

OPEN YOUR EYE



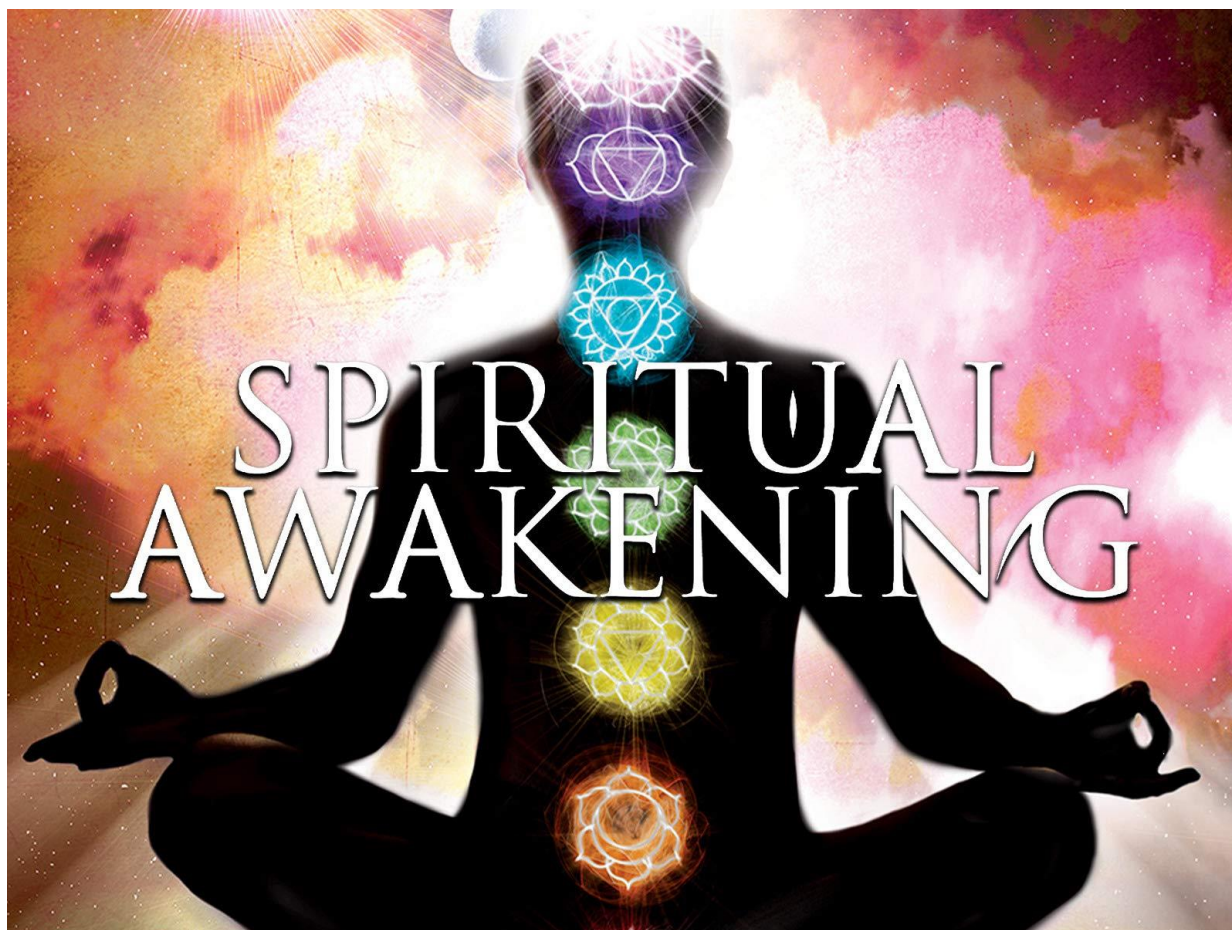
THE GUIDEBOOK TO YOUR
SPIRITUAL AWAKENING

