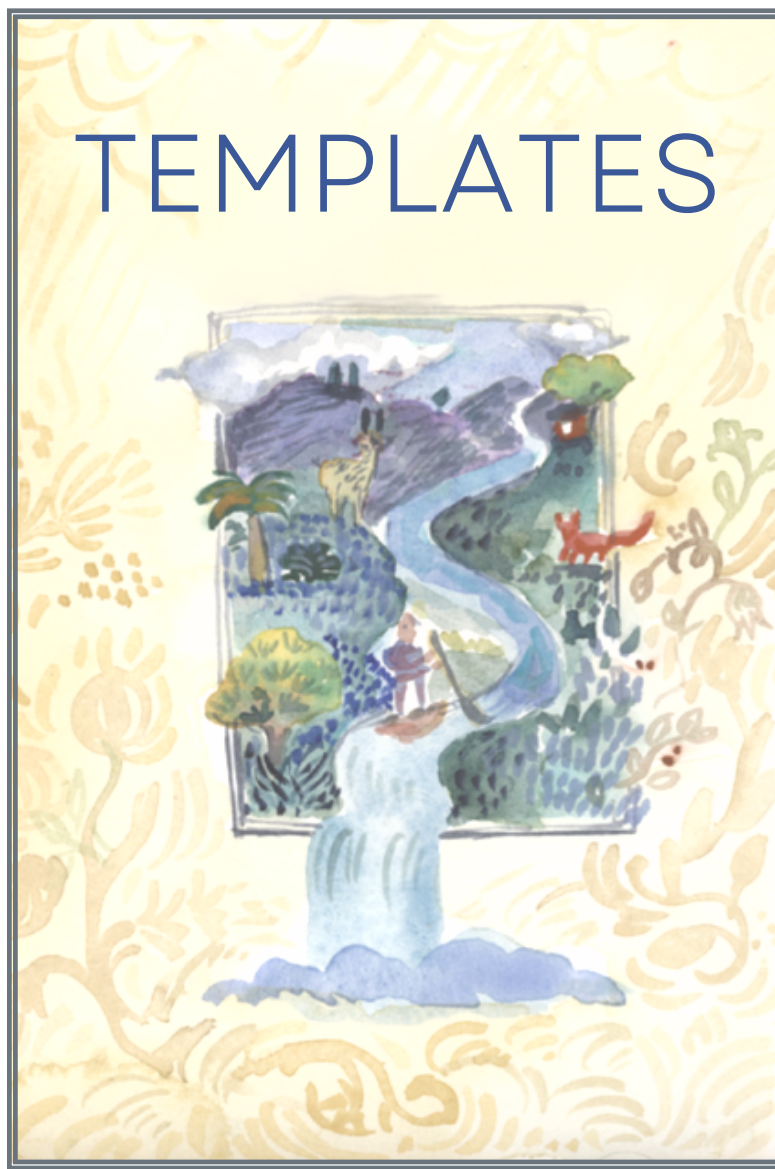


Awakening All Sleepwalkers

An Essential Guide to Expand Awareness
and Bring Forth a New Culture for Humankind



Sophie McLean

With the profound and selfless contribution of Abby Laden

Exercise

Set Your Intention



Journal of the Mind

Set Your Intention.

Remember: You always reap what you sow!

What are you yearning for?

Is it a want (implying there is a lack, and something is wrong), or is it a desire (your soul is guiding you to freedom)?

Are there specific issues in your life that you want to deal with?

Is there anything you are not willing to look at? Once written, this will be your biggest breakthrough.

Exercise

Your Life as a Play



Life as a Play

WORKSHEET

Your Play

What is the genre of your life?

What title would you give your life if it were a play of film?

What are the qualities of the Main Character (strengths and weaknesses)?

What are the nature of your relationships to the supporting cast?

What are the patterns that stand out in the script of your life?

Exercise

Your View of Life (Your Genre)



Journal of the Imagination

Your View of Life

How old were you (between the ages of 1-2)?

What happened? Who was there? Describe the scene.

What was the problem? No stories, just the facts.

What emotions came up with the problem?

Life is a place where... (you gave a meaning to life. You actually EXPLAINED what kind of place life was....) "Life is a place where people..." or "Life is a place where I cannot..."

What solution did you come up with to deal with that view of life? You have to survive. You came up with what seemed very logical to you (i.e. if people are all betraying me, then I must stay away from them.)

Exercise

Your Main Character



Journaling for Writers

Personal Deconstruction of My Main Character

How old were you (between the ages of 5-7)?

Where were you?

Who was there?

What happened?

What did you feel? What were your emotions?

What did you decide was wrong with you?

How did you compensate and try to hide your flaw?

What are the advantages of this compensation?

What are the disadvantages of this compensation?

Did you blame anything or anyone?

Exercise

Your Main Character's
Relationship to the Supporting Cast



Personal Deconstruction of My Main Character in Relation to the Supporting Cast

How old were you (between the ages of 11-12)?

Where were you?

Who was there?

What happened?

What did you feel? What were your emotions?

What did you decide was different about you?

How did you compensate and try to hide your flaw?

