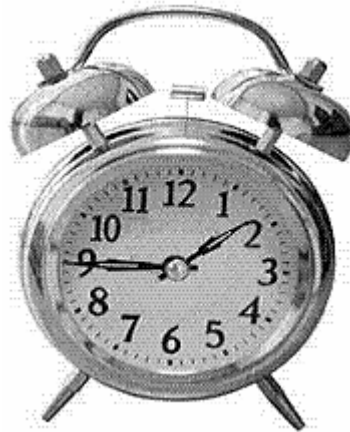


\$7.00



**“This Is Your
Waking Up to Life!
Crash Course”**

**If You're Not Awake, You're Asleep.
If You're Asleep, Make No Mistake About It;
You're Wasting Your Life. Period!**



The Waking Up To Life Crash Course.
from Aaron McNaught Education/Consultations

“You Have One Chance, One Life. Will You Sleep It Away? You Decide.”

Hello and Welcome to my Waking Up Crash Course

Each step contains:

1. A Point of View, or 'Perspective'

You will be asked to try to see your experience in a certain way, or to see things in a certain way. A perspective could be defined as 'a way of seeing things', or a 'point of view'.

2. An Exercise, or 'Practice'

You will be guided to look from the above point of view repeatedly and you will be asked to notice your experience while doing so. A practice could be defined as 'a systematic training', or 'an exercise'

We will be exercising and strengthening your capacity to see things differently. You will see differently, and you will behave differently.

These perspectives and practices have the potential to dramatically improve your Life, and the lives of those you care for.

Since this is a Waking-Up Crash-Course, I will define Waking-Up here. Waking Up means to become more aware and attentive to what is happening AS it is happening.

It means to be more alert and focused on what is happening without being distracted by mental activity or experience of ANY kind.

It means to be more directly connected with your experience of your real Life as it is happening with a mind that is still and silent yet alert, attentive and open. You will experience whatever you experience and you will know it as its happening.

These perspectives and practices are based on several thousand years of inner explorations and experimentation performed by great beings from the Worlds Wisdom Traditions north, south, east and west. So, Lets Get Started!!!

Step 1

Perspective 1 - You Are Asleep (You Live Your Life Without Attention)

Do you ever notice that you spend portions of your waking Life as if you are asleep? Do you notice that you spend part of your waking Life with your attention lost in thought, and that at times you are oblivious or unaware of your surroundings?

This means you live part of your Life without awareness, asleep and oblivious. Other words we could use are autopilot, sleepwalking, robotic, and unconscious. True? The question is: How much of your Life is spent that way? I'm betting lots. I am betting even right now. (When you read that you woke up abet, hmm?)

I am betting you think that is normal. Maybe, but these days normal is scary. Normal means people drive their cars while asleep, talk in their sleep, make decisions in their sleep, and basically miss much of their actual Life!

Is this true? How much of your Life are you missing? How much is enough?

Practice 1 - Awakened Attention

Just for today, see if you can sustain an Awakened Attention for even brief periods. Try it right now while sitting where you are.

Awakened Attention is connected to your present experience.

Awakened Attention is alert, attentive, energetic and open.

Awakened Attention is NOT thought based i.e. without concepts, opinions, beliefs, judgments, or fantasy.

Try it right now. See if you can maintain Awakened Attention while brushing your teeth, eating and drinking. This is the practice of Awakened Attention, and it is the foundation of all that is to come.

Step 2

I always find it strange that many people are more fascinated with trying to understand their dreams, than they are with the idea of Waking Up and real Life. Unless you Wake Up nothing is real.

Perspective 2 - You Live In a Dream-world

If you were able to practice Awakened Attention yesterday you no doubt noticed that the habits of mind are almost non-stop.

You must have noticed that much of the time your attention is riveted to the thoughts in your head although most of the thoughts are really not necessary, and nothing more than useless chatter, nag-ativity and judgments, all done automatically. When you are dreaming you believe the dream is real and become lost in it and affected by it.

In the same way, when attention is lost in thought you believe the thought and you are affected by it.

To take this analogy further, a happy dream makes you happy, a sad dream makes you sad, a scary dream scares you.

When your eyes are open and your attention is in your head, happy thoughts make you happy, sad thoughts make you sad, and scary thoughts scare you. When your eyes are shut and you are asleep in bed, its called dream-activity. When your eyes are open its called mental-activity. Is being affected by mental-activity the same as being affected by dream-activity? Of course!

