



# Sacred Spaces



## **Bring Conscious Awareness Into Your Life**

by Toni Petrinovich

As you begin to realize you are the source in a physical body, you may feel as though you are reconnecting or connecting *again* with your idea of God. One of the first concepts you want to dissolve for yourself is the idea you could be disconnected from that which you **are** in any way.

Sometimes life might feel as though you are living in a very dark world or that you are not completely up to speed with that which you wish to experience. Yet, again, that is all based on belief. As the source in form, you are light. You are enlightened. There is no way you could be separated from the light that you are *even if you were to leave the physical vehicle* that you now embody.

Your physiology is the receptacle of your consciousness through all of the complex processes inherent to it. You are a walking informational vehicle streaming the experience of your consciousness. Though it may appear that application of these processes is only relevant to this frequency plane, your DNA has access to information that your mind does not.

Your consciousness is *not* your mind, feelings or emotions. It encompasses every aspect of you physically and non-physically. The foundation of your apparent conscious awareness is the consciousness in each cell – indeed, every atom of your biology.

Your choice in each moment creates the information contained within the next "sentence" written upon the Akashic Field. Therefore, the Field is not only a storage device for that which you consider your past experience it also holds all of the possibilities for your future-future. It contains the potential for all of your lives. The experiences already written into the Field, the wisdom and knowledge

contained therein are the impetus for the potential contained within the learning. *Through your thoughts, words and actions* you delve into your own potential. Through your free will choices you create the next movement within the Field for you.

Conscious experiences shift and change throughout the daily routine of being alive. From what is worn as clothing to what is chosen as food, from choice of meditation practices to preferred arenas of work and play – each is a conscious decision, a free will choice, within existence in this frequency dimension. The movement from one thought or memory to the next is *so fast* that most are not aware that consciousness is shifting. It often feels like simply “having a thought”.

Nowhere is the flow of spirit easier to observe than within the shifting, changing flow of conscious thought. Unless one has created a dedicated practice of meditation in which to release attention upon the rhythm of conscious thoughts, they are constantly present. Yet *consciousness is much more than thoughts; it is a state of absolute awareness of being.*

There is a basic vagueness to the idea of consciousness due to consciousness attempting to define *itself*. The ultimate state of conscious awareness within this incarnation can be referred to as *self-realization* wherein there is a realization that the *self* is the source. Once this state is experienced the play on words of *conscious consciousness* becomes secondary.

For the most part, humanity walks this earth unconsciously aware. The masses are hypnotized by the blatant references given to them through media, authority figures and their own desires to be seen as special or *more*. If you are feeling the inner yearning to experience your enlightenment, then you absolutely must release your attachment to the ideas, concepts and beliefs you have gathered within your personality. It is the need to be right, the need to know, the need to have the last word, the need to appear spiritual and all of the other needs you have incorporated into your personality that lay down the boundary lines obstructing you from your own awareness of conscious enlightenment.

No one can do this for you. *Even pointing the way* is but a very humble attempt to hold up a mirror assisting you to see your own shadow. Dedication, devotion and a

single-focused attention to your own self-realization is the only answer to your yearning heart. Your enlightenment *is*. Will you accept it by loosening the control you haphazardly believe you have over your illusionary reality?

