

ZAVEST: consciousness vs. awareness

<https://www.whyiwrote.com/the-difference-between-consciousness-and-awareness.html>

In common usage, the term **consciousness** is synonymous with **awareness** or **conscious awareness**. It connects us with thoughts, feelings, images, dreams, body experiences and more, but it also allows us to experience the three-dimensional world beyond our body's surface.

It is important to distinguish between consciousness and awareness.

Awareness means having knowledge of something because you observed it or somebody told you about it. **Consciousness**, however, means being awake and aware of one's surroundings. It is the state of being aware of what is happening in the environment surrounding you.

When you are **conscious**, you use your heart, intuition, or faculties of knowing. When you are **aware**, you employ your mind to recognize something in an objective way.