

~~~~~

## **Be-Coming: Aware**

The wonders and joys of **being** human

Vol. 2, No. 3 ----- April 2006

Rikki Fowler, Professional Certified Coach

~~~~~

Please help me grow **Be-Coming**, by sharing it, in its entirety, with others whom you think will enjoy reading it. To subscribe, put **Be-Coming** in the subject and email <mailto:rikki@onpurposecoaching.com>

~~~~~

## **Contents**

1. Note from Rikki
2. Essay for the Heart
3. From Readers - For Readers
4. My Offer to You
5. The Fine Print

~~~~~

### **1. Note from Rikki**

I keep thinking that I will find **THE** title, **THE** niche, or **THE** name for my business. There is no there. There is always just out of reach. For today, this newsletter is about **be-coming aware**. We can all do that, in this moment, if we are truly in **THE** moment.

~~~~~

### **2. Essay for the Heart: Awareness**

Aware comes from the Old English for watchful and is an adjective. Awareness is the noun, a word for the action or state. To me it's a synonym for the coming into being; it's the state required to observe my Self, the being of who I am.

What I'm becoming aware of is this: the unconscious emotions and thoughts I have, I give to others. So the idea that someone will criticize this essay is really my fear of me finding fault with the essay. It won't measure up to your (my) standards. And since I don't want to be criticized by anyone or disappoint you, I can let this fear either prevent me from writing the essay, or get half-way through and then stop, or I might finish it, pronounce it no-good and not send it.

This new awareness is something that I have known and wasn't aware of. I've read about projection and the finger that's pointed at you is really 3 fingers pointing at me. Awareness is different, now I have the experience of the knowing. It's no longer a thought in my mind, it became an experience in my being.

Oh, I thought this was going to be easy to write about. People are becoming more aware, more conscious. We observe our actions and discover that there is an observer **AND** the one doing the action. We have greater awareness.

But then I get confused about which is which voice. My ego always has an opinion, so how is that different than this observer? Well the observer doesn't have opinions, it notices. Or maybe the observer is a matured ego, without

judgments. I just know that when it was only my ego, I was oblivious and I wasn't aware or as peaceful.

You've had the experience. Something is lost and your immediate reaction is "who took the scissors?" Later on, you find the scissors and remember, "oh yes, I left the scissors by the plant when I was fixing it." Oops, you're the one who took the scissors and "lost them."

If you aren't the one who finds the lost object, over time, you can develop a fear that people are stealing your things. You become wary.

Here's where courage comes in. In the first instance, you can have the courage to admit that you made a mistake (an awareness.) Or in the second situation, you can have the courage to use the thinking part of your mind and decide that your experience is that you don't live with people who steal your things (also an awareness.)

In the second situation, the wariness comes from an emotional response to the loss of the scissors. Awareness brings in new information, allowing you to observe the emotional response and make a different assessment.

It's fascinating that awareness comes from wary, an adjective that means caution or watchfulness in detecting and escaping danger. Our minds developed wariness long before we develop awareness.

Developmentally, we are becoming more aware. We are moving from human doings to human beings. And that is one of the wonders of being alive.

~~~~~

### 3. From Readers - For Readers

Tell me a story about an awareness that you've had recently. I'd love to share that with other readers.

~~~~~

### 4. My Offers to You

I will be offering a 4-week teleclass for women, **Asking Wisdom to Speak**, starting May 16 at 9 pm EDT, 6 pm PDT. Class size is limited to 8 to ensure that everyone has a chance to discover how wisdom speaks to them. If you want to give your Mom a different Mother's Day present, this is just the thing, or tell your sister or friend. The investment is \$99, but if you register before May 1 it's \$79.

Also I will be forming another Mastermind Tele-Group, a place to think out loud about a project or idea you have, get support and encouragement to make that project or idea a reality.

If you are interested or want more information, contact me at <mailto:rikki@onpurposecoaching.com>.

~~~~~

### 5. The Fine Print

The List | Copyright  
Be-Coming: to receive this newsletter, send an email with *Be-Coming* in the subject line, <mailto:rikki@onpurposecoaching.com>.

EXIT: to leave this newsletter list, send an e-mail with *exit* in the subject line,  
mailto:rikki@onpurposecoaching.com.

Unless otherwise attributed, all material is written and  
edited by Rikki Fowler, PCC. Copyright (c) 2006. All rights reserved.

You may reprint material from "**Be-Coming**" in other electronic or print publications  
provided the above copyright notice and a link to <http://www.OnPurposeCoaching.com>  
are included in the credits. Please send me a copy of the publication and do not forward  
excerpts, instead send the entire newsletter. Thanks!

Privacy Statement | Contact Info

I do not sell, rent, or loan subscriber information to any  
third party. Ever.  
6101 Imperata NE, Suite 2626, Albuquerque, NM 87111

~~~~~