



# Wake Up! To the Inner Journey

For thousands of years, great teachers from all around the world have invited us to “wake up,” presenting opportunities for us to discover our inherent magnificence. Just as a tiny seed holds within itself the potential for a beautiful tree to sprout and grow, within each of us exists the potential to experience a level of consciousness that extends far beyond what we might ever have imagined possible.

When we awaken to our true nature, what some call ‘Being’ or ‘Self’, we realize that who we are is not just a limited individual with a name, form and personal identity. Our true Self does not identify with the ego, material possessions or a particular career. It is something much greater than that.

In his book, *The Power of Now*, Eckhart Tolle writes, “Come to know that you are beyond the outer form. But that is only the beginning of an inward journey that will take you ever more deeply into a realm of great

stillness and peace, yet, also of great power and vibrant life.”

In the early hours of dawn the morning sun gradually rises, illuminating the sky with its light. Distinctions of shape, color and the numerous manifestations of the world that were once hidden in darkness can now be perceived. And so it is when we awaken to higher levels of consciousness. As our inner wisdom expands, our darkness, or limited understanding, gradually disappears until finally, like the illuminated sky, we are filled with the light of awareness.

On an overcast day, even though the sun cannot be seen directly, it’s there—in the sky, shining brightly behind the cover of gray. Like the sun, the radiant light of consciousness is always glowing within us. It never dims or fades, but remains luminous, pure and constant. We don’t always experience it because it is hidden behind layers of thoughts, feelings, emotions, and the continuous activities of the

mind. Yet it is there for us just waiting to be experienced.

Getting to know our inner Self is not a passive process. To achieve and maintain higher levels of consciousness requires steady self-effort and full participation on our part. It requires a willingness to let go of unhealthy habits, fears, doubts and negative thinking. The body and mind are the vehicles that allow us to travel the path, so they must be properly cared for. Exercise, moderation and healthy lifestyles are vital—without them our foundation is weak and our opportunities to grow are hindered.

Taking time on a regular basis to sit quietly with our eyes closed and attention turned within produces a multitude of beneficial results for the body, mind, senses and spirit. Meditation is a simple practice that restores and strengthens us from the inside out. It connects us deeply with our inner Being and gives us a direct experience of our own higher consciousness.

The process of awakening cannot be forced or manipulated—it’s a natural unfolding that happens at its own pace and in its own time. Our responsibility is to remain clear, committed, open and humble. A seed given proper sun, soil and nutrients will naturally flourish into a tree. With proper care a tree will bear abundant fruit. The same is true for us when we apply consistency and patience to our path of self-discovery.

Awakening to our innate greatness is a sublime and wonderful journey. It’s an unparalleled, life-long process that is rejuvenating and ever new. It’s the key that unlocks the treasures of love, happiness, peace and contentment. It’s the magical thread that holds all of life together. By looking deeply within ourselves, we awaken to our true nature.

*Kathy Henning is a speaker, teacher, life coach and founder of Present Moment Meditation. She leads classes and group presentations on self-discovery, and recently released a CD, Living in the Present Moment: Everyday Tools & Practices.*

*LivinginthePresentMoment.com.*