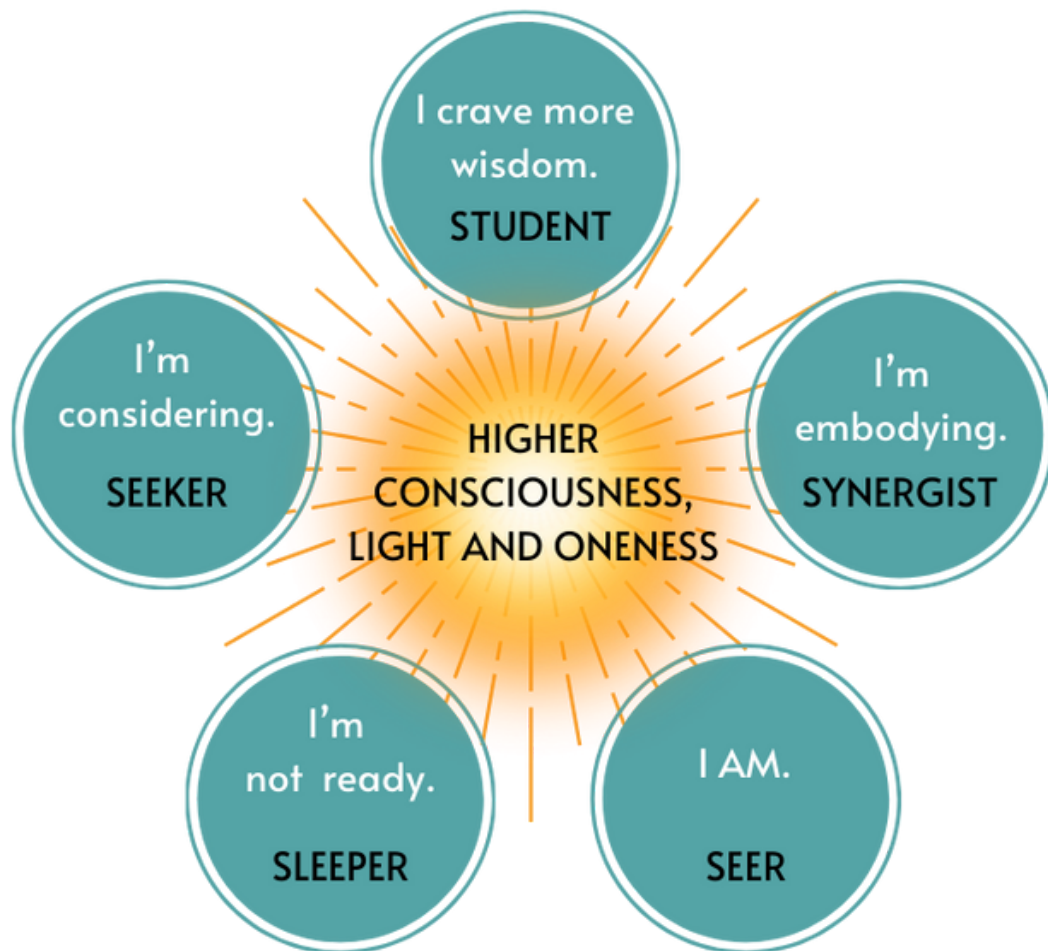


The 5 States of Awareness & New World Women



- No state is better than the others.
- A person could be in all of the states within a 5-minute period!
- Living aware of what state you are in at any given moment, liberates you.
- Feeling into the state that another may be in helps you to be more compassionate toward them.





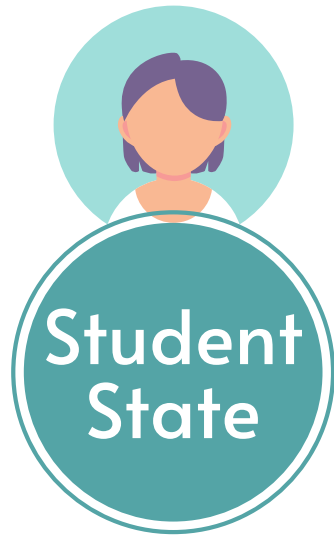
I'm not ready.

- Experiences life mainly through what can be seen, felt or heard with the senses
- Lives with little awareness of feelings in the moment and because feelings are not experienced as they happen, the feeling comes out sideways
- Easily goes to fear, lack, separation, stress, confusion
- Has a "Me" consciousness, rather than a "We" consciousness
- Sees life in duality: right or wrong, good or bad, with me or against me
- Feels trapped, a victim of circumstances
- Is disconnected from self, Divine, others



I'm considering.

