



TRAVEL JOURNAL

AWARENESS

with PATRIZIO PAOLETTI

medidea
INSPIRING PEOPLE

WELCOME TO AWARENESS

Dear Friend,

I am Patrizio, I have dedicated my entire life to exploring the inner world of humankind and I am very happy to accompany you on this extraordinary journey. These explorations of humankind are the basis of the *International School of Self Awareness* and also the basis for my foundation (established in 2000), that has conducted neuroscientific research for twenty years now. The foundation is exploring what happens in the world of possibilities of our mind and brain and how (if we wish) our mind and brain can make us better every day, allowing us to live a life of awareness, fulfillment and gratitude. In fact, there are two levels of life. One doesn't need you, as it just goes on automatically. Well, that's not the level of life you're looking for at Awareness. In these three days, we will look for the other level of life- a much higher level, quality and dimension of life, where your eyes will open to a new vision. We can only truly see if we go beyond the illusion of our attachments. Only if we overcome the things that block and imprison us, can we truly live. Only if we understand that the life we have lived up to now is not the only possible life, but that there is another one where we can fully express a better version of ourselves, can we begin to really live. In these 3 days together, we will see how to use the extraordinary power of your body to relax and release energy. We will practice meditation, yoga, kriya, conscious breathing and we will discover how, when we enter into the dimension of the NOW, our body, emotions and mind expand, giving us the opportunity to feel involved and be the protagonist of our reality.

We will work on moving beyond our limits to transform the world of possibilities that exists within us. We will meet this inner place together, we will activate it, and we will use it to go beyond our usual boundaries - our many beliefs -with the aim of contacting the joy of being ourselves. Today, we need awareness as a species, which crosses the illusory boundaries of our body and our thinking and, to do so, we need to take a step INSIDE. Inside, you have all the resources to improve yourself and give yourself the life you want, the life you deserve, the life you have always wanted to share with others: who you really are.

Live passionately,
Patrizio Paoletti

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WHO ARE WE?

WHY ARE WE IMPORTANT?

**WHAT ARE OUR TRUE CAPABILITIES AND
RESPONSIBILITIES?**

**WHAT ARE THE RIGHT PRIORITIES TO HAVE
IN ORDER TO RESPOND TO
WHAT IS REALLY IMPORTANT FOR US?**

**WHAT DOES THE WORLD
WE WANT AROUND US LOOK LIKE?**

HOW CAN WE MAKE IT HAPPEN?

#AWARENESS

AWARENESS

DISCOVERING YOURSELF





“What we know about ourselves is only a part, and perhaps a very small part, of what we are without knowing it.”

LUIGI PIRANDELLO

WHY ARE YOU HERE?

Awareness is an invitation to discover and use **the resources that already exist within you.** This path aims to help you to go within yourself, with the aim of getting more and more in contact with that intimate and deep part, where you manifest the best you. The more you become aware of who you are, what empowers you, what weighs you down, what excites and what imprisons you, the easier it will be to achieve what you really wish for: to feel fully realized and grateful. Remember that it is not what we achieve that makes us happy. **Happiness is an inner state of being,** it is a place within you. Deep inside us, we all have (no matter how fortunate our life is) an aspiration for something more.

Before beginning, take a moment to reflect on the reason that prompted you to sign up for this course.

— Why did you decide to participate in Awareness? What benefit do you want to gain from this experience, not only for yourself, but also for the people you care about? Why are you really here?

*“If you are not fully aware of yourself,
you cannot recognize your gift and express it fully.”*

PATRIZIO PAOLETTI

— What weighs you down or does not work very well in your life?

— What makes you happy or strengthens you in your life?

— What concrete benefits would you like to achieve? What would you like to enhance or improve?

AWARENESS

When you are alone in an empty room, what happens?

When there is no social media, family, job satisfaction,

that cake that drives you crazy,

that smell that reminds you of something,

the imagination of a hug from the person you love,

the daily news to comment on.

When you're not fighting for your rights,

when you're not complaining about an injustice

or reacting to a violence suffered,

when disease comes and you have to live with it.

When there is only you, what is there?

How does time flow?

What do you think? What do you feel?

What do you do? How are you?

Do you manage to embrace yourself?

To respect yourself? To love yourself?

To have fun by yourself?

What is this uniqueness that you sometimes reject?

What is the real reason you are here?

And if there is a reason, what is the mark you want to leave today?

What is really important to you?

What do you really want?

What are your deepest and most intimate aspirations?

What is a clean thought, an emotion without needs, the courage to live life fully and consciously?

#AWARENESS

AWARENESS

Why all of this?

At least once in your life you must have asked yourself the question: “*Why all of this?*” Why me? Why you? Why us? Why life? Why this extraordinary planet? We would all like to live in a perfect world of gratitude, altruism, attention, love and peace, but in reality we live in a volatile, uncertain, complex, ambiguous and, today, also virtual world.

Volatility
Uncertainty
Complexity
Ambiguity
Virtuality

We must not underestimate this virtuality that is strongly conditioning our mind, confusing it. In fact, our brain is not able to distinguish a real phenomenon from an imaginary one when our senses are involved. How many times, while watching a soccer, basketball or boxing match did we physically move as if we were in that situation? Yet we were not there, but our mind was so involved, through our sensory dimension, that we identified ourselves with that context and reacted to that action, as if we were the ones playing in the game. Similarly, the virtual dimension is leading our mind to a place where distinguishing fake news from the truth becomes more and more difficult every day.

We will explore tools that introduce new ways of relating to life and how life's activities are influencing our behavior, changing the world of our perceptions and somehow directing our emotions with such strength and in such a devious way that we don't even realize it.

There is no other possible way for us than AWARENESS.

We must take, not a step backwards, but **a step INWARDS**, that is, we must find ourselves again. **We must learn to speak with ourselves.** Only moving towards the most intimate and deepest place of ourselves, where we are able to dialogue with ourselves, will allow us to find that condition of awareness, consciousness and determination. The etymology of the word awareness includes the words "with" and "know": to know with life, to know with the others and to know with myself. The knowledge that is within me can allow me to be with the others and to be in life, enjoying it fully. This search for contact between me and myself, between myself and the world around me, is awareness.

