

Awaken into Consciousness



52 invitations to realize your
essence and embody
your full potential

Puria Kaestele

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from Puria Kaestele

May these invitations lead you into deeper levels of your being.

If you like, then join one of these exercises every week. As they build on each other,
it makes sense, to at least roughly follow the order.

You may only read those words, but it will certainly not be as powerful as taking a few minutes
and letting yourself be carried away by the mood and frequency of those words.

It would be wonderful, if you take the invitations of these little reminders into your day.

If you allow yourself to tune into your heart, your being, your evolutionary impulse and your
future potential in this way for a year, this process will change you and bring you towards more
alignment with your essence.

I wish you a wonderful time on this inner journey.



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Week 1

Let your body be unhindered and free to feel everything.

Experience your body sensations.

Feel your body from head to toe.

Feel tension, perceive pain or other unpleasant sensations. Realize where your body is soft and relaxed.

Feel the emotions. Allow all the moods that come up.

Do not judge.

Let everything flow as it likes.

Let it come and go.

Be open to anything that life may experience with you and through you. Surrender.

All resistance is in order and does not represent obstacles. Surrender to the resistance.

Become as soft as melted butter in the midst of all resistance.

Expand your perception:

Know, you are not the body - you perceive the body.

Know, you are not your emotions - you perceive your emotions.

Know, you are not your thoughts - you perceive your thoughts.

Know, you are the space where all of this comes and goes.

Stay again and again in this detached, expanded consciousness.



WEEK 18

Connect with your inner yearning to fully unfold your authentic, natural, innocent being.

Become finer and feel the frequency of your potential. Let yourself be taken over and lifted by this vibration again and again.

Have compassion and patience, you're on your way to make a shift.

This is not about improving your personality, but about engaging yourself in a new level of consciousness.

It can scare your personality, feel it, that's okay, and it's not an obstacle as long as your attention remains focused on the new that may reveal itself.



WEEK 20

Be aware that the perception of being a separate self is an illusion.

Draw your attention to the common, the connecting.

Be with the question: What is the same in me and in my counterpart and in all people? This does not mean opinions, likes, dislikes or behaviors, not even the comparison with certain people. But what is the same in every being of this creation?

Another question may be: What is it that makes me and you alive? Tune yourself into it. This is similar to the waves in the ocean, which are not related to their shapes, their size, but to their wetness.

Feel what it does to you when you relate to the fundamentally common.



WEEK 36

Be prepared for new kinds of functions of your being.

Just as a newborn will rediscover its senses, so will you, as you enter the limited consciousness into a new reality.

Your YES to your evolutionary impulse leads you step-by-step to the right places with the right people.

Stay tuned into the big picture and follow your attraction and joy.

Your deepest heart's desire is divine.

Thank you Laura Kaestele for this magical book cover design.

If you want to share your experiences by following these invitations, write me an e-mail:

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Find more about Puria's work:

www.puria.org