Meditating Human

Table Of Contents

How To Jumpstart A Spiritual Awakening	3
Kundalini Yoga And Spiritual Awakenings	9
Spiritual Awakenings And The Brain	18
Different Types Of Awakenings	20
What Is A Dark Night of The Soul?	28
How To Manage Anxiety During Spiritual Awakening	31
5 Ways To Foster A Spiritual Awakening	36
Ego Death 101	41
Can You Have Multiple Awakenings?	45

How To Jumpstart A Spiritual Awakening



It is both surprising and unsurprising that spiritual awareness has been growing tremendously in recent times. Surprising because people are more superficial than ever in the modern world. And unsurprising because people are increasingly looking for something that can fill their lives with peace and harmony, especially due to the growing complexities of life.

So, if you are seeking a spiritual awakening, you are not alone. Millions of people worldwide have started thinking about the larger meaning of life and what they are meant to do in the world. The problem, however, is that

most people don't know how to jumpstart their spiritual awakening. And so, they waste a lot of time doing things that lead nowhere.

Below, we will talk about some effective and easy ways you can start your spiritual journey and make progress over time.

1) Ask For A Spiritual Awakening



If you are aware of the law of attraction, you will know that you have to ask the Universe (or a Higher Power) for what you want. And you have to be clear and concise. So, if you want spiritual awakening, you have to literally ask for it.

You can do this while meditating, journaling, or praying. You can say things like, *"I am ready for my spiritual journey. Please help me raise my vibration," "Universe, I want to connect with you and transcend my physical nature," "Higher self, I am ready to jumpstart my spiritual development. Please show me the way,"* and so on.

2) Consent To The Spiritual Awakening



After you have asked a higher power to help you embark upon your spiritual journey, you also need to provide your consent. This might sound the same as the previous step, but there is a subtle difference. In this step, you are basically making an agreement with yourself to evolve.

Since this journey can involve facing past fears, dealing with lots of challenges, and healing your inner self, you need to consent to your

spiritual awakening. You can even give your guardian angels or higher self the permission to guide you forward.

3) Seek Spiritual Knowledge And Guidance



Next, the universe will start your journey and do what is necessary for your development. However, you also need to do anything you can from your side to make the journey more meaningful and impactful.

For example, you can seek spiritual knowledge to understand this dimension of life much better than before. You can read spiritual texts, talk to experienced practitioners, read spiritual blogs, and go for healing sessions (Reiki, Pranic healing, sound healing, etc.) You can also meditate and try to connect with a higher power. During your meditation, you can ask for guidance and help along your path.

4) Use Affirmations



Affirmations are a great way to not only reprogram your subconscious mind but also supercharge your manifestation process. If you want a spiritual awakening, you can use affirmations to literally attract it into your life. You can use affirmations like, "*I am gradually stepping into a higher dimension of life,*" "*I am a spiritual being who is opening up every day to grace and evolution,*" "*I am awakening to my spiritual side,*" "*The universe is guiding me forward on the spiritual path,*" and so on.

5) Go Easy On Yourself



This is one of the most important things that people forget. They start with unrealistic expectations and want their spiritual awakening to happen quickly. They also think that they are supposed to stay positive or happy all the time. Of course, all these are not possible.

You have to be patient and allow yourself to go through your journey with grace. Don't be hard on yourself for not being able to remain ecstatic all the time. Don't be hard on yourself for feeling negative emotions and thinking negative thoughts. It's okay. It's part of being a human being. Just go with the flow and you will keep progressing consistently.

Kundalini Yoga And Spiritual Awakenings



It is highly likely that you have heard about yoga. Today, this practice has spread to almost all corners of the world. And millions of people have made it a part of their lives. However, while people generally associate yoga with physical movements and poses, the truth is that it is much more. It is only when you take a deep dive into this subject that you realize how sacred and transformational it can be.

What Is Yoga?



