

# Why Looking Is Far Better Than Thinking

by Annabel Bourgois



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There is a part in all of us that is observing whatever we are doing, it is always present. We know because, looking back at a past incident or period in our lifetime, we can notice things now that we were not aware of at that time.

For instance, you can go back to an argument you had with somebody in the past. Ask yourself, what was hidden from

me there? And suddenly you see things now, that you were not able to see at that time.

Or go over your lifetime and notice when you were being yourself, and when you were not being present and dimming your light. It is only in hindsight that you notice periods in your life that you were somewhat depressed. At the moment itself of being depressed, you are so immersed in the lower vibration of that feeling that you cannot be cognizant of it.

**Freedom is our natural state of being and we experience freedom when we are fully present.** We are free. Sometimes we do not feel that we are free. What happens is that the moment we start judging something or someone as bad, not so good, not appropriate etc. we lower our state of pure and blissful being to a state of thinking or evaluating or judging. What also happens is that the moment you start judging, you separate yourself from it and by definition you have less space, feel more contracted and less connected.

Freedom exists in the joy of being yourself, in the presence of admiration and beauty. We are free and we are love. No true freedom can exist without being fully aware of the love that we are. Therefore, when we use our freedom to harm or to control somebody else, we find ourselves in an identity that assumes it knows what is best for somebody else.

## Key Points:

- Freedom is our natural state of being.
- Thinking cannot co-exist at the same level of freedom. It has a different vibration.
- We have it in us to stay in the higher vibration of being and we are at our best when we operate from this state.

The truth is, we cannot know what is best for the other. Moreover, if I am free, than the other person is also free and in his freedom creates a path for himself to experience. The moment I assume I know better than the other, the ego comes in and shows itself as a part of me that thinks it knows better and tries to control.

**Thinking cannot co-exist at the same level of freedom.** It has a different vibration, it is another realm altogether. The free being observes, notices, sees what is as is. The thinking being figures things out, confines himself to a personality and assigns meaning or significance to things. It has a strong urge to be right and unconsciously makes other people wrong in order to feel he is doing the right things, making the right decisions.

However, we are all on our conscious journey, otherwise we would not be here on this planet at this time. And lucky are those of us who got glimpses of this blissful state of pure being and can relate to it. The good news is that we have it in us to stay in the higher vibration of being and we are at our best when we operate from this state. It requires conscious intention. By taking extreme care of ourselves, by taking time for ourselves, to nourish ourselves and to get to know ourselves so that we can give to ourselves what we need to feel completely loved and awake and present.

For me, it is being in nature, noticing the trees, being in awe at the beauty and the power of nature. I feel completely happy when I am sculpting, drawing, listening to music or the sound of silence, when there is harmony. LCM

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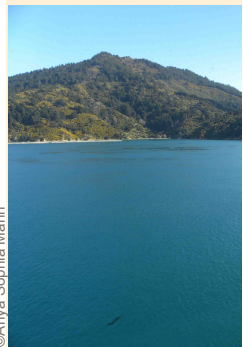
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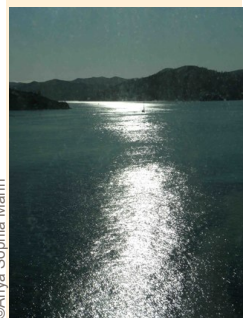
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