*"Awareness. There is no future for us without awareness.
There is no destiny for us if we don't elevate our state of awareness."*

PATRIZIO PAOLETTI

NOTES / INSIGHTS



THE TOOL

The OMM method - the One Minute Meditation

If you try to sit down and remain silent for a minute, you will realize that silence has so much to teach you. This is because as soon as you suspend the act of talking, after just a single moment, the noise starts: the noise of your thoughts, the confusion of your emotions and the tumult of your body. Do not underestimate the power contained in a single minute. If you think deeply you will realize that **1 minute is a very long time**. It is much vaster than we are used to think. One minute is certainly thousands of times larger than the instant you need to for an infinity of things to happen like:

*making a decision, choosing a path,
smiling, saying thanks, apologizing,
or slipping on a banana peel,
saying a wrong word,
making an inappropriate movement.*

OMM is a simple, profound practice. It serves, in fact, to teach you how to speak with yourself and thus overcome the stormy sea of chaos, noise and the fear you experience every time you feel you are not your own master. The OMM practice is a boat to cut through the sea. It is a bridge to reach the other shore. It is a lantern that illuminates the night. OMM is a simple path consisting of 5 rooms that you can learn to explore. The keys to open the doors of this meditative practice and to access all the inner rooms can be memorized using the 5 fingers of your hand.



NOTES / INSIGHTS





THUMB 1 minute

Thumbs up means Ok, indicating that it is possible. It is the entry door to the practice. It is the essential beginning for generating the best version of you. **Relax, stay concentrated, and don't get distracted!**

INDEX FINGER the vision

The index finger is the one that advises, indicates and signals. The indication is simple: **Aim high, look beyond the horizon, imagine and envision your new self.**



MIDDLE FINGER says goodbye to attachment

The middle finger tells you that you are half-way there. It reminds you of the three Ds: **detachment from needs, distance from negative emotions and determination** in attaining your goal.

RING FINGER the promise

The ring finger is the finger of faith, promises and good resolutions. The time has come to make a profound commitment: **Resist** to the needs of your small world and **surrender** to the emergence of the new vision, the new self.



LITTLE FINGER the small actions

This is the smallest finger and it indicates the **small** doing. The small concrete and daily **actions** will change our lives forever.

THE HAND the celebration

The open and raised hand stands for the **celebration**: "**HERE I AM!** I am finally ready to fulfill my deepest desires through the many small, daily acts!"



NOTES / INSIGHTS



THE FLOW STAR

ROLE

Who are we?
Why are we important?

RESPONSIBILITY

What are our real capabilities and responsibilities?

CONTROL

How can we make it happen?

PRIORITY

What are the right priorities to reach? What is really important for us?

DELEGATION

What does the world we want around us look like?

DISCOVERING YOURSELF

To meet myself means to **awaken to presence**. Meeting myself shows me an opportunity (which every human being possesses and must conquer) to live at a different speed. Living at a different speed means to be more self-aware, to be more capable of orienting my emotions and to be determined to manifest every day what we define here as 'the best me'.

So to live at another speed is to say, **"Life is mine and I am the creator of my change."** It is in our deepest and innermost world that we find the root of our aspirations, the true why, and the reason that can give us the ability to be happy here and now. Being happy now means being happy regardless of the ups and downs of our daily lives. This is possible because we can become the masters of ourselves, capable of listening to ourselves and ready to retell and narrate every event in a new way. When we retell the event in a new way, that event teaches us something and does not impoverish us, it does not strike us down, it does not tear us down and it does not destroy us.

How many times, after a long day, have we said, "I am so tired." Perhaps other times we have said instead, "I am so happy." What made the difference? The world of awareness that we encountered and frequented that given day. This means what made us happy or tired was based on the narrative we had about all the things we were experiencing and how much that narrative contributed to our growth, our improvement and the improvement of the world. There is nothing more important for human beings than to constantly desire to improve themselves, grow and contribute to the improvement and to the growth of the world.

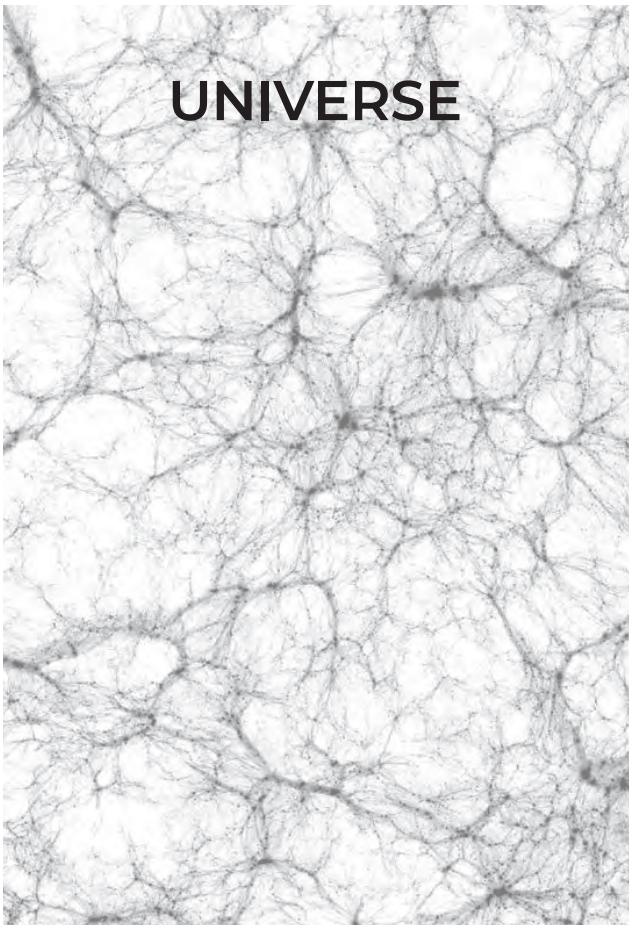
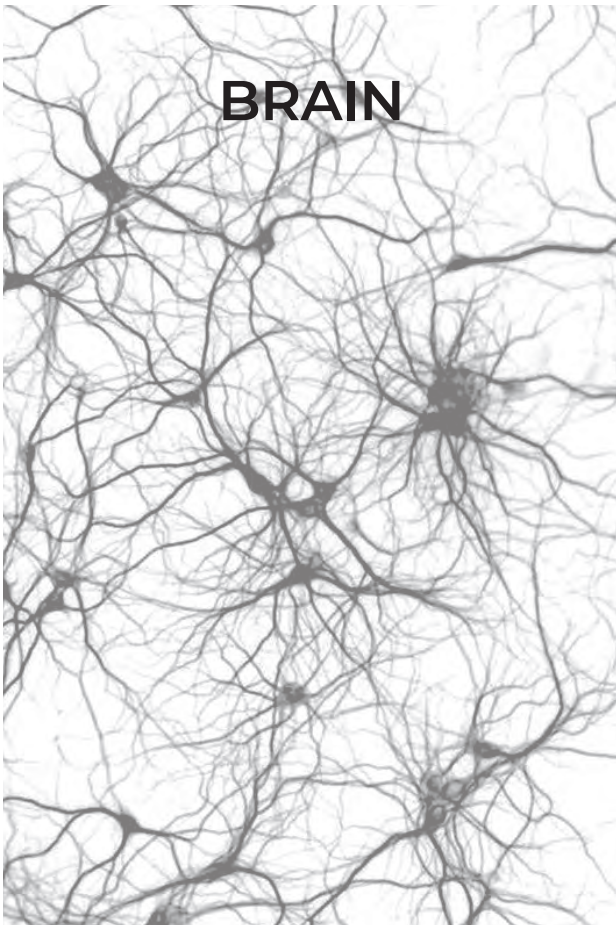
*"You are here for one reason:
to give you best self as a gift to the world."*