In Indian spiritual texts, it is said that yoga literally means union. It's the union between our souls and divine energy. Therefore, since ancient times, yoga has been taught as a way to liberate yourself from the physical world and merge with the divine force. This experience of something greater than yourself is called a spiritual awakening.

Now, there are many types of yoga for different purposes. Some are aimed at developing psychic abilities, some are meant for physical and mental well-being, and some are meant for spiritual awakening. Kundalini yoga happens to be one of the most powerful practices for spiritual awakening.

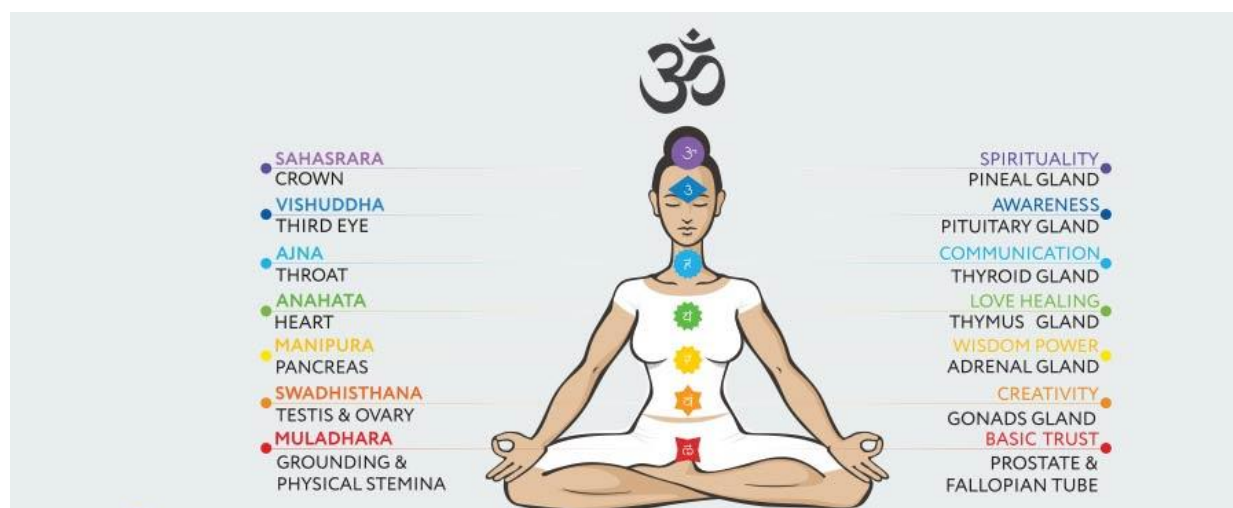
What Is Kundalini Yoga?



Kundalini yoga is a form of yoga that includes chanting, breathing exercises, repetitive poses, meditation, rituals, and prayers. This yoga is designed to help you transcend your physical limitations.

In other words, it is meant to help you experience a transcended state and merge with divine consciousness.

So, how does Kundalini yoga do this?

