



You, Me and Discovering: *Welcome to The Adventure of* Kissing Consciousness

Hello! I'm James and I'm thankful to *Discovering Magazines* for inviting me to connect and share with you through this new column. I'm very excited about what you may get out of it.

I'm the founder and author of *Kissing Consciousness*, a conscious living movement, and I've near-perfected the art of helping people to release the conditioned, and therefore false, limitations, self-judgements and self-constrictions that we pick up on life's journey. Uncover those and you'll shine like a beacon.

Although you were born without any sense of any need for self-limitation, this life has set us all our own personal 'portfolio' of what Kissing Consciousness calls 'Human File Permissions'; other people shape us to make us feel parts of us are, or aren't, allowed. This can be anything big from whether we feel free to pursue the career (or lover) of our choice, to whether we can receive a compliment without blushing.

As well as releasing self-constrictions we'll also learn some fascinating insights around human nature: Emotions don't need to be scary in the way we've been led to believe. Confidence is nothing to do with being loud, it's merely honest self-confiding (the clue is in the name; confidence). Genius is available to anyone in any given moment. Stress is impossible without self-judgement creating a conflict with our 'truth'. Positive thinking is basically just the absence of negative thinking.

The key to all of these is the removal of self-judgement and self-constriction. Self-judgement stops you being honest with yourself (confidence) because the judgement implies you 'shouldn't' be a certain thing. It prevents your ever-available genius because it makes you second-guess yourself. It is the negative thinking that impedes what KC calls

'Positive (Not) Thinking'. And self-judgements make us fear emotions because the notion of how we 'shouldn't' respond to them (crying, shouting, running) creates anxiety around facing them.

At any time, these life skills are essential not just for surviving but also for thriving; the real mark of health and wellbeing. Throw in this COVID era, which is basically global system failure's 'sequel' to the 2008 global financial crash, plus many other system failure challenges like extreme wealth inequality and mental health

pressures, and the value of optimising our self-acceptance, resourcefulness, emotional strength and mental health support is obvious. So, I look forward to sharing with you again and imparting more insights.

Oh yes, the name! It's from the acronym, 'Keep it simple, stupid' (KISS).

EMOTIONS
don't need to be scary
CONFIDENCE
is confiding in yourself
POSITIVE
THINKING
isn't really thinking at all
GENIUS
is ever-available to anyone



Kissing Consciousness with James Blacker

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