PATRIZIO PAOLETTI

**TAKE A
SLOW AND
DEEP
BREATH**

THE QUANTUM MIND

The mind-matter dualism has shaped our worldview for centuries, instilling the idea that reality is essentially predetermined and that people can do little to change things through actions, let alone pure thought. Quantum physics has “overturned” this concept, introducing the idea of the quanta: we are part of a vast invisible energy field, which contains all possible realities and reflects our thoughts and emotions. This means that the person, who observes the tiny particles that form the atom, influences the particle’s behavior, energy and substance. Therefore, electrons exist simultaneously in an infinite range of possibilities and in an invisible energy field, but it is only when the observer focuses on the position of an electron that that electron appears. In other words, a particle cannot manifest itself in the reality that is in our space-time dimension, until we observe it. Quoting Einstein, “The moon only exists if you look at it.”



So how does all this affect our life?

This new vision of physics is somehow found in the deep awareness of many ancient schools of thought such as the teaching of yoga or in the works of some past philosophers who affirm that everything is one, meaning **all things created and manifested are interconnected** and, somehow, it is possible to enter into a relationship with them. How many times have we had an experience of when it seemed that we read our friend's thought or guessed or knew beforehand that something was going to happen? **When our mind is calm, quiet and free from ordinary noise imposed by life, it exerts a magnetic power.** In this condition, you are able to re-elaborate everything you know and everything you are, re-orienting yourself to achieve what is really important to you. When you reach this state, your mind begins to interact with everything around itself, your neurons travel at a different speed and you discover new solutions you didn't even imagine one second before. Events seem to connect to each other like the links of a chain, leading you exactly to where what you want can be realized. **What used to be obstacles in your mind now turn into opportunities;** what used to be a limit now becomes a potential. Many of us know that our brain's tissue is similar to that of the universe, but what sometimes escapes us is that the connecting tissue of our life is similar in all things to what we are able to consciously realize in our brain: **we are what we see.**

“In the quantum field there is already the best version of you.
You just have to observe it and nourish it.”



Exercise: ENVISION THE BEST VERSION OF YOURSELF

What is the basis of an extraordinary life, made up of abundance, fulfillment and gratitude? If you think about yourself as you are now, you are not thinking about yourself correctly. Starting by telling yourself what you want to achieve is the first and the most effective tool for your transformation. It is not lying or fantasizing, it is rather cultivating a dream up to the point of materializing it into a project and then transforming it into those concrete actions, that will manifest in the daily actions of your life. This is how we make changes in our lives: first we imagine that these are possible and then we strive to make them real and concrete.

Exercise

Prefigure that self that you would like to manifest in the world. Be as detailed as possible. Then, answer the questions:

— What are the characteristics of the best version of you?

Detail on the physical level

— Detail on the emotional level

DISCOVERING YOURSELF

— Detail on the level of thoughts

— What has prevented you from manifesting your best self so far?
What are the situations, emotions and thoughts that create the most discomfort for you?

— What change must you make happen now in order to manifest your best self?

— What would your life be like if you constantly manifested the best version of yourself?

NOTES / INSIGHTS



WHY SELF AWARENESS TECHNIQUES

1. **TO SHIFT**

2. **TO DISTANCE YOURSELF**

3. **TO CHANGE THE ORDER
OF MAGNITUDE**

“Your mind is like this water, my friend. When it is stirred it becomes difficult to see, but if you allow it to calm down, the answer is clear.”

MASTER OOGWAY

SELF-AWARENESS YOGA KRIYA

Kriya techniques have the function of **orienting and purifying our mind** in order to interrupt those repetitive, sometimes almost obsessive, circular and negative thoughts that keep us imprisoned. We have to get out of these grooves if we want to give space to focused, illuminated, oriented and operational thoughts that ensure another quality of life.