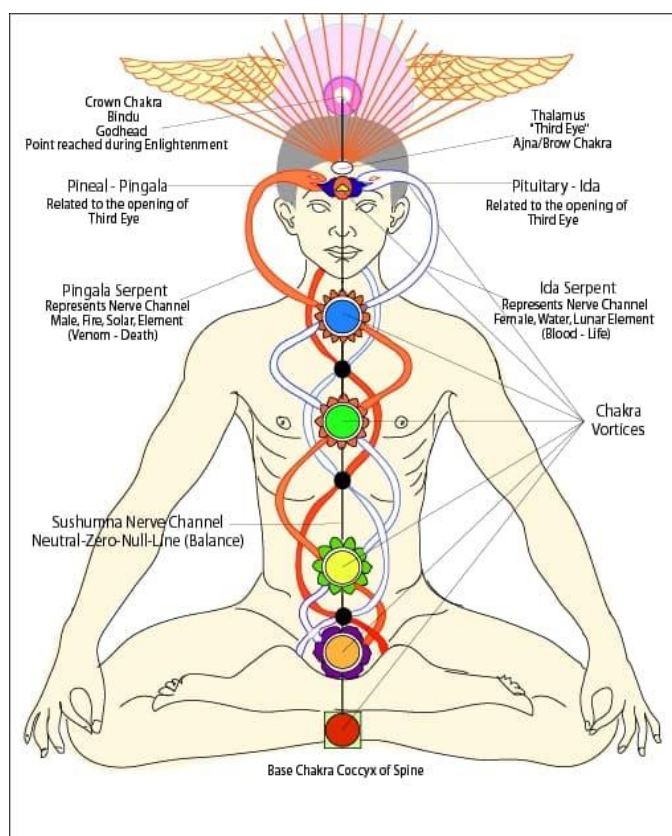


Well, to answer that question, you will first need to learn what Kundalini is. In Hinduism, Kundalini is described as the divine feminine energy that stays locked up in a coiled form at the base of your spine. When it gets awakened, it moves through your central energy channels (usually called

the chakras) until it meets with the seventh chakra (the crown chakra). The crown chakra is the divine masculine energy. And the meeting of the two is called yoga (or union).

When you experience yoga within yourself, you essentially enter a heightened state of awareness, and you finally experience divine oneness. This is what Kundalini yoga is designed for.

How To Awaken Kundalini



Now, before you try this, you should know that a Kundalini awakening can be a really intense experience. Even advanced practitioners can become scared, confused, and highly uncomfortable when their Kundalini starts to rise up. So, it is always best to practice Kundalini yoga under the

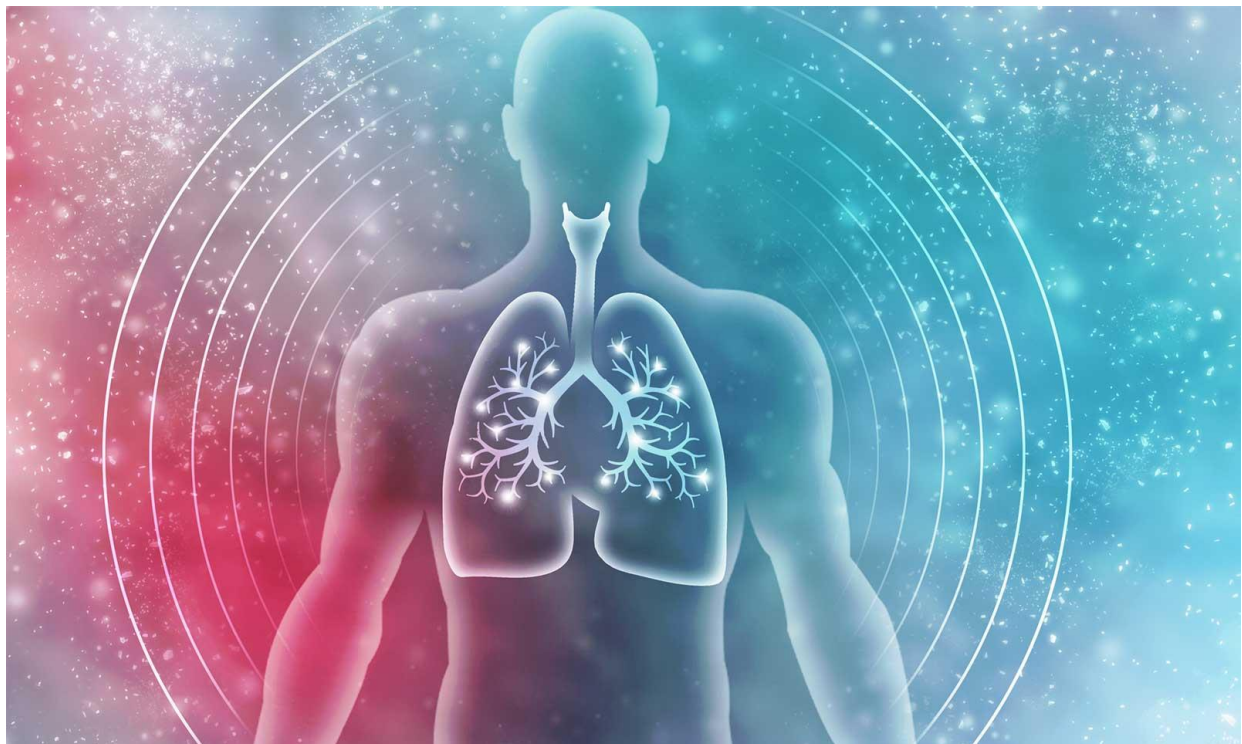
guidance of a guru.