If the implications of what you just read are understood, your Life cannot be the same. Do you understand that in much of your Life you are asleep and living in a world of your mind, being affected by automatic thoughts while also missing your real Life?

Is there anything more important than knowing this?

Practice 2 - Observation

Now that you are practicing Awakened Attention and plan to stay awake in your Life, see if you can catch yourself lost in self-talk. Self-talk is the running commentary of opinions, beliefs, judgments, fantasies, predictions, regrets etc. that happens in your mind.

Is this self-talk something you try to do, or is it automatic? What do you say to your self? Do you try to say what you say?

Is -self talk- true? Is it important? Is it more important than what is happening in your

immediate experience? Is it even in touch with reality? Using Awakened Attention you can answer these questions. If you are asleep, you can not! What will it be for you?

If this 'Waking Up' thing sounds important you are sooo right.

Step 3

Consider this: most people are asleep in bed almost 1/4 of their total Life hours. Over 5000 complete days or almost 15 years in a 60 year Life is spent with eyes closed in bed. Question: how many hours do you sleep with your eyes open too?

To summarize the perspectives so far: You are often asleep, and you live in a dream world of your mind . You might even believe this is all normal. Normal means asleep.

Perspective 3 - You Are Conditioned

Your body and mind is literally seething with habits, patterns and impulses that are the result of conditioning. Conditioning means repeated actions performed without attention that become automatic and compulsive.

Conditioning = Automatic and without awareness. If I throw you something, you will automatically catch it. If a phone rings, you automatically move toward it. You are conditioned to catch and answer the phone because you have done it hundreds of time. Now it is automatic. Sorta like a Robot? (No worries, sometimes me too!)

Practice 3 - Watch an Impulse

Using Awakened Attention, see if you can catch yourself about to perform a behavior such as brushing your teeth, putting on your shoes, or jumping up to answer the phone. Stay awake and try to notice your habitual way of performing the behavior, and do it differently or not at all.

See what its like to listen to a ringing phone without answering. See if you can catch yourself about to do something you have done a million times, and see what its like to do it differently, or not at all. See if you can be awake enough to notice your impulse or conditioning, and see what it's like to do it differently.

The point here isn't to change all of your conditioning but only to expose how condi-

tioned you really are. I hope you find it amusing. Creatures of habit they say. Maybe so, but what you are is far beyond habit, belief, or dreams. What you are IS Life. You ARE Life. To know that in your bones and to live that in your Life is what this is all about.

Step 4

We are never at any moment in the dilemma we fear ourselves to be.
Your suffering is always a present activity. ~ Adi Da

That is my all-time favorite quote, and points to where this email is headed.

Perspective 4 - You Unknowingly Cause Much of Your Suffering

As it suggests in the above quote, suffering is a present activity. What this means is that suffering is something you are unknowingly doing to yourself. Much of your suffering is un-necessary.

You and I are absolutely filled with patterns of conditioning and programming, in body, mind and speech.

Programming = Beliefs fed to us from family and society.
Conditioning = Automatic behaviors.

People who are awake, as you are becoming, will see this. People that are asleep will never see this, because it does not become obvious on its own.

Three quick examples of this 'activity':

1. Mental Activity - Thought patterns that are negative and resistant.
2. Breathing - Shallow ridged breathing, not breathing naturally and deeply, holding your breath in stressful situations.
3. Bodily Tension - Flexing your muscles, tensing your body, frowning without awareness.

Put the three together - Unconscious mental activity causes emotional reactions in your body, leading you to hold your breath, triggering a fight or flight response because your mind makes your body feel under attack so you tense your muscles ready to defend. Defend what? Its all unconscious, without awareness based on dream-activity,

conditioning and programming.

Practice 4 - Remembering

Any moment you remember practice this 1-2-3 wake up:

1. Recognize you are suffering. Notice that you are lost in the mind, resisting and struggling, you are not breathing, and you are tensing your body.
2. Become awake, (i.e. Awakened Attention) breathe deeply, and relax your body.
3. Carry on and watch for #1 above.

At any and every moment, be open to recognizing you are causing your suffering and DO otherwise.

The recognition of suffering will be enough for you to wake up and DO otherwise, which means with Awakened Attention become present and still, breathe, and relax. Soon the very triggers that once caused you suffering will cause you to wake up and stop DOING your suffering.

Step 5

Perspective 5 - Life is Now, and so are you!:

Life is always NOW, and Life is always alive AS you NOW.

