

# Sage Principles™

Live your best life.

Image: Matteo Di Iorio

Volume 1: Session 2

"What is necessary to change a person, is to change his awareness of himself." —Abraham Maslow

By Lorraine Alexander

Read time: 1 min 13 sec

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Second-generation

Sage Principles  
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"Self-awareness is the capacity for an individual to consciously know and understand one's own character, feelings, motives and desires."

[Wikipedia](#)

## Meditation Cultivates Self-Awareness

Meditators are known to be healthier, happier, calmer, and more creative. They possess heightened problem-solving abilities and act from [enhanced emotional intelligence](#).<sup>1</sup>

### Are you reaching for your highest potential?

Most of us may immediately answer yes to this question. I'm going to challenge you to dig a bit deeper. Ask yourself the following question and answer as truthfully as you can: Are you self-aware?


**For the most part, people don't understand what self-awareness is.** So let's explore that for a minute or two. Being self-aware is when you feel joy, anger, or even an uneasy feeling, and you stop to notice and explore the source of those feelings.

“Self-awareness can be broadly defined as the extent to which people are consciously aware of their internal states and their interactions or relationships with others.” [Trapnell & Campbell, 1999](#); [Trudeau & Reich 1995](#).<sup>2</sup>

## Self-awareness is like having a best friend that gives you perspective.

Maybe a coworker says something to you, and as you walk away, you might wonder: “Why in the world did they make that remark? Just what did they mean by that?” Your thoughts start to spin, and you find yourself revisiting the same question over-and-over again.

As your self-awareness grows, you might still have that same initial reaction, yet you understand that your emotion is coming from a place of insecurity. That’s the ego.



Growth of awareness  
is the key to a  
peaceful mind.

## How can we improve our self-awareness?

Meditation is a beautiful tool, and in time it gently tames the ego and we begin to lose our rough edges. We naturally become more introspective and mindful of our feelings and motives.

When someone makes a negative comment we listen and explore. Does this comment hold true; or is it coming from another place, a place from the past, or possibly a current life experience of this person? It may have nothing to do with you. We can never know what another person is going through. And oddly enough when I’ve asked just what was said, I don’t hear the comment as being negative.

### Closing thoughts: Instead of reacting, become the observer.

Observe without judging yourself or the other person. Before you reply pause to ask yourself: Is what I’m about to say necessary, is it true, is it kind? Now, you begin to live life from generosity, compassion, and kindness. This perspective offers acceptance. And with your newfound acceptance a peaceful mind is yours.

### RESOURCE LINKS TO STUDIES

- 1) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6207440/>
- 2) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5114878/>

“Yesterday I was clever, so I wanted to change the world, today I am wise so I am changing myself.” — Rumi



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