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a w a r e n e s s

fiona maguire

The Key to Awareness

Second edition

by

Fiona Maguire

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The Key to Awareness Manual, Second Edition

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The Second Edition includes
FREE MP3 of the Awareness exercises
in Part 2 of this manual.

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Foreword

Foreword by Jennifer Hough

Jennifer Hough is a speaker, author, gifted intuitive, holistic nutritionist and shares her message of the Cellular Awakening of Humanity globally.

I graduated from University with a degree in Economics and Sociology about 20 years ago, far removed from the world of Awakening I am in now. Little did I know then that I would have the privilege to work with so many magnificent souls around the world, humbling to say the least.

My journey into seeing energy, writing books, and facilitating workshops started because I had the good fortune of getting very sick from toxic exposure, an issue which only Alternative Health Methodologies could help me. Several wonderful methodologies assisted me to heal from migraines, depression and chronic yeast. With unexplainable passion and drive, I felt myself being called in a direction I would never have considered as a young, eager University student. Through wisdom that was shown to me in several wakened dreams I began integrating nutrition with a metaphysical awakening technique called “Get Out of Your Own Way”. I

lead my clients to "wake up" and transcend the underlying patterns that keep them stuck. Fiona is one of those glorious beings on a path of awakening.

I met Fiona when I gave a talk in London, UK. I could tell as I talked to Fiona that helping people be who they are in the world and assisting them to let go of their stories is her heart's calling. It became clear early on that Fiona is a leader and facilitator of people that are ready to move beyond their patterns and truly be free.

Fiona's journey has led her to profoundly understand what it is to be bogged down by history and judgment. She has masterfully listened to her own innate wisdom, and courageously followed the direct route to awakening. When you awaken in the way that Fiona has done, how could you not be driven to 'pay it forward' with passion? Fiona is a champion for the individual to experience true freedom in this lifetime, the freedom to be ourselves. She is a living breathing example of what that looks like.

I hope that you get to experience Fiona's story from her own words, because what you will find within these magical pages, is actually the result of her story. Once she began our Awakening Coach Training program, it didn't take very long for me to see that she has a wonderful gift and ability to inspire

her participants, friends and colleagues with the same passion to awaken as she has; the sign of a true leader.

“The Key to Awareness” process draws upon Fiona’s degree in Psychology, her studies of different religions, spiritual paths, physical body therapies and her experience of seeing thousands of clients over the last 16 years. Most importantly it is the result of her own journey.....and for me, that education is beyond any other.

I love the way the process is set out: it is a simple practical progression that guides you in how you can let go of what is keeping you stuck while going about your normal everyday activities. This is an important guide, as it brings you step by step into your own awareness. It doesn’t talk about your awareness; it guides you in actually discovering it for yourself. We no longer have time to talk about remembering who we are; it is time to actually do it.

I recommend that you dive in and find the nuggets of gold as I did. Each one of us is a piece of the puzzle of Heaven on Earth. Which piece are you? I think this book will assist you to discover that. What else is there but to remember all of you, and then live it?

This book is a guide for you to go on that journey without drama and the overwhelm that can come with it.

The purpose of life is to enjoy it fully, not to get there ‘one day’. Thank you Fiona for having the courage to speak your love and assistance into the world so that ‘one day’ can begin today.

Jennifer Hough

Founder of The Wide Awakening, Creator of “Get Out of Your Own Way™”, Author, Seer and International Speaker.

Toronto, Canada, 2013.

Preface

I created this easy to follow process to help people stop the chaos and suffering in their lives that I went through by not being aware. Awareness of yourself and what is happening around you gives you the freedom to be who you are and express yourself in everything you do. If you want to be **free, happy and energised everyday follow this process to awareness.**

When awareness is brought to unhelpful emotions and thoughts and you return to the present moment, where there is no room for unhelpful emotions and thoughts, they just naturally fade away. The **benefit of becoming and acting from your true self is much less procrastination, frustration, indecision, worry, fear** and other unhelpful emotions and thoughts.

The whole purpose of “The Key to Awareness” process is for you to live your life in Pure Awareness.

It is **the only process** (as far as I know) that brings you step by step into how to be aware and experience what it is like to live in Pure Awareness. I had searched for the key to becoming aware for over a decade and I did not find it. This process was born out of my own experiences of becoming aware and getting a taste for what it was like to live in Pure Awareness.

Pure Awareness is one power / source / principle that we all ‘tap’ into, however as we are all unique individuals, the

form that Pure Awareness takes in our life is our own unique path / journey / life.

Being in **Pure Awareness** is the easiest way to **create the Life you want to Live**, without strain or stress. Which is a completely different way of being than the ‘doing state’ that is so conditioned into us by western society. This is why this process takes you on a journey of noticing the **difference between your conditioning and who you really are**.

To assist you further “The Key to Awareness” process is made up of two parts that help you become aware of your thoughts, emotions, conditioning and actions (Part 1) and to help you experience what it is like to embody Pure Awareness (Part 2). I encourage you to explore both parts of the manual at the same time.

In this process, and therefore manual, I am not asking you to take on any of my or anyone else’s beliefs. All I ask of you is to go through the process **step by step** and write down on the tables provided what you notice and **practise the exercises** given in part 2 of the manual. This manual is a **practical process that leads you to becoming aware and into Pure Awareness**; rather than a manual that contains just the philosophy of awareness.

Why a Second Edition?

I have been teaching this process for 4 years now and wrote the first edition of the manual in 2011. In 2012 I facilitated a course in “The Key to Awareness” process over a period of 5 weeks and used the manual as an essential teaching tool. I asked the participants to tell me their levels of health and stress and what had changed in their lives as a result of following the process before, during, 2 weeks and 6 months after the course. All the participants, even 6 months after the course, had continued to grow in these benefits:

- Significantly reduced stress and anxiety levels.
- Greater self-esteem, self-worth and self-acceptance.
- More confidence and more assertiveness.
- Much less, if any, rumination (which has been a major predictor of relapses of depression).
- Much less emotional reactivity and more emotional intelligence.

