

### Awareness Questionnaire

	Yes	No	Don't Know
Can you see without using your eyes?			
Can you hear without using your ears?			
Can you feel without using your hands?			
Is awareness and consciousness the same?			
Does energy have gender?			
Does energy have polarity?			
Does energy have intensity?			
Is detached and disconnected the same?			
Is connected and attached the same?			
Is sensitive and emotional the same?			
Is emotion a reaction?			
Is emotion a response?			
Is exclusive the opposite of inclusive?			
Is emotional the same as spiritual?			
Is power the same as authority?			
Do you feel with your heart?			
Do you feel with your solar plexus?			
Do you know in your mind?			
Do you know in your heart?			
Do you feel intuitively?			
Do you know intuitively?			
Do you see intuitively?			
Do you feel instinctively?			
Do you know instinctively?			
Do you see instinctively?			
Do you act instinctively?			
Do you respond instinctively?			
Do you react instinctively?			
Do you respond intuitively?			
Do you act responsibly?			
Do you need knowledge to know?			
Can you define your state of being in this moment?			
Did you define your state of Being with a noun?			
Did you define your state of Being with a verb?			
Did you define your state of Being with an adjective?			
Is power the same as love?			
Is love the same energy as light?			
Do you know your predominant emotional need?			
Is a belief the same as a conviction?			
Is an opinion the same as a belief?			
Do you know where your thoughts come from?			
Do you know the role of your sub-conscious mind?			
Can you define your soul?			
Where is your mind located?			
Are your mind and your brain the same thing?			

Do you know what makes an emotion negative?			
Do you know what makes an emotion positive?			
Is imagination useful in business?			
Do you know where innovation comes from?			
Do you know what inspiration is?			
Have you ever had a revelation?			
Is a dream the same as a fantasy?			
Do you remember your dreams?			
Do you dream in colour?			
Is day-dreaming useful?			
Is anger the same as intolerance?			
Is frustration the same as anger?			
Is intolerance the same as frustration?			
Is anger a positive attribute?			
Is assertive the same as forceful?			
Is confrontation the same as conflict?			
Is lust sexually offensive?			
Is sex and gender the same?			
Does like attract like?			
Do opposites attract?			
Is compassion the same as empathy?			
Is sympathy the same as compassion?			
Is detached the same as unattached?			
Is sensitive the same as being too sensitive?			
Is being irrational a male attribute?			
Is being irrational a female attribute?			
Is being irrational a positive attribute?			
Is being irrational a negative attribute?			
Does emotional energy have a frequency?			
Does emotional energy have a wavelength?			
Does emotional energy have a vibration?			
Is thought an emotion?			
Is emotion a feeling?			
Can you define an emotional reaction?			
Is being emotional a positive attribute?			
Is being unemotional a positive attribute?			
Is containing one's emotions beneficial?			
Is managing anger beneficial?			
Is expressing anger beneficial?			
Is being critical beneficial?			
Is being criticised beneficial?			
Is cynical the same as sarcastic?			
Is love an energy?			
Is power an energy?			
Is emotion an energy?			
Is authority an energy?			
Is skill an energy?			
Is ability an energy?			

Is being insensitive the same as being aloof?			
Is Being a verb?			
Is a 'state of being' a noun?			
Can you define 'adjectively'?			
Is Attraction an energy?			
Is attraction the same as magnetism?			
Is character the same as personality?			
Is identity the same as character?			
Is personality the same as identity?			
Do you have a life-force?			
Is joy the same as pleasure?			
Is contentment the same as joy?			
Is fulfilment the same as achievement?			
Is achievement the same as attainment?			
Is a personality trait the same as an attribute?			
Is physical energy the same as spiritual energy?			
Is electricity an energy?			
Is gravity an energy?			
Is magnetism an energy?			
Is reality the same for everyone?			
Is 'now' an aspect of time?			
Is 'now' an aspect of reality?			
Is pride the same as arrogance?			
Is there good and bad pride?			
Is envy the same as jealousy?			
Is gluttony the same as greed?			
Is wrath the same as anger?			
Is sloth the same as laziness?			
Is being righteous the same as being self-righteous?			
Is there a difference between listening and hearing?			
Is motivation the same as empowerment?			
Is an appraisal the same as an assessment?			
Is self-confidence the same as authority?			
Is self-worth the same as personal value?			
Is self-esteem the same as ability?			
Is self-worth the same as power?			
Can you have too much self-confidence?			
Is self-esteem achieved through acknowledgement?			
Does approval boost self-worth?			
Is tolerating the same as accepting?			
Is affirming the same as attesting?			
Is approving the same as allowing?			
Is super vision a paranormal gift?			
Is accepting the same as approving?			
Is love the opposite of fear?			
Is lust the opposite of love?			
Is war the opposite of love?			
Is peace the opposite of war?			

Is a freedom-fighter the same as a terrorist?			
Is perspective the same as perception?			
Is a second in time the same as a moment in time?			
Is a vision the same as an objective?			
Is a dream the same as a vision?			
Does emotion have a purpose?			
Is reactive the same as spontaneous?			
Is mental illness the same as emotional illness?			
If you cannot see it, is it real?			
Are all real things made of physical matter?			