

WHAT IS CONSCIOUSNESS?



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Welcome!

This booklet gathers ideas and practices to help you integrate the insights of the film into your daily life.

Balance is Possible!

With love,

George Thompson

GT Thompson



What if Consciousness is More Than We Think Is?

Here are 7 insights from the film

1. Consciousness Is Not an Object, it is a Process

We can observe thoughts, sensations, and emotions, but the *awareness* in which they appear cannot itself be observed. It isn't something you can hold, measure, or locate. This is one of the most radical lessons from the film: consciousness is not a *thing you have*; it is the open field in which every experience arises. Recognising this begins to loosen the grip of identification with passing thoughts and stories.

2. You Are Not Separate From the World

The self is not a sealed-off unit. Breath, food, memory, and language are all exchanges with a world that flows through us constantly. What we call "me" is a living process stitched into the fabric of nature and culture. The film shows that to truly see this is to soften the illusion of isolation. You are a pattern of relationship — continuous with the earth, not separate from it.

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3. The Hard Problem Remains Unsolved

Modern neuroscience has made breathtaking progress in mapping the brain, but it still hasn't cracked the core mystery: how do electrical signals and chemical reactions become the taste of coffee, the ache of grief, or the wonder of a sunset? This "hard problem" remains unanswered. By leaving the question open, the film invites humility — a reminder that consciousness cannot be reduced to simple mechanics.

✨ 4. Feeling = Being

For centuries, philosophers and scientists denied consciousness to animals and even infants, assuming they lacked "mind." Yet the direct reality of pain, joy, or hunger shows otherwise: to feel is already to be conscious. Thinking is not the foundation of awareness — *feeling* is. This reframes our understanding of what it means to be alive and what deserves care.

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5. The Buddha's Insight on Self

The film reminds us of the Buddha's discovery: what we call a "self" is not a permanent soul but an ever-shifting bundle of sensations, thoughts, and emotions. Consciousness reveals itself as a flowing process, not a fixed identity. Realising this loosens the attachment to "me" and "mine" and opens the possibility of freedom — freedom to experience life more lightly.

6. Mind May Be Fundamental

Materialism says matter creates mind; dualism says mind is separate from matter. Panpsychism offers another view: perhaps consciousness is woven into the fabric of reality itself, like gravity or space-time. The film doesn't force a conclusion but highlights this possibility as profoundly liberating — what if awareness is not an accident of brains, but a fundamental quality of existence?

7. You = Relationship = Universe

Consciousness is not an isolated flame inside your skull; it is an unfolding dance of relationships — with your body, with other beings, with the cosmos itself. Seeing yourself as a relational process changes everything: loneliness softens, care expands, and responsibility deepens. The film suggests that when we change the story of separation, we change the story of our world.

The Power of Meditation

If the film shows us anything, it's that consciousness is not just an idea to debate — it's an experience to live. And the most direct doorway into that experience is **meditation**.

Meditation is the art of noticing what is always here: breath, body, awareness itself. While science can measure brainwaves and philosophers can debate theories, only you can *taste* consciousness from the inside. This is why meditation sits at the heart of the journey.

Through stillness, you begin to see that thoughts come and go, emotions rise and fall, and the "self" you cling to is less solid than it seems. With practice, you discover that underneath all of it is a simple, spacious presence — the same presence the film points toward.

Meditation isn't about withdrawing from life. It's about learning how to meet life with more clarity, calm, and care. It shows you that awareness itself is steady, even when everything else shifts. That steadiness is the ground of freedom.

Start small. A few breaths, a minute of stillness. The point isn't how long you sit but that you begin. Over time, meditation becomes not just a practice but a way of being — the living proof that consciousness is more than thought, more than story, and more than we ever imagined.

The Art of Effortless Daily Meditation

1. Don't make your practice so big that you don't do it

People often set themselves the goal of meditating for 30 or 60 minutes a day, and then feel they've failed if they can't make it happen. But even two minutes of mindful breathing can completely reset your day. The secret is consistency — what you do daily shapes who you become. Keep your practice small, light, and doable, and you'll find yourself showing up far more often, which is where the real transformation happens.

2. Protect the first moments of your day

The first minutes after waking are precious. Before the world floods in, you have a rare opportunity to choose your direction for the day. Leave your phone in airplane mode outside the bedroom and keep technology out of reach until you've connected with yourself first. Those quiet, undistracted minutes — even if it's just sitting in stillness or breathing deeply — set the tone for a calmer, more intentional day.

3. Use the breath to 'relax on demand'

Your breath is the remote control for your nervous system. Slow, deep, nose breathing signals to your body that you are safe, melting away tension in minutes. The more you practise, the easier it becomes to 'drop into calm' even in the middle of a busy or stressful day. It's like having an instant reset button that you carry everywhere.

The Art of Effortless Daily Meditation

4. You don't have energy — you do things that give you energy

Energy isn't something you passively have or don't have — it's something you create through your choices. Movement, nourishing food, quality sleep, and daily meditation don't just protect your energy, they generate it. A few minutes of mindful stillness each day can leave you feeling more alive, focused, and resilient, no matter what's on your plate.

5. Make it playful.

We can be sincere without being serious. Shake out your body, smile, or do something silly before you meditate. The less seriously you take yourself, the more enjoyable your practice. Play lowers stress and makes meditation something you look forward to, rather than another chore on your to-do list.

Reading List

A selection of books that expand on the ideas explored in the film:

 [**The Matter with Things**](#) — *Iain McGilchrist*

A monumental exploration of how our divided brain shapes culture, science, and our understanding of consciousness.

 [**The Web of Meaning**](#) — *Jeremy Lent*

A compelling synthesis of science and wisdom traditions, showing how everything in the universe is deeply interconnected.

 [**Galileo's Error**](#) — *Philip Goff*

A clear and provocative introduction to panpsychism — the idea that consciousness is a fundamental feature of reality.

 [**The More Beautiful World Our Hearts Know Is Possible**](#)

— *Charles Eisenstein*

A moving call to shift from the story of separation to the story of interbeing, with practical wisdom for living in a connected world.

Balance is Possible! Events

Learn how Tai Chi, Qi Gong, and Taoism can help you be more balanced with Master Gu's **Free Wellness Wisdom Course!**

Free 4-week Video Course to help you Live Long and Live Well:

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- ✓ **Building Self-Leadership:** Tapping into the Self-energy that brings harmony, clarity, and resilience.
- ✓ **Developing Practical Tools:** Cultivating simple, effective practices for balance, navigating challenges, and nurturing authentic joy in daily life.



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Coaching** or visit

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About George Thompson

George is a filmmaker, teacher, and founder of Balance is Possible! — a 15-person team on a mission to inspire balance for people and planet. His films and teachings have touched over 25 million people, and he has built a global community of millions who share his vision.

George is supported by renowned spiritual teachers and changemakers including Dr. Jane Goodall, Louie Schwartzberg, Tara Brach, Stephen Fry, and many more.

Drawing from years of deep study in the Wudang Mountains of China, George blends ancient wisdom with modern science, translating it into fun, practical tools for overcoming the challenges of modern life.

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