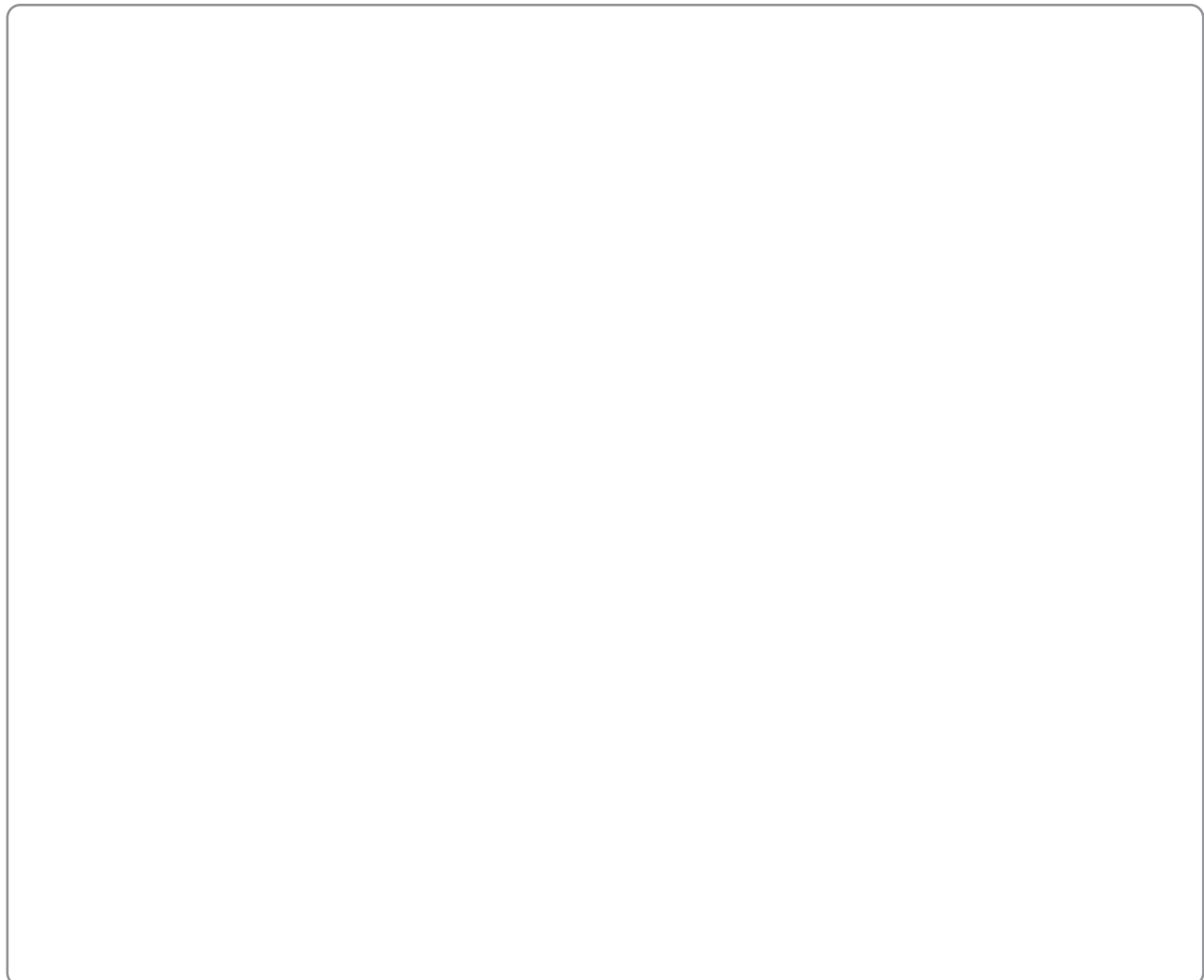
The Sanskrit word kriya originally means **action**. But what action? The action of looking inside ourselves, investigating the world and creating the relationship between our inner and outer world. It is also the action that sees us capable of participating and telling ourselves what orientation we want to give to our life.

Kriya also indicates the action of purification and letting go of what is superfluous (what takes away our energy). Therefore, kriya is the action of liberation. Just think about how many kinds of non-constructive emotions you cultivate in a day. Think about what behaviors you engage in that affect your relationships and your life. Just think about how much of all this is not in line with what you would like to be. Kriya means freeing yourself, disrobing and seeking your essential self.

“You can even go to the other side of the world, but if you don’t leave certain rooms of your mind, you will always stay in the same place.”

ANONYMOUS

1. **ACTION**
2. **LOOK INSIDE**
3. **PURIFICATION**
4. **RELATIONSHIP**
5. **LIBERATION**



THE MEDITATION OF SELF-AWARENESS

It is the awareness that we have of ourselves that makes us authentically true, and so, the protagonists of our lives. Meditation is the tool to achieve this authenticity. Indeed, as we like to say, **meditating is opening your eyes to life**. When we are always and completely “out of ourselves”, engaged in the myriad of things we have to do every day, we have no contact with our inner world and it is this inner world that allows us to find ourselves.

Meditation is the bridge that allows you to enter into that dimension of your existence in which the mind and heart can speak to one another, can dialogue. It is where you exist prior to your memories, to your illusions, your fears, your anxieties and this place is the place of possibility. The deepest emotions of this inner place don't scream, don't condemn, don't accuse and they never recriminate. On the contrary, the deepest emotions of this place manifest themselves as peace, joy, harmony and as an intense happiness that arises spontaneously and naturally from your heart and pervades everything. This then can enlighten your thoughts and make them more creative, focused and operational. So, the meditation of awareness is a tool for getting in touch with this world of possibility. **It is precisely this inward step that allows you to be authentic outwardly**. When you are authentic outside (meaning you are outside as you are inside) then you become magnetic, empathetic, attentive and available. It is here that others notice you, listen to you, want your company, want to do things with you and share with you what is really important to them too. Practicing meditation means going beyond your limits.

BRAIN WAVES

BETA WAVES
21 - 12 c/sec



ALPHA
12 - 7 c/sec



TETHA WAVES
7 - 4 c/sec



DELTA WAVES
4 - 1/2 c/sec



SELF
1/2 - 0 c/sec



1. **ENTERING WITHIN**
2. **OPENING YOUR EYES TO LIFE**
3. **OVERCOMING LIMITS**
4. **OPENING UP TO THE WORLD OF POSSIBILITY**
5. **BECOMING MAGNETIC**



CONSCIOUS BREATHING

“Your breathing should flow gracefully, like a river, like a water snake crossing it, not like a ragged chain of mountains or the gallop of a horse.”

