



Awareness: A Medium to Reach the Soul

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Awareness is the common essence of all religions. We get involved in rituals such as chanting mantras, doing prayers, meditation, etc., however, we forget to ask the purpose behind all these acts. According to our understanding, the purpose behind all these acts is to reach our Soul and be aware of each bodily act that is happening. Being in a state of awareness is the highest form of blissful meditation one can experience. In this stage, you don't have to sit with your eyes closed but you can be in a meditative process 24*7. One can be in the meditative state of awareness with eyes open and doing all worldly tasks.

In this article, we wish to share some insights from ancient wisdom about how to reach that state of awareness:

1. **Looking inside:** Implant an imaginary lotus or any auspicious symbol such as OM, or an idol in the center of your heart and look at that all the time. Initially, to start with, you can do it while doing normal routine activities such as taking a bath, eating, walking, etc. Later on, as you become an expert, you can develop a habit of looking inside on this image created even while sleeping and talking. People who practice it start experiencing that their soul is different from the body and they start living in the stage of awareness where their soul observes/witnesses each bodily act that the body is doing. For example: if you are eating, a person with awareness will start experiencing that the body is eating and the Soul is in the stage of awareness – it is aware of the fact that the hand is raised to the mouth for eating. Similarly, while sleeping the person looking inside will feel that the body is sleeping and the Soul (which resides inside the body) is awake. People who master this art further experience a plethora of experiences. The beauty is that each experience is unique and cannot be expressed in words alone.
2. **Being Mindful:** Live in the moment to enhance your awareness of thoughts, beliefs, and sensations as they happen from moment to moment. We forget to pause and pay attention to our feelings let alone our surroundings; for a few of us, it may be a strategy to avoid the truth while for a few of us we are so busy with our daily hustle that we hardly notice this. Practice counting your breath without trying to control it. You can do it anytime and from anywhere, start with at least 20 counts and go up to 100 or more. Another method would be to hold your breath, breathe in at a count of three, hold it for a count of three, and breathe out at a count of three. Once you are aware of yourself and your eco-system you will discover happiness all around you
3. **Discover your values –** Most of us have forgotten our core values and we try to be what others perceive of us. The idea is to identify your own values and be aware of your own self-being as in who you are as a person. It's an insightful process that involves self-reflection. Make a master list of all your values and align them with your experience and the people you value the most. Categorize overlapping values under one group and finalize the top 4 to 5 values that resonate with you. The beauty of this routine is that it gives you a direction in your life and you can consciously take actions that align with your values and that lead to a blissful journey.

4. Conserve energy – We are all born for a purpose but most of us fail to see it. We are not aware of the people or tasks that matter most and will help us achieve that divine goal of life. We are preoccupied with our thoughts and there is clutter everywhere. Chalk out a daily plan for yourself and instead of dwelling on mindless activities focus your energy on activities that matter to you the most. Sit down in a quiet place, regularize your breathing and focus on the most important tasks of the day. Once you are able to master the daily plan, start planning on an hourly basis. You will feel that ray of warm light entering your life that will re-energize you, declutter your thoughts and along the way help you to find a good balance between work, rest, and leisure.

Awareness is not something that can be attained overnight, it comes every moment by observing our surroundings, respecting others, and valuing life. It helps us achieve that inner peace and find our soul. There is no right or wrong way of doing it, one has to find his own path that echoes with him but once you tread on it you have achieved your purpose in life.