
THE GOLDEN PATH LIBRARY

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Consciousness Is Primary

The Foundation of Sovereign Choice



*Before any behavior shifts, consciousness shifts.
Before any story dissolves, consciousness expands.*



Introduction

You are an individual being within a larger field of consciousness.

You are not only you – you are also You – with access beyond inherited and learned fears, beyond conditioned limitations.

If there is an experience of yourself or of life that you desire, the key is not forcing behavior change. The key is shifting the consciousness you bring to the moment.

Before any behavior shifts, consciousness shifts.

Before any story dissolves, consciousness expands.

Consciousness is the field from which all true choices arise.

The level of consciousness you bring to a moment – especially when triggered or activated – determines:

- ◆ The culture you perpetuate
- ◆ The experience you have of the moment and of others
- ◆ The version of yourself that comes forward
- ◆ Whether you meet life through contraction – or through the shape of your heart

Consciousness brings:

- ◆ You closer to the shape of your heart and the truer nature of your being
- ◆ Care to your nervous system and to the larger system you are a part of □ Possibilities that simply cannot be accessed while in contraction or reaction
- ◆ Your body, mind, and awareness into a collected presence, the seat of sovereign choice

As we enter into this practice, we clarify the space between impulse and action, we bring in “breath & spaciousness” - we start to access parts of ourselves – and parts of the larger field of intelligence – which is our birthright and destiny.

This is the strengthening of sovereignty, true choice, true agency.

And this is the beginning of taking our seat.



Practice

Conscious Pause

This practice takes less than two minutes and can be repeated throughout the day. If you're not alone, let the person(s) you're with know you're needing a moment, and take a "mini-space" for yourself.

Step 1: Pause

When you notice activation – contraction, urgency, defensiveness, overwhelm – pause.

Step 2: Signal Safety

Give your nervous system a cue that you are present.

For example:

- ◆ Place your hands on your body.
- ◆ Close your eyes.
- ◆ Lean back.
- ◆ Lengthen your exhale.

Let your system register: I am right here.

Key Point: this signaling of safety can be sound, breath, movement - it doesn't just have to be "soft" - it can be a growl, a "Kali tongue", some shaking, stomping. All of these actions are signals of "I am right here." No suppression or down regulating needed.

Step 3: Observe

Ask gently and with devotional curiosity:

- ◆ What thought(s) am I having right now?
- ◆ What survival strategy is showing up?
- ◆ What is it trying to protect me from?



Step 4: Signal Safety (again)

Notice the vulnerability and tenderness underneath the intelligence attempting to keep you safe.

Speak gently to yourself:

- ◆ “It’s safe to feel this.”
- ◆ “I’m okay.”
- ◆ “Awwww, thank you, I see you”

Let your body soften (even if ever so slightly) around your own presence.

Step 5: Expand

As you pause, signal safety, and bring gentle curiosity to what’s happening within you, notice how space begins to open within and all around you (even if nothing “practically” has changed)

You may feel a subtle softening in the body — a sigh, a deeper breath, a small release of tension, a yawn. These are signs that your nervous system is settling and that contraction is loosening.

Ask gently and with devotional curiosity:

- ◆ What else is possible here?

You don’t need to force an answer. Just allow space and breath, enough room for consciousness to continue expanding in and all around the space.

- ◆ Possibility may show up immediately as a new idea or option.
- ◆ You may feel a subtle shift toward care or generosity for yourself or others.
- ◆ Your original reaction may stabilize into something more aligned and grounded.
- ◆ Or the answer may unfold later — in a conversation, a realization, or an unexpected opening.

The point is not to manufacture positivity.

The point is to remain available to breath & spaciousness long enough for consciousness to expand beyond the first reaction/impulse.

The steady return to consciousness — again and again — until it becomes your way of being and the (reliable, joyful, relieving, enjoyable) return to your seat.