What are the advantages of this compensation?

What are the disadvantages of this compensation?

Did you blame anything or anyone?

Exercise

Your Main Character's Relationship
to the Circumstances of Life
(Your Script)



Personal Deconstruction of My Main Character to the Circumstances of Life

How old were you (between the ages of 15-17)?

Where were you?

Who was there?

What happened?

What did you feel? What were your emotions?

What disempowering decision did you make about yourself?

How did you compensate and try to hide your flaw?

What are the advantages of this compensation?

What are the disadvantages of this compensation?

Did you blame anything or anyone?

Exercise

An Easy Way to Experience Your Soul



Journal of the Soul

Experience Your Soul

- Sense your soul's presence, however vaguely, by taking a moment to be silent.
- Look at your entire life and see the extraordinary number of circumstances, feelings, emotions, experiences, relations and more that you have experienced since your birth.
- Let yourself be present to the noise and agitation of it all.
- Behind the noise, there is a presence, never changing, never altering, whatever the circumstances, your age or your emotional state: this is you; this is your soul.
- Your soul is nonlinear.
- It is unmanifested.
- It is unchanging.

Take a moment to write your experience:

Exercise

Your Soul Essence



Journal of the Soul

My Soul Essence

*If this play, my ego, was not there, who
and what am I?*

(please write a word that most captures your essence)

*What is my soul intention in
incarnating me?*

*What is my mission to fulfill on my
soul intention?*

Exercise

Choose a Conscious Archetype



Journal of the Imagination

Choose a Conscious Archetype

What am I best at, with little effort on my part?

What is the one thing that other people associate me with?

What is important to me?

What do I aspire to?

What inspires me?

What archetype do I consciously choose to step into that captures these ways of being, desires, and inspirations?

Overview

Your Ego Snapshot and
Your Soul Essence



Journal of the Soul

Snapshot of My Automatic and Unconscious Ego

The genesis of your automatic and unconscious ego (age 1-2):

PROBLEM	MY VIEW OF LIFE	SOLUTION TO SURVIVE	DESTRUCTIVE MECHANISM

AGE	ROLE	EMOTIONS	DECISIONS	COMPENSATION	DESTRUCTIVE MECHANISM
5 / 7	Main Character				
11 / 12	Supporting Cast				
15 / 17	Script				

My Soul Essence is :

*My Soul 's Intention
in Incarnating me is :*

Some examples:

- People experience Truth...
- People remember who they really are...
- People are healed...
- People know that everything is possible...
- People know wonder, greatness or joy...

Exercise

Examine Your Filters



Journal of the Mind

Examine Your Filters

Take some time to examine your own filters and list them below. What are your opinions, beliefs, judgements, evaluations, comparisons, and concerns? Question any thoughts that you believe to be true.

Exercise

Your Destructive Mechanisms



Journal of Management Education

Your Destructive Mechanisms

What is the complaint(s)?

What are your feelings and emotions when you are at the effect of that complaint? (angry, rageful, depressed, etc?)

When is the first time you remember having these feelings? (What are the facts?)

What do you get out of having this complaint? (Being right and making others wrong; creating an illusion of being stronger, better, safer; justifying something you don't want to do or you are doing; making others smaller and weaker, etc)

What does it cost you? (aliveness, health, wellbeing, joy, action, relationships, love, etc?)

What is the emotion(s) you are refusing to experience? (heartbreak, shame, terror, guilt, fury, etc)

What would your life be like without these complaints?

What action(s) do you need to take to free yourself from destructive ways of being?

Exercise

Examine Your Level of Integrity



Integrity is the ability to do what is right when no one is watching.

Examine Your Level of Integrity

Start by listing all of the areas of your life where there is a lack integrity. (Look for any area that is not working, if it is not working, there is a lack of integrity.) Look at your physical environment, your health, your emotional wellbeing, your finances, your relationships, your work, etc...

Distinguish your internal conversations THAT
JUSTIFY NOT HAVING INTEGRITY (e.g., I'm horrible,
I'm not good enough) and tell the truth about their
inauthenticity.

Where are you making exceptions or short cuts?

What drives you in life? Are you driven by your need to be loved? Liked? Admired? Respected? By wanting to have a good reputation? By conforming?

Are you only giving your word instead of keeping it, too?

Are you feeling bad as a way to avoid being responsible for a lack of integrity? Sometimes one feels bad when one fails, but that's different than using it as a cop-out.

What does it mean to be true to yourself?

Why does having integrity lead to self-expression?

Exercise

Your Treasures



Journal of the Mind

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Notes

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For More from Sophie McLean

Sophie McLean is a Wisdom Teacher who has spent decades leading transformational seminars to over 80,000 people around the world.

She has been a helicopter pilot, a designer, a relief worker, a war refugee, and a CEO. She's been shot at, shipwrecked, and widowed. She's lived on a farm, a boat, a penthouse, and an ashram. Sophie has two Masters degrees in philosophy, and she worked for the United Nations. Her first book, *The Elegance of Simplicity*, was released in 2018.



Her every waking moment is dedicated to the creation of a new culture for humankind.



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