Thich Nhat Hanh

Mastering your breath means controlling body and mind.

Whenever we feel lost and find it difficult to regain control of ourselves by different means, we should always use the method of observing the breath.

Stop with me now and think for a moment that the breath is precisely what allows you to live.

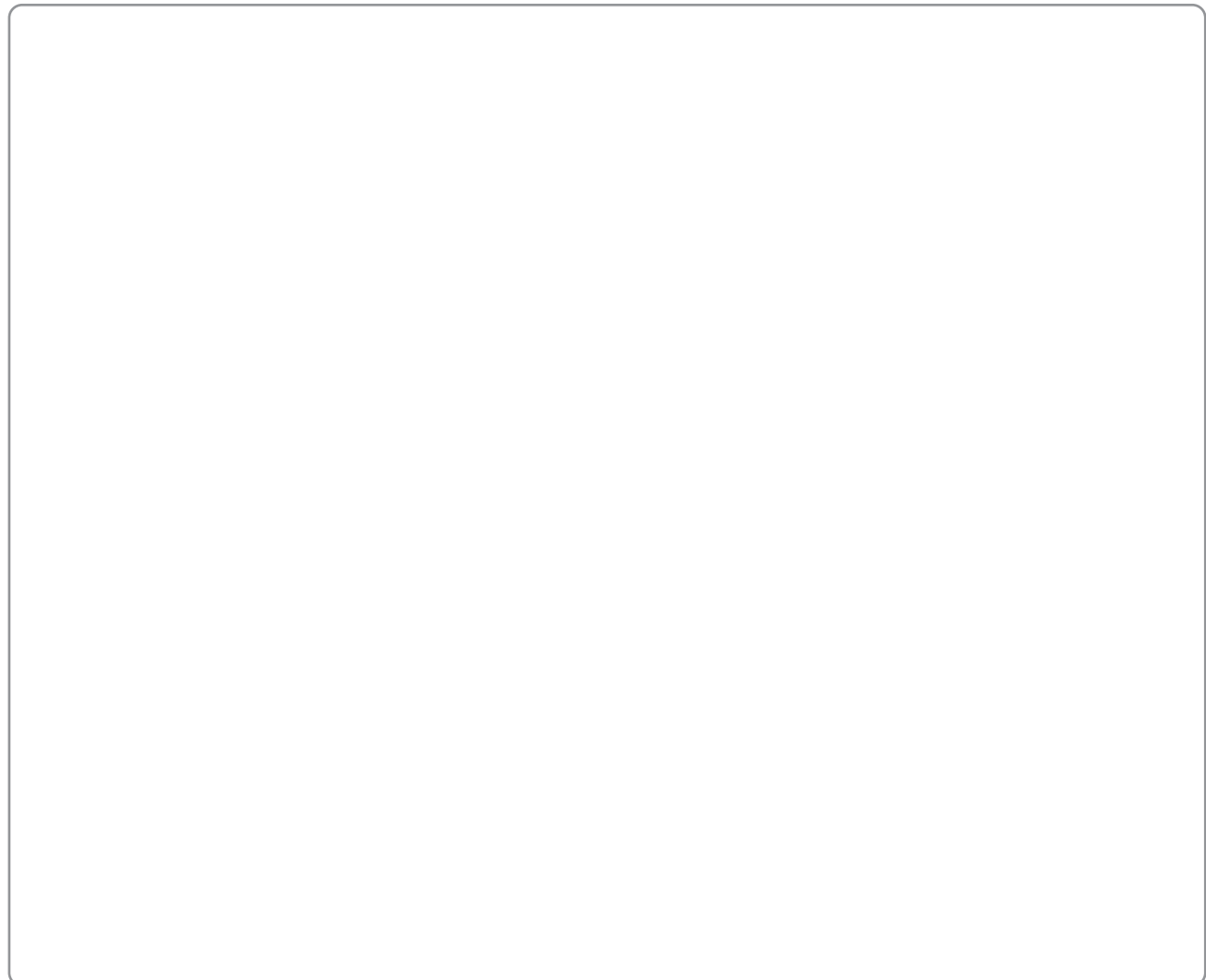
How many times have you stopped to reflect on how precious every single breath is?

How many times have you stopped to reflect on the value of this gift?

This miracle that we take for granted has many more benefits than we usually think.

Conscious breathing is beneficial for the body, the emotions, for the mind and for the spirit.

1. **RHYTHM**
2. **FLOW**
3. **DISCIPLINE**
4. **GIFT**
5. **GRATITUDE**



NOTES / INSIGHTS



AWARENESS

TRANSFORMATIONS





“Only a mind able to detail (supported by the rudder of passion, values and aspirations) can choose. Only such a mind can choose also to transform itself, to the point of turning a dream into a project and a project into concrete reality.”

PATRIZIO PAOLETTI

INNER DIALOGUE

We can do nothing for the world. True or false? Half-true. To change the world, we have to do something different, because the world is as it is precisely because we are who we are. In fact, if it is true that we can do nothing on the macro level, or at least, not in a direct or immediate way, it is equally true that we can do everything in our inner world. If you turn your attention outside yourself, you depend on the outside world. But if the world around you is not the world in which you would like to live, you must direct your attention to another place: within yourself.

You have to take that step inward in order to create a new narrative of your story, who you are, what you want, why you want it and what will have changed for you when you achieve it.

This new narrative lets you clean your story of all inconsistencies, disturbances and intolerances that make you somehow sterile and closed to the flow of life. This new narrative will turn into an “ecology of the mind,” as Gregory Bateson called it, because you become the one who has planted within themselves, what they want to harvest. When what you sow becomes your harvest, then what you harvest will be what you share with the world. When you share the world that you want, the world around you will change. Here it becomes clear, that the inner dialogue you develop with yourself can change your behaviors and can change how you relate to the outer world. Therefore, the inner dialogue can change the world around you.

