



TOO BUSY 2B CONSCIOUS (K007)

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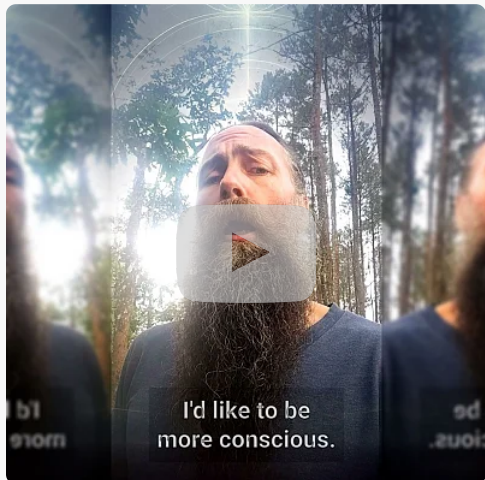


Too Busy 2B

Conscious! 🤔 – Are you one of those people who can't walk and talk and think at the same time? 🧐

If not – then what's your excuse? 😞 Lack of awareness in your life's activities 🤔 leads you to awkward and adverse

outcomes. 🚗 Are you the driver in charge – 🎮 or are you an automaton driven 🎮 by the current of your conditions?



🧬 Sure, we see and feel and dream and will and work – but there's no rule saying you can't be conscious of your conscious process, that you must be mesmerized. 🧨 Reclaim your sovereignty and freedom – prioritize real-time awareness of self and environment as the vital core aspect of your living engagement.

#KernelTalks #SelfAwareness #ConsciousOperation
#WitnessPlane #BusinessExcuses #ReclaimYourself
#SovereignConsciousness

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"I'd like to be more conscious. I'd like to think about the meanings of life. But you see, I'm so busy and there's so much going on in my life right now, it's difficult to pay attention to any of that."

Yeah, sure. And *if that's the way you frame it*, then *forever it will be exactly like that*. You will be sucked into your vortex of life with zero priority to attending to what's actually going on in that vortex of your life.

You see, there is *no fundamental contradiction* between being more conscious in what you do – and actually doing all those things. If anything, all those things that need to get sorted will be *more clearly, more coherently* sorted. The process will be *more streamlined* when all of that is laced with a clear consciousness.

No Need for Black-and-White Attitudes

So there is no dichotomy there. There is no fundamental *this or that* contradiction there. **You can have both.** You *should* have both going on in your life. The operation and the awareness of what it is that you are actually supposed to be doing. You see, there is no such rule that you must *think separately* and *act separately*.

It's not like every weekend you're gonna sit down and think about things – and then all week long I just do stuff without thinking about what I'm doing. I mean, *no one does that*. I am *entirely able to think, talk and walk*

simultaneously here – while herding a dog for good measure.

It's not so complicated. It's simply a question of **is it important to you** to *actually pay attention* to what you're doing. Pay attention to why you're doing it – in actually real time, as it happens.

Real Time Awareness – A More Mature Platform

You see, when the **contemplation happens in real time**, then you will *not* be winging random shit, basically. You will actually be *operating from a more mature platform*. You will have a more coherent sense of what you are doing – and you'll get it done properly.

So yes, *see things*, envision things and be aware that you're doing it. *Feel things* and inquire into your feelings – and see where they lead you. *Dream*, aspire, *claim* and *get things done* – while being aware of where your claims arise from, and how you get things done. *Don't just do it.*

And yes, for a *deeper integration* and distillation. Now for that, you'll want to book some quality time and attention – free from the flux of your life's

engagements. And the process of *inner alignment*, harmonization that follows. For that too, you'll want to have a bit of quality time.

Awareness and Action — Yes We Can Multi-Process

But for the rest of it, **parallel processing**. We *can* multi-process. I can eat and I can think and I can walk at the same time. Just do it. *If it's important, do it.*

If it's *not important* then by all means *don't do it* and *see how it goes*. The bottom line here is that, "*Oh I am so busy, life is pulling me in so many directions.*" That is basically *such a lame excuse* to **not paying attention** to what you are and what you're actually doing.

Not being conscious as you engage in activities. It will lead you sooner or later down a path of unexpected consequences — awkward, adverse outcomes. Simply from a *lack of awareness* as you operate in this world.

Reclaim Your Sovereign Consciousness

So by all means, let us try and *prioritize living real-time awareness* of what we are doing. Self-awareness, situational, environmental awareness, systemic

awareness of *all things as they are*. It certainly *will not hurt or harm you* as you go about living your life.

The simple critical difference between these two modes – acting without awareness, or with awareness – is that in one, **you are driving** from a *vantage point of self-awareness*.

In the other **you are driven**. You are going through the motions, unaware like an automaton, being *dragged by your conditions*, by conditions of environment, into outcomes that spell themselves out *without you having any say* in it.

So **reclaim your sovereignty** by means of *constant awareness*. Thank you.



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