- **Begins to believe there might be more than meets the eye**
- **Becomes more conscious, curious and aware than in Sleeper State**
- **Pays more attention to feelings and wonders about an inner journey**
- **Starts to see that life may not be all about them (self-obsession)**
- **Desires a more authentic connection with self, Divine, others**
- **Wants inner peace and thinks it might be possible**
- **May decide it's too much and choose to go back to sleep--or may become hungry to learn more**



**I crave more
wisdom.**

- Comes alive with curiosity and through study sees there is more than meets the eye
- Learns techniques, methods and practices to become more aware
- Embarks on an inner journey and has greater awareness
- Sees the interconnectedness of all beings
- Has new tools for a more authentic connection with self, Divine, others
- Reads and studies ways to inner peace
- Can recite the names of many authors, knows and believes a variety of teachings--yet still mainly experiences them as mental concepts



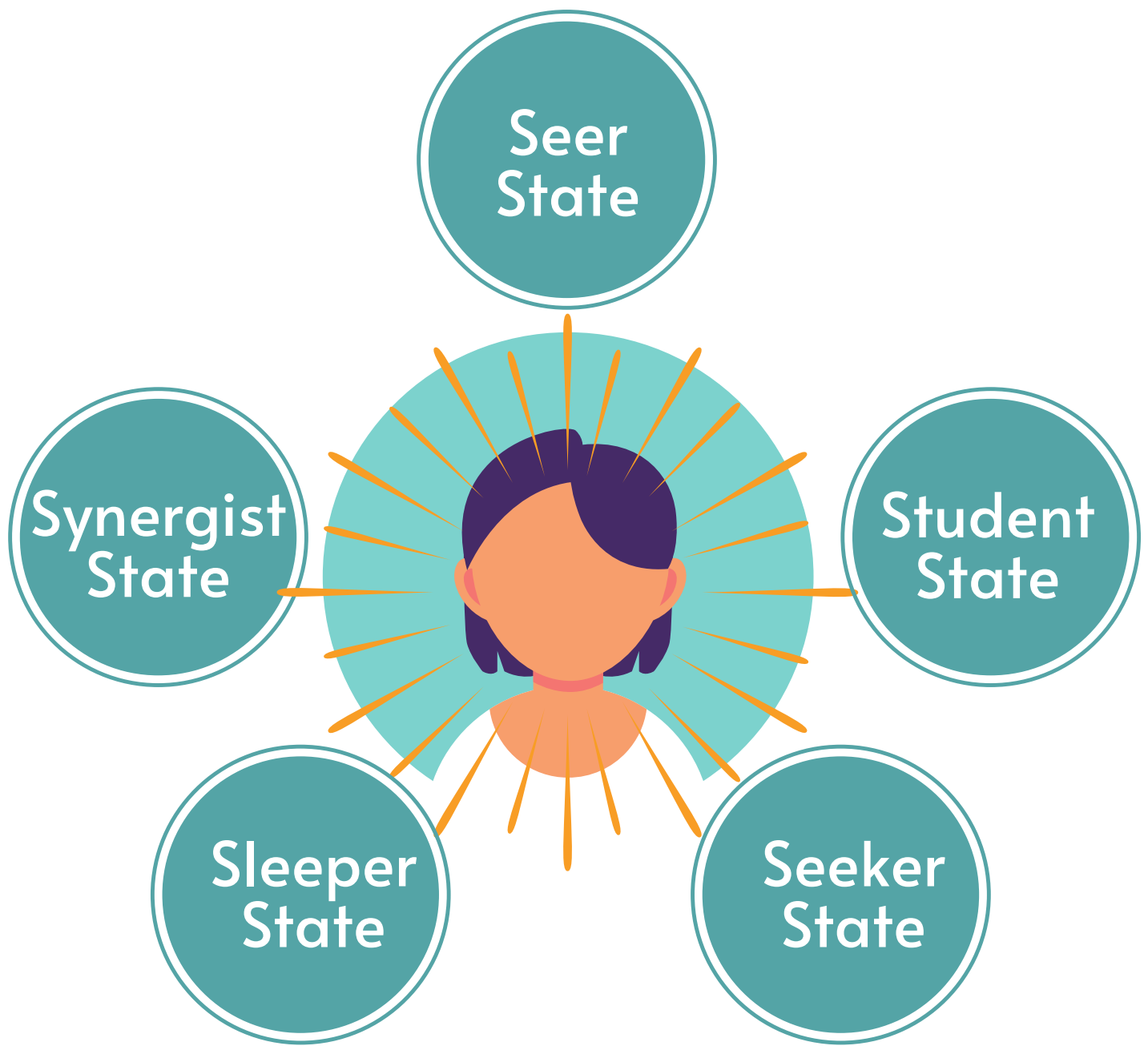
I'm embodying.

- Lives with curiosity, wonder, magic and joy, in the moment--knowing there is a web of connectivity and oneness with all of life
- Spiritual and self-awareness techniques, methods and practices are a way of life
- Manifests a life a beautiful life from her highest inner self
- Knows what to do if she is out of alignment and does it
- No longer sees herself as a victim, but rather a vessel of wisdom, enjoyment, abundance, love, tranquility and health
- May continue to learn new principles, yet her inner wisdom, intuition and higher attributes are trusted and lived. She is integrated, whole and authentic.



I AM.

- Is fully open and Present at all times
- Lives in Knowing
- Knows no separation between hearts desires and their manifestation-- and manifests instantly
- Feels no fear because she knows there is nothing to fear
- Is bliss
- Unifies opposites
- Is free of suffering of any kind
- Lives in the Sacred and All That Is
- Is LOVE



In what state do you spend most of your time?

In what state would you like to spend most of your time?

How would your life be different?

How would the world around you be impacted if you lived in awareness of your state?

How will knowing the 5 States help you be more compassionate to others?