*“I was smart and wanted to change the world,
Now I am wise and I am changing myself.”*

DALAI LAMA



Exsercise: **BEYOND THE HORIZON**

— Who are you?

— What do you really want?

— What is really important to you?

TRANSFORMATIONS

— What are your deepest and most intimate aspirations?

— Why do you want it?

— What will have changed for you and others when you will have achieved it?

THE 4 DIMENSIONS OF BEING

The 4 dimensions of being:

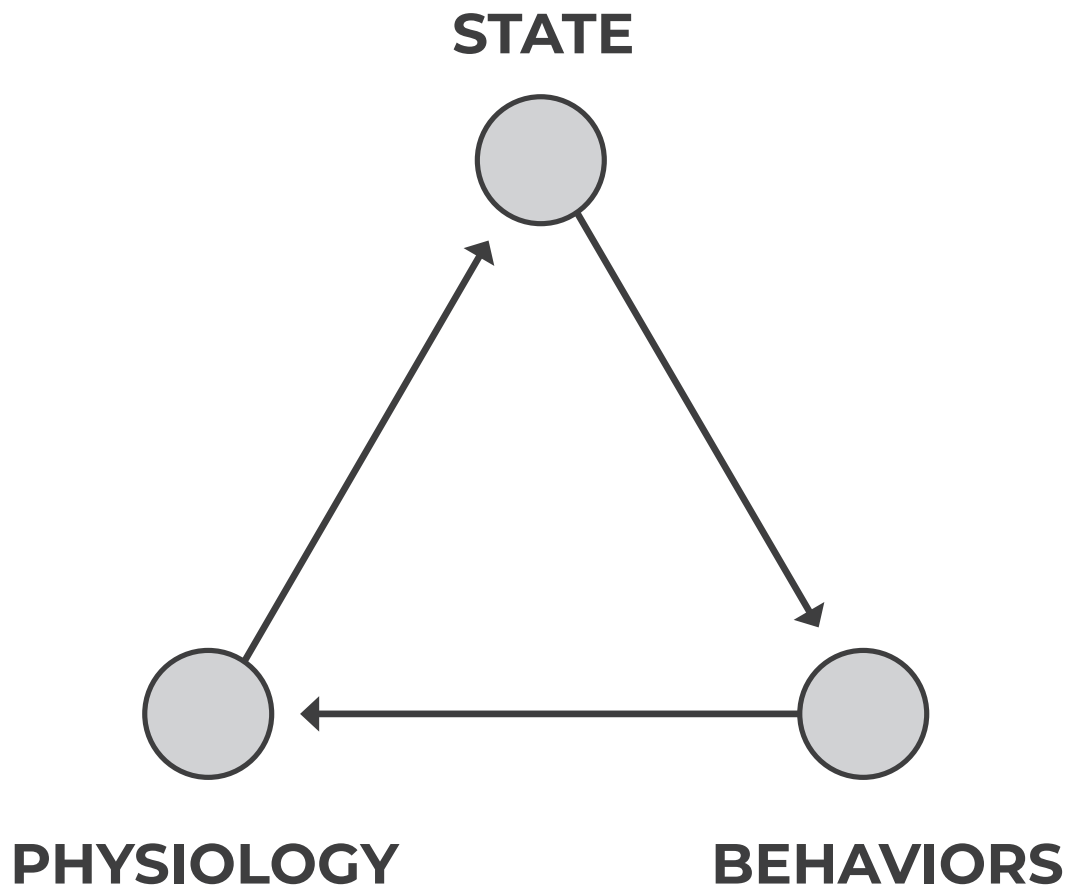
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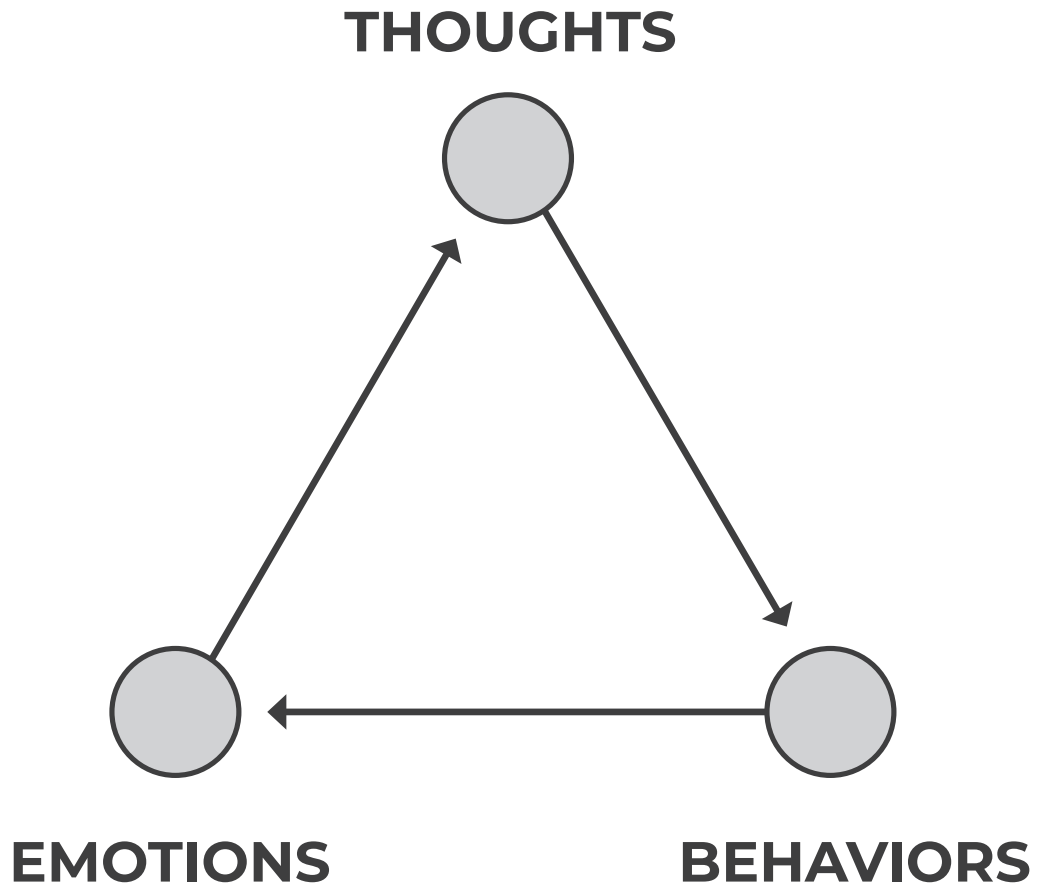
EMOTIONS

MIND

ASPIRATION

Every time something comes out of us (whether it is an action, an emotion or a thought) it contaminates or sows; it puts something into the world around us. It is our responsibility to sow and not to contaminate.







