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Simple strategies to effortlessly respond well to the world around you

ResponsAble

Without awareness there is no choice.

Those words have always felt important to me. I believe that when we have choice we have freedom - to respond to others and the world in ways that feel congruent with personal integrity. We hear a lot about mindfulness and its importance, but there's a step before all that ... awareness.

Mindfulness assures that there is "something" to be mindful of: breath / thoughts / actions / and so on. Awareness simply asks you to, without judgment, notice what is happening. Here's a truth: you already are ... unconsciously.

Try this:

- Sit comfortably and try not to be aware for just 10 seconds. Just try.
- How'd it go? (*HA!*)

The kind of awareness you're being invited to experience and explore here is natural awareness. To spend just a few moments noticing the reality of your experience without judging it / wishing it different / or feeling compelled to fix it.

Here's how:

- Get comfortable - truly comfortable.
- Then scan your physical body - What and where do you notice? Does it feel good / bad / neutral?
- Next scan your emotional body - What feels important to notice? Do you feel happy / sad / anxious / complexly all of the above or some other mix?
- End with scanning your thoughts - Is your mind settled or racing? Are you present now, or stuck in thoughts past or future?
- As your experience arises simply "Welcome" it. No need to judge or change anything. Simply practice awareness ... with ease.

This is a habit we'll come back to over again within the ResponsAble program, launching 9/27. It'll never get old. You'll never progress beyond it. The first step in responding well is simply being ... *aware*.