

# Stalking Awareness

Stalking awareness is a term that we introduced in the past module on Tezcatlipoca. The term stalking (acechar in Spanish), has to do with hunting. In this case, it is very useful if you can bring your awareness to the way that a cat hunts. In order to hunt its prey, a jaguar first has to get to know its prey very well. It has to get to know its prey's environment, its habits, its rhythms and its preferences. It has to get to know how its prey functions in the world, in relation to the environments that it inhabits and the other beings that it comes into contact with. What does it eat? When does it eat? Where does it eat? When does it rest? Where does it rest? Who does it do these things with? Does it do them alone? Where does it go by itself? Once a jaguar has learned all there is to know about its prey, it can decide to best course of action to hunt it. It does not expend unnecessary amounts of energy in guessing where its prey will be and when it will be there. Instead, it develops a full awareness of all of its prey's habits ahead of time, then it is free to act when the best opportunity presents itself. The prey, for the most part, just goes about its routines without knowing it is being stalked until the jaguar pounces.

Stalking awareness functions in much the same way. Except, that you are stalking yourself. Better said, you are learning to stalk the unconscious elements of yourself. The unconscious thoughts and emotional patterns that are running your life just beneath the surface of your awareness. Stalking awareness is a way of being. It begins by realizing that you are not your thoughts, beliefs, or emotions. You are something much greater than any of them. But your thoughts, beliefs, and emotions have been ingrained in you in repetitive patterns that are automatically triggered by certain situations that have been programmed to trigger them. In many cases, you were just the recipient of these programmed patterns of thinking and reacting. Over time, you became the unconscious perpetrator of these programs all on your own. As we have said, when you are living in a purely reactive state you are embodying Coatl at its lowest form. Stalking awareness opens the opportunity for you to start embodying Coatl as the one who Transforms Him/Herself.

In earlier modules, we started developing the skill of stalking awareness by calling certain beliefs and patterned responses into question. Through practices like the Stilling the Waters practice, you will have developed an awareness of your dominant unconscious patterns of thinking by now. You have already been developing the skill of witnessing your own thoughts, beliefs, and emotional patterns. You have also been developing the skill of questioning them in reference to others through the exercises in the last module on Tezcatlipoca.

