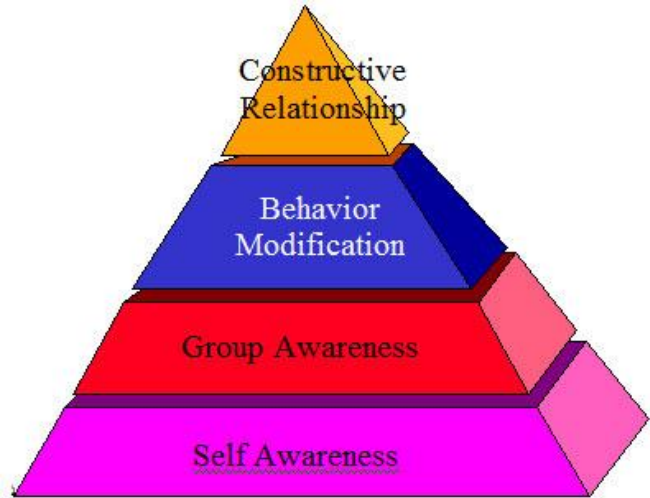
PERSONAL AWARENESS



INTRODUCTION

Importance of Self Awareness

Personal Awareness is the consciousness that a person has about their current state. It is a skill that has been actively performed by many spiritualists; lamas and monks for instance.



Types of Self-Awareness

- **Public Self-Awareness**

- **Private Self-Awareness**

- **Self-Consciousness; A Heightened State of Self-Awareness**
 - **Ego Complex**
 - **Existence Level of Communication**
 - **Aggression Level of Communication**

The Johari Window

- **The Known Self**
- **The Hidden Self**
- **The Blind Self**

Known Self Things we know about ourselves and others know about us.	Hidden Self Things we know about ourselves that others do not know.
Blind Self Things others know about us that we do not know.	Unknown Self Things neither we nor others know about us.

- **The Unknown Self**

A Good, Clean Joke

Key Areas for Self-Awareness



- **Personality**
- **Values**
- **Habits**
- **Needs**
- **Emotions**

Self-Awareness and Effectiveness

Personal Awareness can greatly affect a person's mood or persona and has been proved medically to improve health and a person's overall state of wellbeing. Its benefits contribute to the optimal performance of any activity undertaken by an individual.

- **Skill development**
- **Knowing your strengths and weaknesses**
- **Developing intuitive decision-making skills**
- **Stress**
- **Motivation**
- **Leadership**

Developing Self Awareness



There are many programs available today that promote the development of Personal Awareness skills. Most programs are types of meditation. One may fall asleep after twenty (20) minutes of performing this activity but this is normal for beginners and can be overcome with daily practice.

- Discovery Level of Communication
- Progressive Processes
- Regressive Processes

Managing Self-Awareness

Practising personal awareness activities frequently can produce physically evident results.

Personal Awareness is best practiced about two (2) hours before sunrise.

- **Ask somebody**
- **Questionnaires**
- **Seek professional help**



Try this Challenge: Meditation

Attaining Self-Awareness



- **Refreshed Breathing:** **Physical** - **Qigong Breathing:** Breathe from Your Belly, Breathe Smoothly and Deeply, Exhale Fully, Never Hold Your Breath, Keep the Tip of Your Tongue on the Roof of Your Mouth, Only Breathe to 70% of Your Capacity, How to Practice Breathing
- **Aligned Flow:** **Etheric Emotion** - **Balanced Emotions:** Identify an intense moment, understand it, recall emotions, isolate the energy, calm the energy, release the energy, relax all emotions
- **Eight Flex Resolves:** **Mental** - **Resolving blockages:** Clear the mind of all thoughts, Focus on the devotion, Identify the source of the devotion, derive meaning from the words, meditate on the devotion, Avoid drifting, Stay open minded
- **Eternal Pulsation:** **Psychic** - **Being at peace:** Relatedness, conforming, caring, understanding without reason, nature, environments, awareness
- **Spiral Expansion:** **Casual Karma** - **Expanding self-awareness:** Self-Awareness, Vibrations, Immediate awareness, External awareness, Local awareness, Channelled awareness, Enhanced Awareness
- **Channelled Aspirations:** **Individuality Essence** - **Channelling chi in the body:** Focus on meditations, Identify an aspiration, Implication of the meditation on the aspiration, Amend the aspirations, Identify the parts of the aspirations in occurrence, Channel all energy to the next aspiration activity, Simulate the aspiration
- **Tantien Harmony:** **Patience** - **Synchronizing Tantiens:** lower tantien meditation source projections, synchronizing lower and middle tantiens, middle tantien aspired projections, synchronizing middle and upper tantiens, upper tantien Real-Time Projections, experience a relaxed state of self-awareness, project the application of the aspiration.
- **The Eight Virtues:** **Unity** - **The Eight Virtues:** Filial Piety (Reverence and loving care of our parents – teachers – elders) - Sibling Harmony (To live at peace as brothers and sisters Respectful of others) – Dedication (Loyalty – Faithfulness – Commitment), Trustworthiness (Sincerity – Honesty – Keeping one's promises), Propriety (Courtesy – Politeness – Decorum – Manners), Sacrifice (Courage to do what is right – Purity of heart and purpose – Selflessness), Honour (Integrity – Incorruptible – Taking only what you deserve, having earned it), Sense of Shame (Conscientious – Cognizant of shameful action and avoiding it)

Summary

Self-awareness involves being aware of different aspects of the self including traits, behaviours, and feelings. Essentially, it is a psychological state in which oneself becomes the focus of [attention](#). Once you begin to understand this concept you then have the opportunity and freedom to change things about yourself, enabling you to create the life that you want. It is almost impossible to change and become self-accepting if you are unsure as to who you are. It is empowering and gives the confidence to make changes.

Having awareness creates the opportunity to make changes in behaviour and beliefs; it is the first step in creating what you want and mastering your life. Where you focus your attention, your emotions, reactions, personality and behaviour determine where you go in life. Having self awareness allows you to see where your thoughts and emotions are taking you. It also allows you to take control of your emotions, behaviour, and personality so you can make the changes you want. Until you are aware in the moment of your thoughts, emotions, words, and behaviour, you will have difficulty making changes in the direction of your life.

References

The Johari Window: <http://psychcentral.com/blog/archives/2008/07/08/the-johari-window/>

'In my years of study and working with clients I have discovered many useful techniques that accelerate this learning. I have incorporated these techniques into the [Self Mastery audio course](#). The first four sessions are available free. [See the Self Mastery Course for the step by step process and exercises](#). You can also learn about these practices from the book [MindWorks: A practical guide for changing Thoughts, Beliefs and Emotional Reactions](#).

Check out Gary's Self Mastery Audio Program and Download FOUR Sessions **FREE**

More Psychology Definitions: [The Psychology Dictionary](#)

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Photo Credit

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Notes

1. Grover, R. (2003). Stalking a wily prey at Disney. *Business Week Online, Dec. 2*. Retrieved December 11, 2003 from http://www.businessweek.com/bwdaily/dnflash/dec2003/nf2003122_5238_db035.htm.
2. Goleman, D., Boyatzis, R. & McKee, A. (2002). *Primal leadership: Realizing the power of emotional intelligence*. Boston, Mass.: Harvard Business School Press. (The definition of CEO disease appears on page 93.)

Download the Personal Awareness and Responsibility Competency Profiles in [English](#) or [French](#)

View a description of the [Competency Review Drafts Elements](#) and the [Competency Development](#) process.