# Cycle of Awareness

Change Interrupts Balance

Normal Flow of Life

Confusion & Chaos

"Life is amazing. And then it's awful. And then it's amazing again. And in between the amazing and the awful, it's ordinary and mundane, and routine. Breathe in the amazing, hold on through the awful, and relax and exhale during the ordinary. That's just living heartbreaking, soul-healing, amazing, awful, ordinary life."

~L.R. Knost

Evolution into a New State of Being

Fertile Void

Integration

Discovering Internal & External Resources

Adapted from Don Stapleton, PhD. *Self Awakening Yoga*