

# Self-awareness

## Being Aware of Being Aware

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I have spent over seventy years questioning the fundamental beliefs and assumptions of the culture I was born in, a necessary prerequisite to the over forty years I have spent in self-inquiry, learning to be aware of being aware. This I call 'Self-awareness', when the observer is the observed, never separate from each other.

As a result, as some of my closest friends and associates can see, I am a visionary, able to understand what is happening to our species more profoundly and broadly than most of those around me.

That is my lot in life—as an individual (undivided being)—living for the most part in a culture that is not blessed with the same level of Self-awareness, having been conditioned by centuries and millennia of teachings from our less than self-aware forebears.

We begin to learn to live in the cultures we are born in from our parents, whose love and protection we need until we are able to fend for ourselves in a fragmented, deluded world, lacking in self-awareness.

This means that attachment to our families, as the most precious social structure, is the greatest inhibitor to being fully awake, liberated from our cultural and personal conditioning.

Yes, spiritual teachers, influenced by mystical traditions, and psychotherapists, working within the framework of depth psychology, are helping many to become more self-aware. However, they are mostly doing so within dysfunctional civilizations, which teach us that we must fight our fellow human beings for a slice of the finite monetary cake.

In parallel, the creative power of Life, emanating from the Divine Origin of the Universe, like a bubbling fountain, has taught me to apply our innate Self-reflective Intelligence to map the Cosmic Psyche, which is the territory that contains the map, as mathematical objects, concepts, and archetypes, for instance.

This conception of the Cosmic Psyche, unveiled by the coherent Light of Consciousness, is the key to revealing the innermost secrets of the Universe—what it is, how it is intelligently designed, and our origin and destiny, as a species.

However, this marvellous realization, healing my fragmented mind in Wholeness, has only been possible because I have been following the most radical change in the work ethic since the invention of money, some four thousand years ago.

Maybe none of this matters any longer. Divisive financial institutions, like banks and stock exchanges, will soon disappear, as our species becomes extinct. It cannot be long now before abrupt climate change destroys the habitat on which countless species are dependent to survive.

Attempts to co-create a sustainable environment are bound to fail, for they contradict the fundamental law of the Universe: all beings are born to die, including humans, as both individuals and a species.

There is only one way to come to terms with this great existential crisis: to live in union with the Immortal Ground of Being, breaking one of the most fundamental taboos of our religious, scientific, and economic conditioning.

So, apart from writing reflective monographs, such as this, all I can do, at the end of our brief sojourn on Earth, is rest in Stillness in the Presence of the Divine, knowing that Love is the Divine Essence we all share.