

Conscious Being

Exercise Five: Is Happiness a Choice?

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.

Releasing Statement

I let go of the illusion of separation.

Affirming Statement

I am living an awakened life.

Simple Meditation Practice

This module's meditation is a sitting meditation. We invite you to find a comfortable place to sit. Set a timer for 10 minutes. During these 10 minutes, simply be aware of the energy field that is at the core of your being. See if you can get in touch with an essential self that is beyond your physicality, thoughts, or emotions. Be gentle with yourself. In this exercise, you are simply noticing. Once the timer sounds, check in with yourself. What are you noticing about your energy? Is it lighter? Heavier? What do you make of that? As always, take some time to write about your experience.

When the timer sounds, stop writing immediately. Make a note of how you feel. Often, making the list will actually change your body chemistry. Many people have a feeling of lightness or exhilaration after speedwriting their list. Some feel relaxed and others may experience sadness. At this point, it doesn't matter what you've put on your list; what is important is experiencing the process of identifying what brings you happiness and how it makes you feel. Study your list. Answer these questions:

- How do you feel about what you've written? Surprised? Frustrated? Was it difficult for you to come up with things? Did you freeze as you wrote? Write about that.

- How many of these things are you actually doing?

- What it would take for you to create more happiness in your life?

2. Discovering True Freedom Exercise: We define freedom as *“an inner freedom from duality, from ‘good’ and ‘bad’ and ‘right’ and ‘wrong.’ It’s freedom from the stories and perspectives that limit our choices. This freedom opens us to the power of authenticity, to the choice of peace and happiness, to awakened living.”* Now, answer these questions and (reread them if you’re alone or) share with someone (if you’re in a group):

- What does the word “freedom” mean to you?

- When have you experienced the type of freedom described in the quote?

- What allowed you to have that sense of freedom?

- How could you go about creating more freedom?

- What might happen if you did?

- How would your life change?

- How would your addiction change?

3. Embodying the New Paradigm Technique: *“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.”* Again, answer these questions and (re-read if you’re alone or) share with someone (if you’re in a group):

- What would it be like to embody this new paradigm?

- How would your sense of self change?

- How would your life change?
