

# Waking Up is a Process

By Anne Sermons Gillis, [AnneGillis.com](http://AnneGillis.com)

Waking up is a process. It is not a linear process, and describing the unfolding of human consciousness varies from person to person, yet it can be helpful, to look the process of waking up.

I've written about this from so many perspectives, and am surprised when another angle arises into awareness. Here's the latest in my understanding of how we move from misunderstanding to understanding, from seeking to finding, from intellect to wisdom, and from sleep to awareness.

**Stage One** - We are asleep, not literally, but closed to the richer, fuller life of being. We live through self-constructed hell realms. These realms are dominated by the underlying beliefs that I can never have what I want, I am bad, people are bad, life is always hard, life is not fair but it should be, you can't win, relationships are ultimately doomed, the people I love leave me, everyone wants something from me, I can never live up to \_\_\_\_\_, and something is wrong with me.

**Stage Two** - The awakening comes when we realize that we have choice. We are the captain of our lives. I'm okay, you're okay, life supports me, and I can change. Armed with this empowering information, we set out to construct a heaven realm. We read "the Secret." We douse ourselves with optimism. We carefully choose our words and thoughts. We become positive thinkers, we set our mood, visualize, formulate goals, study and implement the law of attraction and the power of intention.

This marks the initial and important stage of awakening, but this is only a step.

**Stage Three** - Eventually we tire of being the watch dog of our minds and generating positive feelings, and we sense that there's something more. We realize that what was initially a powerful awakening is now only a stepping stone in the master plan of our lives.

**Stage Four** - We deal directly with the hell realms and learn to be awake, aware, and safe in the presence of any emotion or content. We don't have to change our minds or choose out of states. We can be present with them in a way that they no longer have power over us. We no longer take ownership of content or emotions. They are energies passing through. We allow what is to exist, but not to be the guiding force of the moment.

**Stage Five** - As we continue to live in nonresistance, our minds are no longer occupied with Stage Two manipulative techniques. We might use them from time to time, but they are no longer the goal. They are lowly servants of a vast creative force. We open to a wiser, more spacious realm of consciousness. It is a sacred realm. It is nondual since it is not run by the ego. The ego is always dualistic and seeks to right each wrong or wrong each right. In this phase we are not hounded by a need to achieve, improve, or grow. The drivenness of life subsides and there is clarity of action. It is here that freedom resides and here lies the peace that passes understanding.

These stages are not set in stone and one can slide in and out of them, but it can be helpful to understand that just as a caterpillar changes and finally emerges into a butterfly, we also transform from a contracted consciousness to a more open, freer being. There is no formula to awakening, no iron clad information that can catapult us into self-realization; consciousness moves on its own behalf in its own time. Be patient with life. Let it be as it is, because when you do, you will find that it can be EZier and EZier.

Visit [AnneGillis.com](http://AnneGillis.com) to learn more about Anne Sermons Gillis and her EZosophy philosophy.