

FIRST AID FOR  
BECOMING  
S O C I A L L Y  
CONSCIOUS



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Percy Raap

Writer: Percy Raap  
Cover design: Percy Raap  
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# Foreword

*This booklet is about awareness. Awareness on a mental, physical and social level, which contributes to your well-being.*

*As there is already much written about awareness by many sources, my aim was to discuss a total overview and to keep it as simple as possible. This ensures that it is accessible to everyone. I always wanted to provide basis from which the reader can continue to explore. The result is this booklet, **FIRST AID FOR CONSCIOUSNESS**. It sounds simple, but for that very reason, it was not easy. What do you leave out and what is essential when it comes to awareness and consciousness? It was also important not to use too many technical terms so that it would be easy for all to read.*

*Do you have questions, comments, appreciation or criticism? Then I look forward to your e-mail to [percy@beneficial.life](mailto:percy@beneficial.life).*

*I guarantee that after reading this booklet, you will be able to stand more conscious in life with applicable insights.*

*Have fun reading!*

*Percy Raap*

*01 July 2022*

# Introduction

In this society, we are often preoccupied with the apple itself. The apple must shine and taste well. We don't care about the tree and forget the roots and the process followed for its creation.

This metaphor applies to us as a human being and as a society. Yet, as a trainer in Empowerment & Awareness, I concluded that we must know about the roots, the process and how it can be applied in our lives.

This book contains no great revelations or magic rules that lead to happiness. It is a basic guide on how to become more mentally, socially and physically aware, from where you can continue your quest. It is "FIRST AID FOR BECOMING SOCIALLY CONSCIOUS", a book of questions for your answers.

*Being more aware, we start to see things that would otherwise be invisible.* For example, when we turn off the lights in a room, we don't see anything. After we switch on the light, we can see everything in it. Things were already there but we didn't see them with lights off.

Awareness means being ready for how everything unfolds in life. Everyone can become aware, but it is not something you learn naturally. We have to look at our present way of thinking. If you think rightly, you have 50 to 60 per cent of life under control. You may not have control over everything, but then it is about how you deal with it and what meaning you give to the situation - that is what you do have control over. Using your brain correctly can lead to better well-being.

*You can't be everything you want,  
you can be everything you are.*

1.

# Our Well-Being

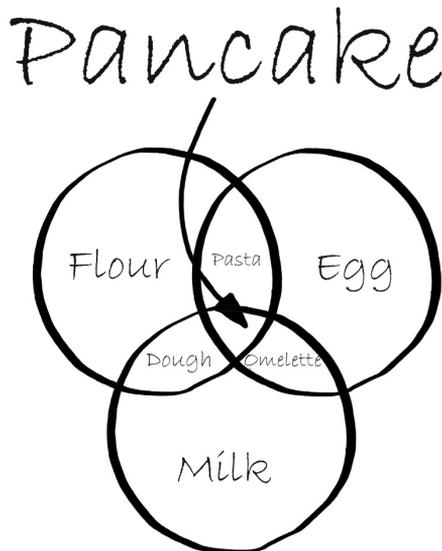
## Pancake model

If you mix flour and egg together, you get pasta. Pasta can be the basis for many dishes, but it is not yet a pancake.

When you mix an egg and milk together you get an omelette. Add a few ingredients and you get a farmer's omelette, but still no pancake.

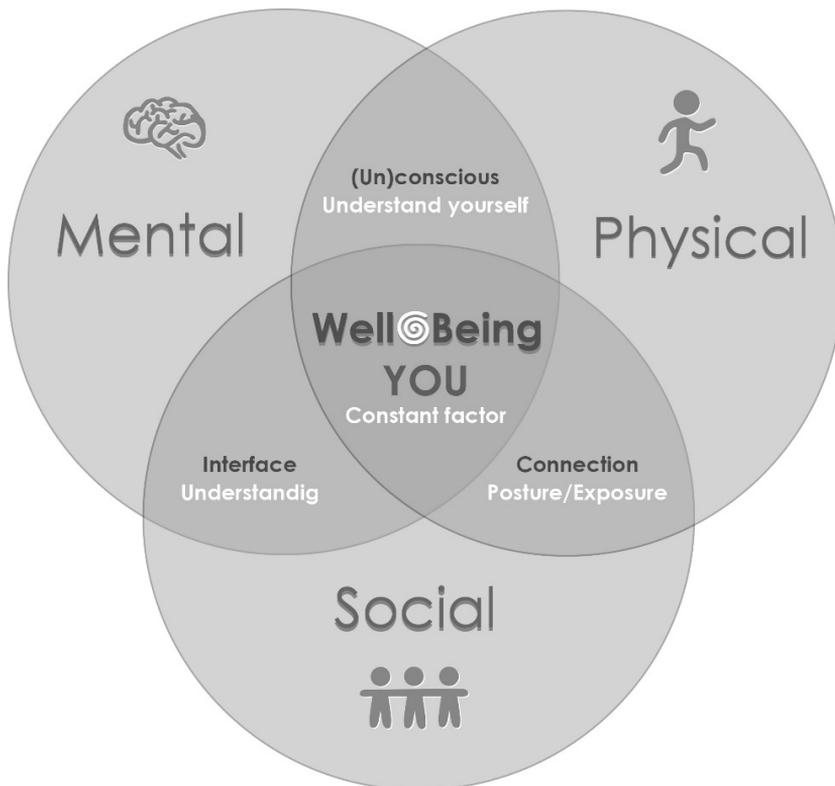
If you add milk to flour, you get batter, but the binding ingredient is egg.

Milk, flour and egg are needed to make a pancake. If you skip one of the three ingredients, you will not get a pancake. If you don't have the right proportions of the three ingredients, the pancake will fail.



The same applies to our well-being. The relationship between our mental, physical and social situation determines our well-being, our personal harmony.

## Well-being model



To "feel" well, you need to be aware of the above three aspects and of yourself in relation to them. Well-being is a feeling. If you are in the centre of the model, you feel mentally, physically and socially in harmony. The only one who knows if this is the case is you.

## Innermanagement

Your well-being does not depend on your surroundings but on how you deal with your surroundings from the inside.

Of course, circumstances and situations change. It is then important to find the harmony for yourself by looking at the three aspects of the wellbeing model and determining where you can adjust this for yourself.

**You are always the basis of everything in your own perception.** If you are the constant factor, you will have control over the situation. The important here is that it is not about domination of the other but about harmony within yourself.

Not everyone feels the same in every situation, so it is important to realise that well-being is different for everyone, and it is an experience.

## 2.

Social

# The Society

To understand where we are today as a person or as a society, we first need to know where we have come from. As human being, we tend to think in the present and often fail to place the past in the proper context. We grow and continue to growing, as individuals and as a society. A characteristic of growth is change. Just as a tree that grows takes on a different shape every time and stretches out its roots, so a child will wear a nappy in the first few months and then become toilet trained. Everything that grows will change to a greater or lesser degree. The changes we have undergone in the past have brought us where we are today.

*Our past tells us a lot about the threats and opportunities we face as human being.*

We have many fine qualities, but also some deficiencies. We must be aware of the pitfalls, but also of the possibilities. What distinguishes humans from the rest of life on Earth is that we have the ability to think from the past and to be creative, which, among other things, allow us to create a future in our minds. Our ability to work together, combined with the making and using tools, has ensured that as a species we are not the strongest, but we can still win from any other species. Spears, traps and other constructions made us invincible long ago. In addition, we could build constructions to protect us and we had knowledge of how to make fire. We together faced and fought with our enemies in nature. The only one