The immediacy of Now is one of the most simple yet profound understandings and experiences of Life. Life is aware of itself, alive as you, NOW!

Practice 5 - Be Now!:

Learn to maintain contact with your direct present experience without thought.

Keep attention anchored in your direct experience without thought, and experience directly whatever is happening. Touch experience with attention and do not get stuck anywhere. Do not get distracted, do not get lost in experience, do not fall asleep. Do not follow thoughts of the future or thoughts of the past. If you do, simply see that you are and become awake with Awakened Attention.

This is a practice meant to be repeated for the rest of your Life. The more -here- you are the more -thought- is not. The most wonderful thing will happen if you practice. That wonderful thing is this: Soon you won't have to practice because you will just find

you are AWAKE! Stay awake and alive AS Now! You are Alive as Life Now! Anything less is a lie!

If you have begun to understand that there is no more important skill, I invite you to watch for seminars in your area, where I will provide extensive training in Awakened Attention and demonstrate the benefits available to you and those you love.

Heck, even Rip Van Winkle woke up. Too late mind you, as his Life was almost over. But there is time for you. Isn't it time?

Bonus Step 6

Here is a very provocative quote:

*Once upon a time, I dreamed I was a butterfly, fluttering hither and thither.
Suddenly I awakened, and there I lay, myself again.
Now I do not know whether I was then a man dreaming I was a butterfly,
or whether I am now a butterfly dreaming I am a man. ~ Chuang-tzu*

Perspective 6 - You ARE Life, Suffering From a Case of Mistaken Identity

I want to make a suggestion here. I want to suggest that maybe, like good ol Chuang-tzu in the quote above, you are suffering from a case of mistaken identity.

Imagine. Imagine if all along you were simply mistaken. What if you are actually something much more grand and magnificent?

Another analogy: Imagine a wave moving across a great expanse of Ocean. It is a particular size moving in a particular direction at a particular speed. It lasts 15 minutes and then sinks down and disappears. Was it ever really separate from the Ocean? Was it not always Ocean, moving and expressing as a wave? It was Ocean first and always, temporarily alive as a wave.

Now, could it be that you ARE Life first, moving and expressing as a person? Could it be that you ARE Life first and always, appearing briefly as a person?

Practice 6 - Be Life!

As best as you can, attempt to maintain contact with a sense of whole bodied Alive-

ness. Feel your whole body all at once and breathe open. Say to yourself - I Am Alive - and try to feel that in the body. Like the wave remembering and feeling its Ocean-ness you can remember and feel open as Alive-ness

Maintain contact, moment to moment with your deepest and most profound sense of Aliveness and live from that place. Learn to live alive AS Life, and open to experience your deepest identity which is Life itself. You are Alive as Life! You are Life!

Once upon a time, I dreamed I was alive AS Life, fluttering hither and thither.

Suddenly I awakened, and there I lay, myself gain.

Now I do not know whether I was then a person dreaming I was alive as Life,
or whether I am now Life, dreaming I am a person.

How long will it take you to adapt to the understanding that you ARE Life, with a mistaken belief you are merely an itty

bitty

me?

What's Next?

Pssst...
You Awake?

1-1 Consultations

These services are suitable for individuals wishing to explore more specific and isolated issues in a warm, trusting and open way with a consultant who has vast life experience and who will not limit your progress by a lack of vision or depth.

3 hour block of time \$400
8 hour block of time \$800

1 - 1 Life Coaching

Here are a few options regarding my coaching programs. Options include the length and depth of our involvement together, as well as the results you hope to attain.

Next Step Life Map Session (1 Per Client)

Intensive Life Mapping, includes assessment and action plan
\$197.00 2 hour session

Life Path Coaching Monthly -

30 minutes monthly 1-1, plus weekly email support
\$97.00 month with 6 month minimum

Life Path Coaching Accelerated -

30 Minutes twice monthly 1-1, plus weekly email support
\$197.00 month with 6 month minimum

Life Path Coaching Hard Core -

30 Minutes Weekly 1-1, plus weekly email support
\$497.00 month with 6 month minimum

Life Path Coaching Intensive -

Amount of 1-1, time to be determine after qualifying interview
\$997.00 month with 6 month minimum

For more information, special reports, articles, audio files, press releases, newsletters, case studies, and more, go to www.wakinguptolife.com

Aaron McNaught Education/Consultations

Call 403-302-2523 or Toll Free 1-866-593-3040

Suite #2, 4917 48th St. Red Deer Alberta Canada, T4N 1S8