

Four Stages of Consciousness

The four stages of consciousnesses – we go in and out of these all of the time. The goal is to be in conscious reality as much as possible. This is where “in the moment – real time - leadership occurs.

- Unconscious unreality – this is where you are completely unaware of what is occurring – an example would be when you are in a dream
- Conscious unreality – this is when you are aware that what you are doing is unreality – an example would be when you would be an actor in a play
- Unconscious reality – this is where you are unaware of what is happening around you. Like when others know that you are going to lose your job but you don't know it yet.
- Conscious reality – this is where you are totally conscious, informed and present of what is going on.