Also, you should know that despite your best efforts, it is up to your Kundalini when she decides to wake up. For some, it takes a whole

lifetime, for some, it happens spontaneously, and for most people, it takes a few lifetimes. So, if you want to embark upon this journey, do so without any expectations.

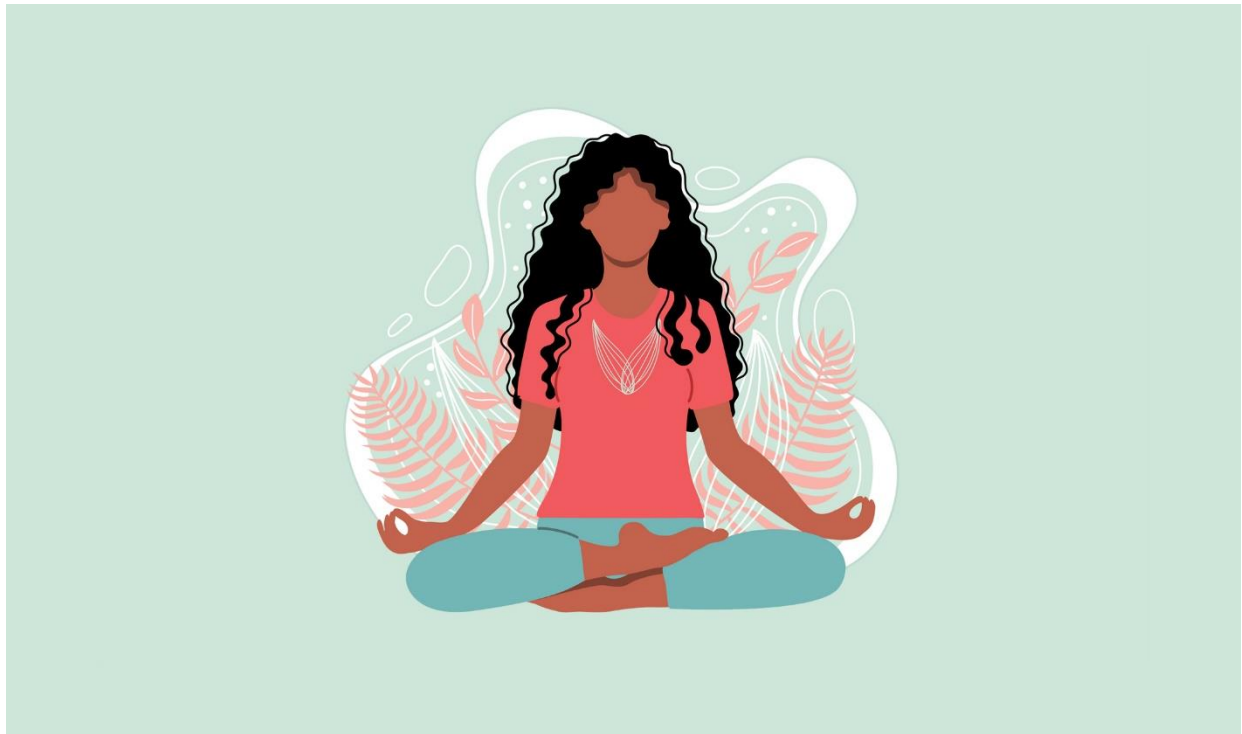
Usually, your guru will guide you to master the following practices:

1) Breathwork



Certain breathing exercises can make the life force flow freely in your subtle body (or the energy body). This can often trigger an awakening.

