

Conscious Choices

Study/Discussion Material for the Podcast from Sunday 2/22/2015

From Dennis Merrit Jones' *The Art Of Uncertainty*, pages 208-209

“When you exist on autopilot, the tendency is to live unconsciously, carelessly, self-servingly and reactively, rather than proactively. One could say that, as a species, we have made more than a few mindless choices. I find this interesting given the fact that our ability to make conscious choices is one of the primary things that separates us from every other species on earth. The fact is that (irrespective of the degree) every choice you make leads you closer to, or further away from, being the person you desire to be and, likewise, the world you want to pass on to your children’s children. The more conscious you are in the choices you make, the clearer you become about who you really are. The more willing you are to make conscious choices, the more opportunities to consciously evolve will be presented to you in the mystery of tomorrow.”

Study/Discussion Questions:

1. How many choices do we make in a day—and how much do we think before making them?
2. How can our choices further our evolution as a person?
3. What are some of the ways we can begin to make more conscious choices?