

Wake up from being “comfortably numb.”



Being asleep means you've lost awareness of how bringing forward your full essence could be a benefit to clients. It also means ensuring that the presence you project is one with which clients are comfortable.

There is no place for conflict with this kind of slumber because tension heightens awareness, whereas contentment has a tranquilizing effect. Being a provocateur or in any way offering views or feedback contrary to what clients expect or want to hear is unacceptable and inconsistent with keeping ourselves anesthetized.

Falling asleep means forgetting that we each have a unique center worthy of expression and that failing to offer it is an unprofessional act of withholding value from clients. It means we lose sight of our responsibility to use all possible means to serve clients, including accessing our own authenticity as an intervention asset.

This lack of conscious awareness is so filled with victimization we no longer even register when we water down what we offer clients to appease them. We fall asleep when we fail to open a passage to our inner nature and we convince ourselves we can fake what others want from us instead of honoring our true spirit. This is when we start dreaming that we are someone other than who we really are. The dream turns into a nightmare, however, if the sleep state is sustained too long and we lose the ability to pull ourselves out of the comatose condition called “comfortably numb.”

We awaken when we reacquaint ourselves with what it is about *who we are* that we have lost contact with. We can wake up in two ways:

- When we are reminded of how painful it is to not stand on our own truth
- When we are reminded of the gratitude we feel because we have been graced with the courage and discipline to stand on our truth

Either pain or gratitude can serve as an effective doorway to awareness. Without one or the other to keep our equilibrium off balance, however, we tend to get lulled into complacency.