

A W A K E N



brings about inner awareness and true understanding of one's self; this marks the first step towards making successful changes and desirable transitions.

Awaken is a blend of blends.

JOY

FORGIVENESS

HARMONY

**DREAM
CATCHER**

**PRESENT
TIME**



On spiritual awakening...

“For a seed to achieve its greatest expression, it must come completely undone. The shell cracks, its insides come out and everything changes. To someone who doesn't understand growth, it would look like complete destruction.” ~ Cynthia Occelli

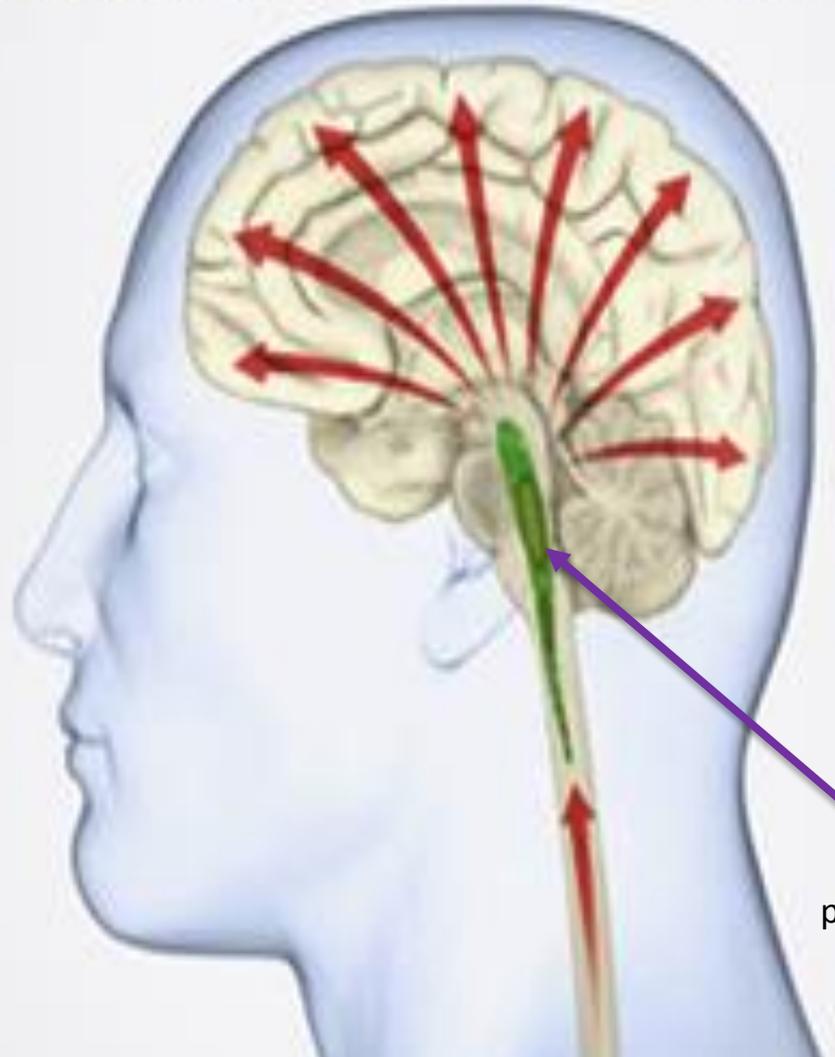


How we see the world and our own place within it pretty much determines how we view any experience



**We see with our brain,
but what we focus on comes from our mind.**

The RAS filters and prioritizes sensory information to let the mind be focused and alert.



R.A.S.

A network of nerve pathways at the base of your brain that connects your spinal cord, cerebellum, and cerebrum and acts as a filter for all sensory input your brain draws from your external world.

Like a guard, letting in only that which you have deemed important.

Reticular Activating System

portal through which nearly all information enters the brain

**Our R.A.S. is what allows us see or miss
OPPORTUNITIES.**



WHO HAS PROGRAMMED YOUR R.A.S.?

Our RAS is a great leadership tool. It is your radar detector. As long as you don't bog it down with your own personal issues, it will work for you. Program your thoughts each morning by doing the following:

- **Take care of your personal issues.**

If you're concerned about your child's behavior, for example, devise a plan to deal with it. Make sure your plan includes an appropriate time that you can put your plan into action. And then put the issue on the back burner until you can act on it

- **Read over your long-term goals.**

Make sure they're still pertinent to your vision. Change, delete, or add goals as necessary.

- **Read or create your short-term goals.**

Determine the timeline for each. Change them according to current needs, trends, and modifications in your mission or vision.

Make sure that the last list you look at is your list of short-term goals; your RAS helps you keep them in mind. Even when you don't realize you're thinking about these goals, your brain knows that they're important and makes note of anything that might relate to them.

- **BREATHE OIL BLEND OF AWAKEN WHILE SAYING YOUR AFFIRMATIONS TO REPROGRAM YOUR RAS**