

Waking up

At some point in our life, we may experience a moment of extreme clarity – a total awareness. Such a situation can be so significant that it leaves a profound impression on us, potentially changing the course of our entire life.

These types of events bring us in complete alignment with our inner truth. They expand our senses beyond the physical and give us a glimpse of the state of being of our Higher Self. Such an experience can be gently inspired by years of meditation or rapidly created by some life-threatening conditions that jolt us into awakening.

Such a state of total awareness can also be facilitated by just living our life with joyful optimism and putting our complete attention on whatever we are choosing to do – being fully present – here and now. This is a natural way to wake up and that's exactly what happened with me. Here is my story...

I like to observe my emotions. Since early childhood, I innately understood that feelings were there to direct my attention towards something important, so I would take time during each day to just be still and observe what's going on within. Noticing if I feel balanced or anxious, peaceful, restless, or serene. And then exploring the possible reasons for having that experience.

I would often ask myself questions about a situation, and after a short while, answers would come through. The information would simply pop into my mind as something that is just "so obvious". At first, this dialogue was experienced entirely in my mind, a sort of a game that I played with myself. Then, I actually started to write things down and found that insights began to really expand and accelerate. In a way, this is what I'm doing here, right now. As I write this, I am focusing my full attention on my journey, and I'm already beginning to get deeper understandings about certain events in my past. It's really exciting!

Let's explore one of the most significant moments of my life that I can recall at present:

I am in high school. It is an "inset" day, which means that there are no classes running but the school is still open so that teachers can prepare for the term ahead. I use this opportunity to come in and catch up on some of my projects. I love the freedom of being able to arrive at a time that suits me, wearing whatever clothes I like, and having access to all the resources of the school without the restrictions of a timetable. I often find that I don't really need any assistance, just a peaceful environment where I can do my own work.

Coming in on an inset day means that I would essentially have the whole school to myself. Being able to spend several hours focusing on some interesting project completely undisturbed. Working in one classroom, then walking along a quiet empty corridor to another more relevant space and continuing my work. There might be a few occasions where I would come across a teacher and spend a couple of minutes exchanging pleasantries, but most of the time, it would just be me, completely by myself.

On this particular day, I remember feeling really optimistic. Having a sense of knowing that if I stay positively focused on the work at hand, I would be able to complete all the projects before the approaching deadlines. At first, I chose to go to the computer room, picking the most interesting project and giving it my full attention, working on it for several hours without anybody else coming in to disturb me. Then, seeing that I'm making a measurable progress and being pleased with how that project is evolving, I decide to take a break and walk across to another part of the school.

As I walk along the corridor, all of a sudden, I feel something. Something completely different. Something that I do not recall ever experiencing before. This change seems so significant that I am drawn to stop right there, in the middle of the corridor.

I stand still, observing what's going on inside and outside of me. The corridor – completely empty, refreshingly cool, dim, and quiet. There is a serene stillness all around me. My body – feeling pleasantly comfortable, there is no pain or discomfort of any kind, and my skin feeling like it's being enveloped by gentle softness. I especially notice just how light and comfortable my feet feel, there is absolutely no pressure, as though my body is weightless. My mind – alert yet relaxed, and completely at ease. There are no concerns at all, just peace. Total peace. My heart – feeling a sense of freedom and optimism, filled with excitement, energy, and playful curiosity.

I am experiencing complete alignment – a feeling of peace, freedom, and pure unconditional joy.

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That experience has lasted for a relatively short time, yet it was significant enough to have a profound effect on the rest of my life. From that point forward, I was able to have a full awareness of what true joy feels like, and I knew in my heart that there will come a time when I would be able to experience that state on a continuous basis.

I am on that path right now.