

# Episode 0001

## Knowledge vs. Awareness

Show Transcript



Presented by Dr. Gala Gorman  
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00:04

Dr. Gala Gorman: And, it will actually make a difference for you. If it begins to make a difference for you then it is likely that it is going to create some spark of awareness.

00:19

Announcer: You've tuned to Awareness Addicts with Dr. Gala Gorman. Here, you'll find Sage Advice for taking inspired action. Awareness is the key. With this key, it's easier to navigate in the human world with all of its detours. It requires that we get to know ourselves intimately. If you choose to join us, this just might make you an Awareness Addict . . . alive, alert, awake and aware of life's possibilities.

00:48

Dr. Gala Gorman: This is Episode 1. And, what I will refer to often as one of the foundational episodes. I'm going to challenge you to think . . . for yourself. To come up with your own opinions and know what works for you. Developing awareness is what's worked for me. In fact, I'm a bit of an Awareness Addict. And, I'm hoping you'll become addicted too. So, stick around . . . and get your fix!

It's officially winter. The time of year when we reflect on what's been working for us . . . and what hasn't. We're often feeling motivated to make some changes for the new year. We'll help you sort it out.

But first . . . I'm wondering

Do you remember James Arthur Ray? Well he's been in the news again lately. Apparently, he's making a come back. What does it mean to take personal responsibility? And, when is it OK to put it behind you?

He was sent to prison in 2011 for an incident in 2009, where he was leading a group of people through Native

American sweat lodges and the ceremony went very wrong. He ended up being responsible for the deaths of 3 people. It was a horrible tragedy.

02:05

I was just thinking recently . . . I wondered what happened to him. And, all of a sudden he pops up in the news. I guess in 2011, he was convicted and ended up spending almost 2 years . . . 20 months in prison. I guess, he got out in 2013 or 2014. This year he's been making a comeback.

The families of the people who died are feeling like he hasn't taken enough responsibility for the accident and what happened. I guess, they wouldn't consider it an accident. In fact, he was responsible.

I just did a little poking around. I was curious. It turns out the he has done several interviews recently. He has said that one of the things that he has really been shown is what it means to take personal responsibility.

03:37

We are going to talk a lot about personal responsibility on episodes going forward. It strikes me as something that we really have to deal with personally.

How do you feel about personal responsibility? Do you tend to blame others when something doesn't go right for you? Do you feel like a victim often?

Taking personal responsibility means that . . . yes there are times when we are taken advantage of by other people ... times when things didn't go our way or they could have gone better for us had somebody not done something or done something differently.

03:54

We have control often when we like to think we don't have control. It is easier to say it is out of our control because we don't have to take personal responsibility for it then.

I am challenging you. I'm not going to talk about James Arthur Ray. I don't really care one way or another. But, I

think it is a good lesson for us to look at it and say, “Have I taken personal responsibility for something that has gone wrong in my life?”

Sometimes, we don’t even take personal responsibility when things do go right in our lives. That is a topic for another day.

04:33

The other question is, “When is it okay to put it behind you?” How long do you have to let it hang around and put a restriction on your life?” If you have done something that you are not proud of, or had an experience that you feel like really sets you back.

Today, as we develop awareness just drop that little question in there and say, “Am I taking personal responsibility? Where am I taking personal responsibility? And, where am I not taking personal responsibility?” And, “Why?”

“Is there something that I am holding myself back because I did something that I am not proud of? At what point, am I going to let myself off the hook? So, that I can really move forward and create a full and fulfilling life.”

05:34

Let’s take a moment to develop awareness. This is something you can practice anywhere...anytime. Begin by noticing where your breath is landing in your body? Are you feeling your breath in your chest? Is it expanding your rib cage? Or, even your belly?

Just become aware of your breathing.

Now, we’re going to breathe intentionally. We’ll start by breathing deeply into our belly. Breathe deeply . . . expanding your belly. Notice how it feels for your belly to expand. Then, pull your abdomen in so that all of the stale air gets pushed out on the exhale.

Let's do that again. Breathe in deeply . . . all the way into your belly. Expand your belly. And again, breathe out and flatten your tummy. Squeeze all that air out.

Next, we'll move the breath up to our rib cage. Intentionally expand your ribcage with the breath. It may feel like your ribs are stretching out on both sides . . . or you may feel it expanding your back. Just notice how that feels. You're stretching your lungs to the side and creating flexibility in your ribs. Take another breath into your ribcage.

Now, let's go back to how you were probably breathing when we started this practice. Breathe into your upper chest. You can feel your breastbone raise and lower with the breath. Notice how it feels to take a shallow breath now that we have expanded the breath into our belly and rib cage.

We have sent a clear message to our brain and nervous system that we can take control. Let's use this feeling of empowerment to practice Aware Appreciation.

What is ONE BIG THING that you appreciate right now? And, keep this in mind as you notice more things to appreciate as you move through your day.

Are you still scratching your head a bit . . . wondering what it means to be aware?

08:02

Today, we are going to talk about the difference between knowledge and awareness.

Let's just start with knowledge because this is the thing that most of us are pretty comfortable with. We know what knowledge looks like. We've been indoctrinated into the education system from a very early age. And, so our brains have had knowledge poured into them nonstop.