Exercise: **YOU ARE WHAT YOU TELL YOURSELF**

If you want to change your life, you have to change your perception of the world.

What we believe, which is deeply rooted in us, is nothing other than all that we have heard repeated, seen implemented and what has been taught to us. Every morning when we wake up, it is as if we were putting on a pair of glasses through which we look at the world. **We have beliefs about everything:** about ourselves, about others, about what they expect from us and what they want, about how we should relate to them, but also about our work, about what is fun, about politics, education, the planet and about other countries. We have convictions about our past, our future, our history and destiny. All of these beliefs condition and govern our lives, the emotions that inhabit us, our psycho-physical health, the skills we use and our everyday experience.

Find 3 beliefs or convictions which limit you

1.

2.

3.

NOTES / INSIGHTS



INTELLIGENCE OF THE HEART **The joy of being yourself**

Is there a way to achieve fulfillment and happiness? How can we understand what we really want? How can we live in harmony with ourselves to achieve our goals and fulfill ourselves on an individual and social level? We all ask ourselves these kinds of questions and we would all like to find a way to finally decipher what our hearts and minds are telling us. What we often forget, however, is that the key to finding the answers we seek is to listen attentively to ourselves and what we experience in our everyday life. We must listen to the emotions. Even if the emotions often seem indecipherable to us, they are the secret to understanding our most intimate and profound aspirations. The emotions represent the bridge connecting us to the external world, which allows us to discover and resonate with the reality in which we live. Self-awareness is one of the key ingredients of our emotional intelligence or, as we say, our 'intelligence of the heart'. This intelligence is not cold and rational, but alive and passionate. This emotion helps us to:

- **better understand ourselves and the world around us**
- **be more responsible for our actions**
- **reach inner freedom, which means being able to guide our life**
- **create empathetic and harmonious relationships**
- **be a more effective leader and reach greater success**

Being aware means being able to interact with everything and ensuring we interact with everything and that this interaction produces benefits for us and the whole. Every great human project was born from an idea, but it developed thanks to the meeting of many different people, who came together to create the world they wanted to live in.

“Wherever you go, go with all your heart.”

CONFUCIUS

NOTES / INSIGHTS



THE POWER OF NOW

Independent happiness

You are the one who can live in the NOW. The NOW is where the past supports you and the future is your creative act. Ask yourself to enter the place of awareness now, where you can reach that dimension of silence and integrity, unity and availability, which allows you to feel what you really want and to contact the real motivation you live for. Now, life is in your hands because you welcome the opportunity to own the power to be the best you. Now, the best version of yourself is already alive and present within you because you, with all your heart, with your entire mind and with all your strength, are envisioning it at this moment and, therefore, you know what your destiny is.

“Here I am. I can now fully enjoy this gift that I receive through this breath because I don’t run away. I’m not elsewhere. I don’t hide. I don’t deprive myself. I don’t separate myself. I don’t exclude myself, but I immerse myself in you, life.”

“Nothing can make you happy, if you don’t allow yourself to be happy now.”

PATRIZIO PAOLETTI

NOTES / INSIGHTS



AWARENESS

SPIRITUAL INTELLIGENCE



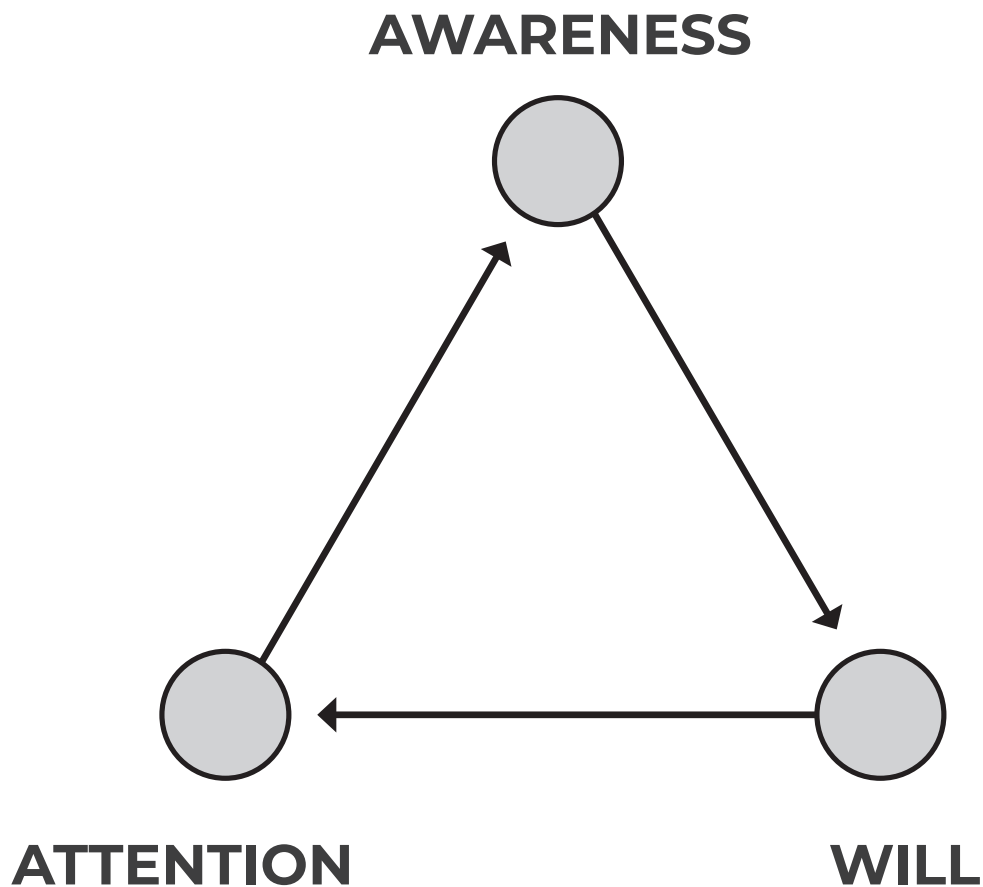


“Who is free inside, is free everywhere.”

