



The main topic I'll be exploring with you is the subject of consciousness itself, which is obviously a fundamental component of our human existence. This topic spills over into many different areas, including understanding the nature of reality, beliefs, spirituality, purpose, and achieving lasting happiness. What does this have to do with personal development? Everything. Whenever you experience a major growth experience, you experience a shift in your consciousness. You shed old ways of thinking and embrace new ones. You learn to use your consciousness in new ways. But instead of working with you on bottom-up techniques like getting yourself organized in order to create changes in your consciousness, now we're going to do some top-down work. There's no way to entirely compartmentalize your life and work only on one or more of the components without paying attention to the big picture. Your consciousness is the glue that binds everything together. It's the only place where you have power to create change. And no matter how much time you invest working on the low-level elements, it won't create nearly as much long-term growth as working on your consciousness directly. This will be almost entirely an intellectual process, whereby the goal is to help you reach a higher level of consciousness. This book is composed of the articles from StevePavlina.com website. It contains articles about Consciousness with additional related articles. Steve Pavlina (born April 14, 1971) is an American self-help author, motivational speaker and entrepreneur. He is the author of the web site stevepavlina.com and the book *Personal Development for Smart People*. List of Articles: [The Courage to Live Consciously](#) [Levels of Consciousness](#) [Raising Your Consciousness](#) [How Does Consciousness Relate to Personal Growth?](#) [Understanding Consciousness A](#)

Scientific Method for Exploring
Consciousness Why Study
Consciousness? The Consciousness
Revolution Ask Steve Staying Conscious
While Under Attack 14 Reasons to Become
More Conscious 10 Ways to Become More
Conscious Darkworkers, Lightworkers, and
Levels of Consciousness My Favorite
Meditation Jnana Yoga & Bug-Free
Beliefs Go for a Presence Walk The Power
of Now Live consciously.

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