8:34

I can remember being in school and history is just something that I was never very much interested in. Any sort of classes that were history related, I did the absolute minimum I had to do. Memorized what I had to memorize and take the test. I was a fairly good student . . . AB student. In fact, I graduated high school . . . I think I had only gotten one B in all of high school. So, I was always a pretty good student. Obviously, good at memorizing.

Education. When I learned something that I wasn't interested it didn't stick. The next week, I probably could not have given you a correct answer to something I had memorized a week before.

09:25

When we are talking about knowledge, we are really talking about the education that comes in. We absorb it if it resonates with us. If we are interested in it, it gets stored in a way where we often will go back and access it to incorporate it into things that we are doing and other experiences. It will change us going forward.

If it doesn't resonate for us then we will do what I did with my history lessons. It will just go in one ear and out the other. It may pause in between the ears long enough to be able to take a test or something like that. But, it is not going to hang out and actually make a difference for you.

10:24

The kind of education we are talking about here is books and courses . . . whether you take those at school or online. Even, for example, a message at church. This is a great example. Go to church and listen to a great message from whoever is speaking.

We have gone to several churches. We go regularly sometimes and not at other times depending on what the situation is. But, often we will be in fellowship hall after the service. Sitting around at a table and the conversation would turn some experience that could have easily been

altered by applying what was just said in the message just a few minutes previously.

11:31 It is fascinating. It was a great example to me of the difference between knowledge and actually integrating it . . . developing awareness around it. Because until you have developed that awareness and you do the integration it just isn't just going to make a difference for you.

That is what we are challenging you to do. I'm going to share with you a lot of information that, if it resonates with you, you will incorporate it into your life to some degree.

12:07 Hopefully, you integrate it pretty deeply and it will actually make a difference for you. If it begins to make a difference for you then it is likely that it is going to create some spark of awareness.

You are going to learn something and you are going to say, "Oh. Wow! That's why that situation happened the way it happened." Or, you are going to say, "Wow! I really could have handled that differently. I see that now. It was my lack of awareness, knowledge, and integrating that knowledge ... lack of understanding ... that caused me to act or react in a certain way."

12:59 The awareness is what allows the light bulb to flash and to say, "Okay. I can do it differently. I can take a different approach next time." Or, even potentially go back and have a redo. Or, as we really practice this and build our muscles around our awareness skills, the idea is to close that gap so we can switch into awareness much more quickly and apply awareness and understanding before we get into something that we regret. And, have to go back and deal with it.

13:35 One of the things that really helps me to have those sparks ... that really creates a difference ... is to get away from my normal setting. I often have a real, what I call 'a creative download' whenever I travel. Especially, if I have really been able to unplug and am forced to not do the same things

I normally do every day. It creates some space for other information to come in.

14:29

You may not be able to travel. Or, you may have other challenges that create some blocks for you. But, I encourage you to find some way to create that space.

That can be going for a walk by yourself. That can be going to a movie. Sometimes, seeing a movie for me will really spark some understanding. I was not seeing something that way previously.

You've got to take a little time and develop the relationship with yourself. And, be willing to spend some time alone. Put down the phone. Put down the iPad. Turn off the computer and the television. Just really reflect.

15:33

My takeaway today is that we often don't have a new or renewed sense of awareness without introducing some new information into the mix.

Without that new knowledge or outside the box experience, that new spark won't happen.

It is important that we give ourselves those kind of experiences and that we get out of our comfort zones.

16:13

Question:

I am able to stay grounded and aware when I'm just taking care of routine daily activities. However, whenever I'm doing something where there's more at stake, I find it extremely hard to maintain my awareness and confidence. I get flustered and anxious about the outcome. How can I develop the ability to maintain awareness at all times?

16:38



Dr. Gala Gorman: First, thanks for submitting your question. And, you're not alone here. Honestly, it's not possible to maintain awareness at all times. Rather, we want to close the gap. When we're engaged in an activity that really matters, there's often a lot of chatter going on in our heads. We're anticipating what could go wrong...what it means for us if it goes really right. The key is to recognize when the chatter is happening. Acknowledge it. When I say acknowledge it, I don't mean condemn it. I mean just take a curious approach to it.

Curiosity looks like, "That is interesting. I wonder why I am thinking that. Why would I immediately jump to that conclusion? What possible other outcome could happen?" As opposed to what I'm already thinking could happen?

Once you can manage to take some control over the conversation in your head, you're on your way to reliable awareness. Hope that helps.

18:00

Announcer:

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Your feedback makes a difference. What part of this episode helped you the most? Join the Awareness Addicts Facebook group and share your thoughts. Make sure you leave a review wherever you've accessed the show. And, if you know others who could use some divine inspiration, share with them! Remember, all the links and resources are available at [AwarenessAddicts.com/Episodes](http://AwarenessAddicts.com/Episodes). Don't waste another moment feeling confused and stuck. As an

Awareness Addict, you're alive, alert, awake and aware of life's possibilities.

19:02

Dr. Gala Gorman:

If you're feeling stuck or confused . . . wondering how you get the creative juices flowing, you won't want to miss the next episode. It's actually not that difficult if you're willing to set aside a few minutes every day to practice. And, I'm going to share with you a practice that works for me and many others. So, make sure you join me.

19:26

Announcer:

This was Awareness Addicts with Dr. Gala Gorman. For more information and to find any resources mentioned in this episode, visit [AwarenessAddicts.com/Episodes](http://AwarenessAddicts.com/Episodes). Thank you for tuning in.

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