

# School of Consciousness

## Highly Conscious People

**Chris Thomson**

When we meet highly conscious people, we are usually impressed. There is something compelling about the way they look, the way they speak, and even the way they move. They are economical in their use of words and their use of energy. They seem to be able to get things done without really trying. It is reassuring to have them around, because they always know what to do when something goes wrong. We feel good when we are in their company, because they are cheerful and friendly, but also because they seem to understand us at least as much as we understand ourselves. We sense that everything they do and say makes the world a better place.

If we were able to look inside highly conscious people, we would see that they are acutely aware of the world around them. They notice a lot and miss very little. We would see that they are also acutely aware of themselves – who they really are, their strengths and weaknesses, their potential and limitations, and their hopes, beliefs and aspirations. We would see that they have exceptionally clear minds, which enable them to think well, communicate simply and effectively and see, at a deeper level, why things are the way they are and how they are likely to be in the future. And we would see that they have learned to trust their intuition, and that they have learned to transcend many of the assumptions and expectations that restrict human development and creativity.

## **Consciousness in Society**

This is significant because it means that highly conscious people excel at an exceptionally wide range of things, including the things that are valued by society in general. For example, they make good leaders, because they have a clear vision and because they are good at inspiring and encouraging people. They are effective communicators, because they think clearly, but also because they know how to reach out and touch people. They are good at solving problems, because they are able to identify and address their deeper causes.

Better still, they are good at anticipating and avoiding problems. They are good negotiators, because they are empathic and understand people. They are economic in their use of time, energy and resources, which is good news for any organisation! They are excellent “sensors” – they see what is coming more clearly and sooner than most. They tend to be creative and rich in new ideas. They are authentic – there is no contradiction between what you see and who they really are. For example, they stand up for what they believe when there are pressures on them to conform. And, just as important, they are a pleasure to be with. On all counts, highly conscious people are priceless assets to any organisation or community.

## **Too good to be true?**

All this may sound too good to be true. It is rare that we come across highly conscious people. But there are good reasons for this. We live in very materialistic times, where money, property and possessions are valued very highly, and other things less so. Although there are signs of change – some countries and some communities are developing happiness projects and wellbeing indicators, for example – the main focus in the world today is economic survival and economic growth. It will be some time before the importance of consciousness is widely recognised, and even longer before the development of human consciousness is a central purpose of society.

Yet if a society or organisation trained its people to be more conscious, it would bring many benefits. For example, it would be a healthier and happier, because highly conscious people tend to be happier and healthier, but also because they are a positive influence on

all those around them. Society (or the organisation) would be more economical and effective in all, it does, because this is how highly conscious people behave. They really do get things done more economically and more effectively! And it would be more responsible, socially and environmentally, because highly conscious people would tolerate nothing less.

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