

Vigil: being awake when others are asleep

Many religious groups have vigils throughout the year – they are perhaps, a rhythm of life. For Christians, one such period is Advent, which announces the coming of Christ at Christmas. Advent is a moment of experiencing something new or seeing something fresh. A vigil, on the other hand, is a time of wakefulness that is normally given to sleep. Yet, we can experience life and still be asleep. All life is a vigil. It is an opportunity to be awake – to not be asleep at the helm. When we are willing to live our lives in wakefulness, we are living consciously. CONSCIOUSNESS is a spiritual gift within us. Consciousness is our experience of being awake or on vigil.

Consciousness is the degree of vigilance – our wakefulness to the power of 'THOUGHT' at work in our daily lives – and our awareness of the power of creation in our personal thinking. 'Being asleep' is our obsession with our personal thinking - dreamlike preoccupations, worries, expectations and goals. All that we think we are or are not, are moments of being asleep. Jealousy, hatred, anger, discontent - they are all our dreamlike preoccupations – our state of mind which, when asleep; is neither in wakefulness or conscious of our vigil.

**We live our lives as if we are awake, and
know not that we are in a dream.**

THOUGHT is the spiritual gift through which we create. When we are awake to the power of THOUGHT, understanding that we create our moment to moment experience, then life is a vigil. We are awake. When we are awake to the illusory nature of our personal thinking, then we are truly on vigil.

We can be on vigil and yet, still be asleep. Being Conscious is being awake to how THOUGHT creates our momentary lives. Living life to the full is being awake, on vigil, being alert to both creation of the moment and our propensity to live our daily lives in a dream state.

More often than not we are innocently misled by being more interested in 'what we think', while we do not SEE and are not touched by the miracle 'that we create' in every moment the NOW; and by the power of THOUGHT, brought alive via CONSCIOUSNESS. ■ ■

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