

# Natural Awakenings Interview on Awakening Consciousness

## Responses by Rev. Christy Snow

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What does awakening consciousness mean to you?

**One of my favorite quotes from the Buddha is “Awareness is the Lord of all.” Awakening consciousness to me is just that, becoming aware. As individuals and as a society we are becoming more aware of the interconnectedness of all things and our place in this life, as well as our opportunity for a conscious participation in it.**

A conscious person acts for the highest good in each moment, considering the whole situation before making decisions that may affect others. How do you think a person can become more fully awakened to adapt to life's ever-changing circumstances and to live a more peaceful and content life?

**By slowing down and being present with each thought, each emotion and each situation, by paying attention to the core belief that is triggered in us via every event in our lives, rather than staying on the merry go round of distraction caused by our story. We are continually basing our future on our experience of the past unless we take the time to see a different outcome mentally first. It is up to each of us to choose a higher idea and realize that our consciousness is always out picturing in our reality.**

Our world is going through a time of extreme crisis and the need to cut through delusion and recognize the power of collective thinking is paramount. What do you think it will take to move towards a shared collective consciousness that can benefit all of humanity?

**Personal responsibility, self love and acceptance. The more we as individuals take responsibility for the love, prosperity, health and harmony in our own lives, or the lack of same, the more we will tip the scales of a collective consciousness based on fear and power over another. This personal responsibility must also be steeped in the ability to love and accept ourselves first, for only then can we really contribute unconditional love and acceptance to a collective consciousness that can benefit humanity. Otherwise we live in the delusional game of us/them from which all war and heartache are born.**

Charlotte has a diverse base of religious and spiritual organizations. How can they pull together to address social needs and promote racial and ethnic understanding? **There is actually an organization here in Charlotte that does just that and has been doing this work for over 30 years. The Spiritual Living Center is thrilled to be one of over 80 participating houses of faith here in Charlotte that are affiliated with Mecklenburg Ministries, whose mission is to build bridges across differences and promote acceptance and understanding within our diverse and rich faith traditions. [www.meckmin.org](http://www.meckmin.org)**

Can you share a recent example of awakening consciousness you have witnessed or experienced? Personally, locally or globally.

**At a recent luncheon, sponsored by Mecklenburg Ministries, I was sitting with a friend from Myers Park Presbyterian who was excitedly sharing all of the efforts his church had been involved in over the years in the area of outreach and specifically addressing the needs of our homeless brothers and sisters in Charlotte. He turned to me when he was finished and said, “So what about your church? What do you do?” My answer at that point was simply “Not enough.” My personal awakening of consciousness in that moment was to the fact that there are so many ways to be of service and to make a difference right here in this beautiful city. Our Center has made great contributions to building schools in Africa and providing educational supplies for children in India as well as a multitude of deserving global works and now it is time that we bring our attention back home and ask “How can we be part of the solution here at home?” “How can we contribute to a more positive and prospering Charlotte?” My awakening was realizing just how much of a difference one person’s love and enthusiasm can make, and deciding to allow mine to flow even more.**



**Rev. Christy Snow  
Co-Spiritual Director/Co-Pastor  
Spiritual Living Center of Charlotte  
[www.SLCcharlotte.com](http://www.SLCcharlotte.com)**