2) Meditation



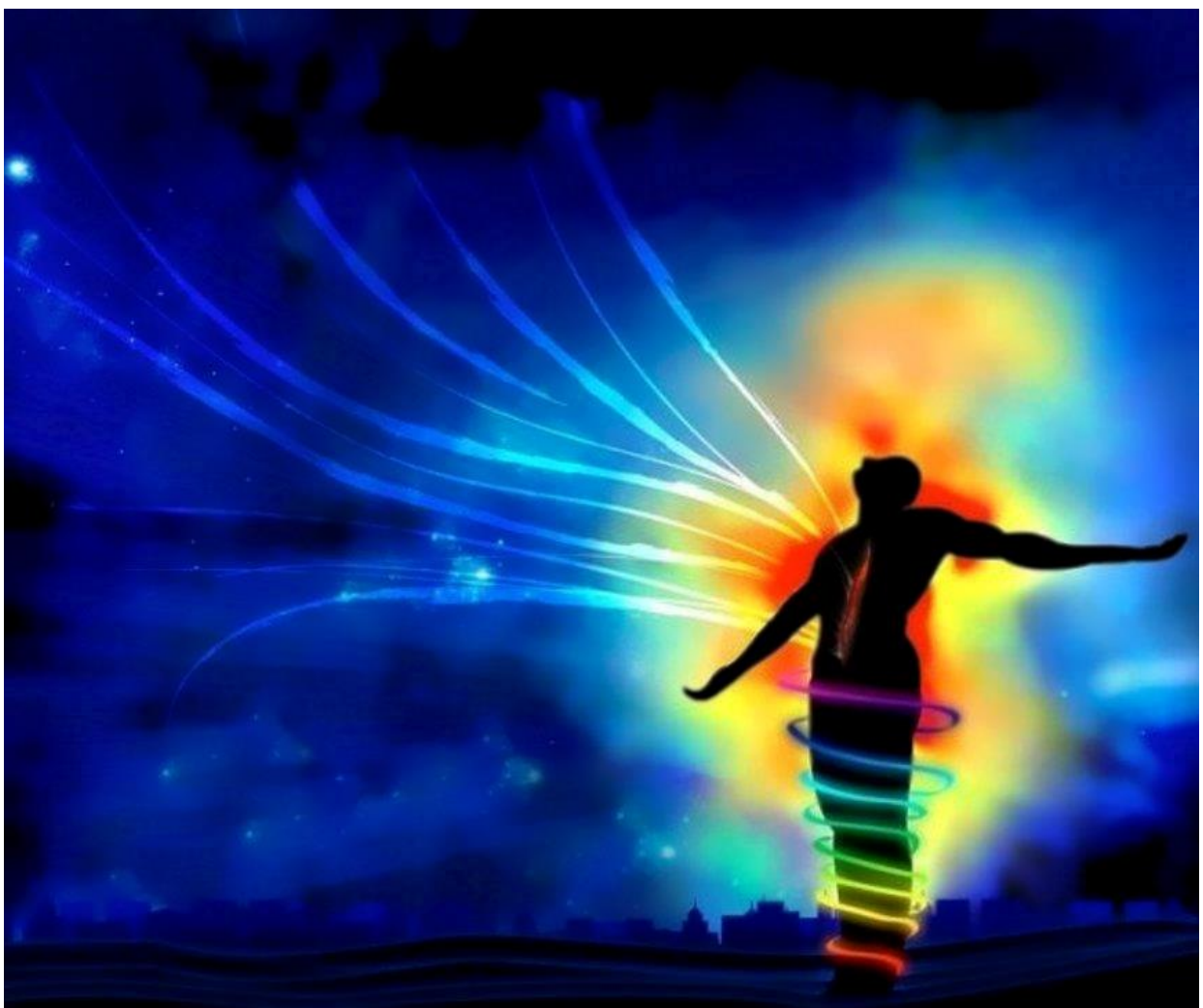
Meditation is one of the best ways to connect to divine forces and prepare your body, mind, and energies to experience an awakening.

