



The Moment You Awaken

*Being aware of your early warning signal
in the moment you feel and sense yourself
becoming triggered, reactive, and shifting,
all because of the unconscious meaning
you assigned in the living laboratory of your life.*

*Being mindful enough to see, hear, feel, and sense
the uncomfortable emotions and body sensations
that let you know you've been hooked and hijacked,
and that you now stand at a crossroads,
facing a challenge that offers a choice:
to respond in a way that serves you,
or in a way that causes suffering for you and others.*

*Noticing and evaluating yourself and those around you,
you awaken your conscious mind
as you sit with the discomfort rising inside.
Present. Open. Nonjudgmental. Flexible.
Offering love and acceptance to yourself
and to those who share the moment with you.*

*You witness, without engaging your Guardians
as you differentiate rather than integrate
with the inner cacophony of commentators
arguing for your disempowered beliefs
and perceived limitations,
narrating a story shaped by red rules
and the dreaded D's.*

*You make a mindful choice to honor your empowered values.
You apply the NI knowledge, strategies, tools, and techniques
to manage your meaning-machine mind
and reclaim your personal power.
You purposefully interrupt your red patterns
and guide your nervous system activation
back below a 3.*

*You use your time, energy, and attention
with mindful intention and congruent repetition
to install new empowered patterns that support you
as you continue to learn, stretch, heal, and grow,
becoming comfortable
with what once felt uncomfortable.*

*You lean into your inner resistance
to prove to yourself that you can do the thing
you once believed you could not do,
and discover that you are far more capable
than you ever imagined.*

*You mindfully create new experiences
that form new empowered beliefs which, over time,
flip your references from red to green,
changing how you process sensory data in the present
and transforming the way you make sense of your life.*

Glenn S. Cohen