

## Joyful Living Global's Declaration of Awakening:

I, \_\_\_\_\_

Declare my awakening to the Pure Awareness that I Am.

With this experiential understanding,

I am taking my stand as a new Human Being.

I relax away from thoughts, sensations, perceptions and emotions  
Arising from an illusory, conceptually-constructed separate self or "me"

That I have taken myself to be  
until this new insight, understanding and experience.

I trust and let go into this ever-present experience  
as Pure Awareness.

I am forever evolving into this peaceful, joyful, loving,  
boundless Unified Intelligence of Aware, Knowing Presence.  
I am a free and inspired expression of the One Consciousness that is.

I declare my Commitment to being this Being:

With reflection, insight, breath and courage,

I let go of contracted, conditioned ways  
of perceiving, judging, evaluating and reacting

From triggers of unresolved, stuck energies that lie dormant in the body.

From my standing as Pure Awareness,

I allow all thoughts, perceptions, sensations and emotions to be,  
Without identifying with them as the fabric of a story or narrative of the illusory "me".

These thoughts, perceptions, sensations and emotions  
arise and move through Me, Pure Awareness,  
And are released from the body and thus,  
I am healed more and more,  
To Abide as a Spacious Presence, this Knowing Awareness.

The more I abide as the Pure Awareness I am,  
The less these transitory modulations of consciousness of Me  
(thoughts, perceptions, sensations and emotions),  
Define, disturb or contract the Peace, Joy and Love that is Me.  
Thus, the more able and creative I am in envisioning and bringing into creation  
The World of Peace, Joy and Love that is my True Nature.

I am a Being among Beings,  
Seeing and feeling my fellow Beings as  
a collaborative community of All of Us.  
Creating with an open heart and a silent, inspired mind,  
From a felt understanding—a direct experience—and not faith, belief or concept,  
As the Pure Awareness, Presence, Beingness,  
Consciousness, Soul, Spirit or Self I Am.  
This is my True, Essential Nature.

This is My Declaration. This is My Commitment.

The longing of the Heart has been answered.

No longer am I seeking.

No longer am I caught in the mind of concepts,

creating a reality of constructs:

of time—past and future, of a separate, isolated me and you,

and a separate world of objects.

No longer am I identified with a mind that is seeking or resisting.

I am standing in the Garden, in the eternal Now,

intimately connected with a seamless, whole and holy creation.

I am free.

This is my Spiritual Liberation.

As I abide more and more as the Pure Awareness I Am,

the world is healed.

We are the people for which we have been waiting.

Our joy heals the world.

So be it!