3) Yoga Postures



Certain types of yoga like Hatha yoga can be instrumental to strengthen your body to trigger an awakening and handle the sheer amount of energy that is released during such an event.

4) Energy Healing



The role of healing cannot be overstated. It clears out any blockages from your energy body, clears ailments, heals energy pathways, heals the physical body, and prepares you for the awakening.

5) Chanting



Chanting is another way to create the necessary vibrational state in the body to trigger a Kundalini awakening. There are many sacred mantras that can help you unblock and balance your chakras and create the perfect atmosphere for an awakening.

Spiritual Awakenings And The Brain



Spirituality is a fascinating concept. Even though it has a diverse and long history, nobody actually knows where and when it originated. Eastern cultures

talk about spiritual texts that date back thousands of years. And that is just the documented history. The oral lore goes back even further.

No matter which ancient culture you explore, you will find stories and legends of people who managed to reach the peaks of spiritual experience. They were said to be spiritually awakened or enlightened.

Even today, many people who practice spirituality as a way of life assert that they experience something greater than themselves. They say that they are able to connect to a higher force.

Of course, different people have different names for this higher force. It has been called higher consciousness, universal energy, god, divine energy, the universe, and more. Perhaps this is why spirituality itself has so many different definitions.

But what does science have to say about all of this? Is there a way we can study how spiritual awakening or experiences happen inside us? Well,

in a small study, scientists did exactly that. And the results, as you would expect, are fascinating!

For decades, scientists have tried to understand the neurobiological mechanism responsible for people's spiritual awakening. Despite their best efforts, there hasn't been much success in this regard.

However, one study from 2019 was able to shed some light on the matter. Researchers from Oxford, Yale, and Columbia universities wanted to see what happens inside our brains when we have a spiritual experience.

They recruited 27 young adults from Connecticut. They were first asked to remember their spiritual experiences. According to the researchers, this was done to build their imagery script. They were also asked to recount some stressful and peaceful moments in their life.

Then, after a week, the researchers took MRI scans of the participants while they were made to listen to a recording of a female voice which recounted their experiences back to them. In the scans, it was revealed that all of the volunteers exhibited the same neurological pattern.

In all of the participants' brains, there was increased activity in the parietal cortex (which means they had increased attention) and decreased activity in the left inferior parietal lobe (which is responsible for self-awareness and awareness of other people).

This would make perfect sense to anybody who has gone through a spiritual experience or had a spiritual awakening. During such experiences, a person completely loses track of themselves or the people around them and enters an almost trance-like state. But the amazing part is that they are fully attentive to one thing. It could be a thought, an emotion, a higher force, a memory, their breath, or anything else.

This also matches perfectly with what stories of spiritually enlightened people suggest. According to them, during a spiritual awakening or enlightenment, they achieve a transcended state where they essentially feel as though they have merged with the divine. It is a state where you truly feel one with everything.

Suffice it to say, this is something that should be explored further. It could open up a whole new dimension for scientific study.

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Different Types Of Awakenings



Do me a favor and close your eyes. Try to conjure an image in your head of what having a spiritual awakening is and what it looks like. If you are anything like me, I'm guessing we all have some sort of preconceived ideas of what is and what is not a spiritual awakening. Am I right? While many of our notions on the topic might be correct, there are some lesser known spiritual awakenings out there as well! Let's take a look at some of these and learn a little more about them!

Awakening of the Mind



An awakening of the mind happens when a person receives a profound piece of knowledge that fundamentally changes how they perceive the world.