ANONYMOUS

TRAINING

By deciding to start practicing and by wanting to be fully aware of yourself, you have allowed yourself to take the step to welcome a training into your life. You have to realize that, like an athlete, you need to be trained. You need, like an athlete, to train every day. You need a new life, like a person who is drowning needs air, a new you, a new breath that fills everything.



*“The question we must really ask ourselves isn’t ‘who am I?’
but ‘who can I become if I set out on a journey?’”*

PATRIZIO PAOLETTI

NOTES / INSIGHTS



OVERCOMING LIMITS

**Decide
now!**

NOTES / INSIGHTS



A PATH TO FREEDOM

If our existence is devoid of wonder, perhaps we are not as alive as we think. **The key point then is to repeat to ourselves how much we love life.** The best way to do that is to develop gratitude, to learn to say, “Thank you.” The gratitude I refer to is something profound and complex; it is gratitude towards life itself, or what we call gratitude for no particular reason. This is the truest kind of gratitude.

The gratitude of being here and now is the gratitude of having ‘been foreseen’ because someone or something “saw us beforehand” and made sure we were where we are. We can call this someone or something God, or the Lord of Creation, love, law of accident, DNA... It does not matter what name we give to it. What matters is the fact that it has brought us to where we are and to enjoying this moment. Gratitude, therefore, embodies something more than the simple possibility of saying we are alive. Gratitude is the ability to pay attention to existence, to enjoy this moment, to enjoy the fact that I am breathing, to enjoy the fact that my heart is beating, that it is raining, it is hot or cold, that I am wrapped in the tender embrace of a loved one or that I find myself in a difficult situation and that regardless of all this, I am here. I am grateful for this moment that has been given to me; it is the present. It is a higher feeling, a pure emotion, which is uncontaminated and independent of events. We are here. This is the only truth. The moment we are living makes it possible for us to interact with the world. If we know how to relate to the universe, we are alive in the full sense of the word. Only when we are open to existence can we truly honor it, because in welcoming it we renew ourselves, we let it flow within us with all its signs, its reasons, its nuances and its questions.

When love is within me, when remembering myself and my goal is my life, **I am.**

NOTES / INSIGHTS



AND NOW?

Now the adventure starts.

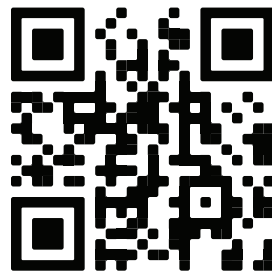
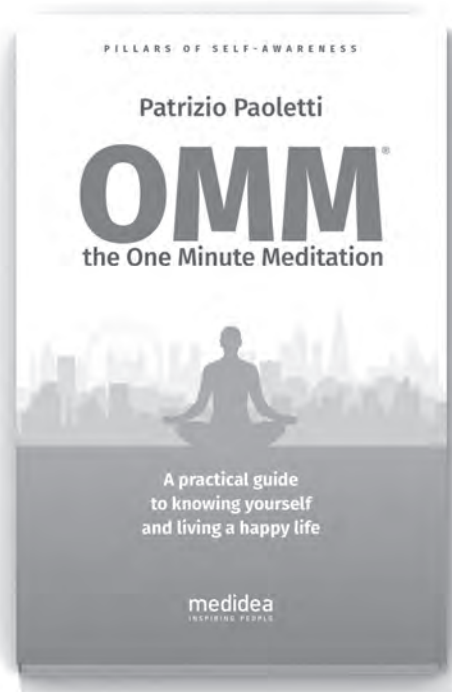
We have spent 3 days together and you are no longer the same as you were before. This new dimension of your internal universe has changed you. You have become a seeker of truth- those profound truths that your heart has always declared and that your soul has always longed for. You are more than this body, more than what you have had access to until now. You have discovered that you can be free from some needs and that you no longer have to chase fleeting pleasures. Of course you have not abandoned every impulse but, having reached a new vision has shown you higher horizons and you are ready to welcome more of them. You have not changed your desires. Indeed, it is in having listened to your true desires that has changed you instead!

Aggression, reactivity and rebellion have given way to responsibility, awareness, peace and the ability to relate to others. You see a new horizon from a new position. You have implemented an action full of intention, free from masks and from having to satisfy the idea that you think others have of you. There is no more room for expectations regarding others, but only the expectations you have about yourself. These expectations of yours, this idea you have of yourself and the awareness of the path you want to follow, is the best you have to offer the world. Now, you have a better knowledge of who you are, you know who you want to become and you know what you want for yourself and for others. Now, you know what life expects from you: it expects the real you, the best you who is the only one that can bring your gift into being.

This is just the beginning. In order not to lose your achievements and move towards your most intimate and deepest aspirations, you need a path to follow, like an athlete. You need to continue on that path of awareness that you have just begun, equipping yourself with a map, tools and allies. So I would like to say goodbye to you with a few words of hope: hoping that I'm leaving you a gift of the desire to put yourself in the game, to really train yourself to live a more conscious, realized and grateful life, and to fulfill your destiny, making the world a better place.

International School of Self Awareness

BESTSELLER



**It is the awareness that we have of ourselves that
makes us the protagonists of our lives!**

Patrizio Paoletti