I learnt what parts of the process could be misunderstood and I have hopefully made them clearer. I have highlighted some of these points below to reinforce what is written in the manual.

Support

This manual is all you need, however I encourage you to get support: at least talk to a friend and if possible go through the process together, come to one of my talks (I am willing to organise giving a talk to you and your community), attend a “The Key to Awareness” course or have one to one coaching with me.

“The Key to Awareness” process and Mindfulness

All the benefits of Mindfulness, and more, can be achieved from following Part 2 of this process and easily implemented into your life. Furthermore the courses that I have facilitated have shown that these benefits are achieved quickly through following “The Key to Awareness” process.

What enhances “The Key to Awareness” process from Mindfulness **is that Part 1** of this process brings you to a mental and physical understanding of the interactions between your thoughts, emotions, actions and conditioning **within the normality and activity of your everyday life**. It helps you understand why you have been doing some of the things that you have been doing even though they do not work for you. Most importantly the process helps you change thoughts, emotions, behaviour and conditioning that does not serve you, to those that **create the life that you want to live very quickly**.

In other words you are able to **tune into your inner guidance and Pure Awareness during the activity, stress and hustle of your everyday life**; rather than being dependent on constantly meditating to achieve this.

Acceptance

All the steps in Part 1 and the exercises in Part 2 of the manual need to be followed and practiced for you to gain an understanding of and experience of what awareness and true acceptance are. **True acceptance is gain through a change of mental attitude and activity and a physical knowing that you are in acceptance**. In the words of one of the participants:

“Understanding true acceptance. Instead of thinking ‘I accept’, knowing I accept”.

To make this easier I have added an Acceptance exercise to give you a tangible experience of the importance and power of acceptance.

Awareness and acceptance will bring you into **Pure Awareness** where you can **create the Life you want**.

Pure Awareness

You are in **Pure Awareness** when you listen to the **inner guidance of your true self** and you **allow** yourself to know what to do **intuitively, without the need to do anything or be anything**. This is a completely different way of being than the ‘doing state’ that is so conditioned into us by western society.

Remember that it takes a journey for you to come to live in Pure Awareness and I wholeheartedly encourage **you to do all the steps in Part 1 and practice all the exercises in Part 2**.

Clearing energy

You can clear a thought, belief or emotion by clearing the energy that holds it in place. However, it is the job of your unconscious mind to keep you safe and it will recreate thoughts, beliefs and emotions that it believes keep you safe. This is why people say “I have worked on it by clearing its energy, but it just keeps coming back”.

Therefore it is very important that you obtain your conscious and unconscious mind’s permission to clear it, otherwise it will just come back. I strongly believe that the only way to clear a thought, belief or emotion is to **be aware in the moment of how it feels (which tells you why it is there) and how it**

effects you. For example, when you are aware that you feel fear because your body and mind are telling you that there is danger which may be real or perceived, you can stay present in your body by breathing and calmly notice what is around you. You may then realise that the fear is real and you do need to take action; or that the fear is one that you perceive and that there is no need to react. **Awareness is often all that is needed to change** a thought, belief or emotion and clear the old energy, so that it never comes back. See the energy clearing exercise in Part 2 of this manual. I also teach people other methods of doing this.

Misperception of awareness and how you live your life being aware.

What I noticed was that people wanted to hold onto trainings and beliefs that they had learnt even when they had noticed they did not work, though following the steps in “The Key to Awareness” process. An example of this is that a few of the participants would spend minutes to hours, even days, trying to remember or analysing what caused their thoughts or emotions, rather than following the process. “The Key to Awareness” process asks you to notice what is happening in the moment, tune into your inner guidance and if needed take action in the moment. The process enables you to do this step by step and positively discourages analysing, which often leads to procrastination and confusion.

Ego

The ego is very much like your unconscious mind, in that its main job is to protect you. The ego can be viewed as if it has two parts to it, a part that tells us good things about ourselves and a part that tells us bad things. Being aware does not mean

that you have no ego, **the ego is an essential** part of your being and needs to be accepted and integrated into your being.

Do not dismiss what you may perceive as your ego, instead pay attention to how you feel; see ‘The truth of feelings’ section below.

The Science behind why “The Key to Awareness” works.

Go to this page on my website:

<http://realenergy4all.com/science-of-tka/>

Please email Fiona for free copies of the tables in this manual:

Write Tables in Subject line to

fiona@realenergy4all.com

What is Awareness?

Awareness is fundamentally noticing your thoughts, feelings, emotions and actions; what is happening inside you, and what is happening around you. Then **allow yourself to accept them**. Awareness is needed to get to know yourself. Acceptance is needed to enable yourself to develop and change the parts of yourself and your life that you would like to. **Awareness and acceptance work best together.**

This means that you allow yourself to feel and think whatever it is that you are feeling and thinking in any moment; no matter if these emotions and thoughts are around being angry and fearful or happy and extremely joyful.

Therefore if you feel angry notice that you are angry and accept it. If you have already started to express the anger also bring your awareness to how you are expressing that anger. Jumping up and down and shouting, if you are by yourself, may be at this moment the best way you have of expressing your anger and the quickest way you have of releasing it. However, learning another way to express and release your anger may be a better option. Being aware of yourself and what is happening around you gives you more options in how you express yourself and more options in life.

As you go through this process of noticing your thoughts, emotions and actions, you will come to realise that they are there to serve who you believe yourself to be. These beliefs have come from your 'conditioning'. Conditioning is what