

Are You Ready to be Awakened? By Michelle L. Casto, Ph.D.
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2 million people can't be wrong.

When Oprah had the webcast promoting the New Earth movement, and, millions of people all over the world tuned in to learn how to release their ego and allow their essence to be more present, I smiled.

I am so excited because that means more of us are awakening. And when more of us are awakened and in action, life is going to get really interesting and fun!

You may think just because you are waking in the morning and walking around, you are "awake." However, what I know is that if your life isn't everything you dream it can be, then you might not be as awake as you think.

Actually, I spent much of my life "asleep at the wheel." Even though I was pretty intelligent and even very into "self-help." I still had my blind spots.

During that time, I let life happen TO me instead of consciously creating everything I wanted my life to be. I experienced the roller coaster ride of ups and downs, highs and lows, successes and set backs, all the while walking in a trance instead of ENJOYING THE DANCE!

Something (finally) woke me up. Actually several somethings...a divorce, financial challenges, and two totaled vehicles! All of this shook me to the core and woke up me to the realization that it was time to make some changes and begin co-creating the life I wanted to live... on purpose. And my life has NEVER been the same since.

Tolle said during the webcast, that everyone has a spiritual teacher—suffering. And that is true--- most of us have not experienced enough pain to learn a new way. We have to attract "wake up calls" in order to get our little rears in gear, and moving in a more divine direction.

Why is the process of awakening so powerful?

Take this story:

The student asked the Buddha, are you God?

Buddha said no.

The student asked Buddha, are you an angel?

Buddha said no.

The student asked then what are you?

Buddha said, I am awake.

You can be “Buddha like” and choose to awaken (naturally) before the alarm clock goes off in the form of an accident, disappointment, break up, or other less than pleasant wake up call.

How? By getting a coach and turning on the light to take a good look at how your life is progressing.

Michelle L. Casto is a self-empowerment expert in the life dimensions of love, labor, leisure, and learning. Dr. Michelle is known as the Soul Diva Coach and one of the top coaches in the United States. She is the founder and principal of Get Smart! and Brightlight Coaching, a professional training, coaching, and publishing company. Contact her for a complimentary 30 minute divine life visioning session at (361) 232-3939.

WebSites

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