Sometimes this can be a

completely new insight, something that they have never even thought about for a second in their entire existence. This brand new idea or information, opens a door or better yet a window, for the person to look at the world around them in a new light. This new insight might broaden a person's view of the world or might deepen their admiration and respect for the people or places around them.

This "awakening of the mind" can be brought on in many ways. Maybe the person receives a "download" when they have some sort of ego death, maybe they have decided to break away from societal norms and seek a new path, maybe they have taken part in a plant medicine ceremony or perhaps they have started a new mindfulness practice that is opening up parts of their unconscious mind that they have never accessed before.

Regardless of how the awakening is brought into a person's life, the outcome of this momentous event will be a major milestone in that person's life.

Awakening of a New Personality



Another type of awakening is that of a personality shift. This can be classified as an awakening because it may occur to the person as whole and not just a portion of their personality. They may receive a monumental breakthrough in how they function in this world. Maybe a person has acted a certain way their entire life and all that changes when they are privy to new information or new methods of interpreting that information.

We all have identities and tribes that we are part of, in some ways now more than ever! Imagine all of a sudden, learning something new about your “tribe” that makes you question your very existence in said tribe.

Imagine if you had adapted your entire being to reflect the traits and behaviors of this tribe. Imagine being faced with the conflict of moving forward with this new information.

How would you rectify your role in this community? How would you rectify the beliefs and ideals that you hold so high in relation to this community? As you can imagine, that is a lot to deal with! In an instant you might “awaken” this new personality and things might never go back to how they used to.

Now, not all awakenings related to personality have to be so extreme. Sometimes a person might just become “tired” of the way they have always done things. They might want to change or grow and shed their old personality for a new one. This can be a very healthy thing in a person's life. We are not the same people at different seasons in our lives. We may not like the same things that we did when we were younger and this is the definition of growth.

Growing as a person does not mean standing still. It might not be a linear path, but we all must strive for growth. Sometimes that growth will involve letting go of who we used to be, with the goal of becoming the person we truly are.

Energy Awakenings



Sometimes the awakening people experience is more energy based than mind or body based. This type of awakening is very powerful and very invigorating because it deals in pure source energy that lifts us up to new heights while expanding what we thought was possible in this life.

Many practitioners of Tai-Chi, Kundalini Yoga, Hatha Yoga, Reiki or any other energy focused practice may experience this type of awakening at some point on their journey. It can slowly creep up on a person, like a wave building energy in the ocean, or it can happen all of a sudden like a flash of lightning!

Because of the different aspects of how and when this style of awakening can begin, it can be somewhat scary if you don't understand what is

happening! It is important to practice lots of self care and try to unpack these feelings slowly! This kind of energetic opening can be a lot to take in and you have to be easy on yourself. On the other hand, for some people, it can be purely blissful and energetic! Everyone is different and everyone's journey is personal to them and should be respected.

You may wake up one day and feel a new sense of power within you, you may feel a “buzzing” or glowing in a physical sense! You may feel open to things that you have never thought possible, your consciousness has expanded and you might be able to literally feel energy flowing through your body.

These new sensations or powers may be permanent or they may only last a short time, but no matter how long they last, they are sure to leave an impression that stays with you for the rest of your days!

Soul Awakening



Another powerful awakening that we should all be so lucky to experience is that of the soul. This can happen through many mediums but often contains a massive shift in consciousness. Keep in mind that when many people think of the word soul, they immediately infer religious connotations.

In reality the word “Soul” incorporates so much more than religion itself, it contains every aspect of our humanity on this earth and on all other planes of existence as well! Your soul houses every single fiber of your intellectual energy, emotional self, and physical self! Different people may think of their soul in different ways, but we can all agree that our soul plays an important role in this Universe, whether we fully understand it or not!

Like other spiritual awakenings we have discussed, this one can happen gradually in stages or it can happen like an earthquake, all at once! An awakening of the soul is simply a massive shift in our perception of the world, our role in it and the expanding of our consciousness in leaps and bounds!

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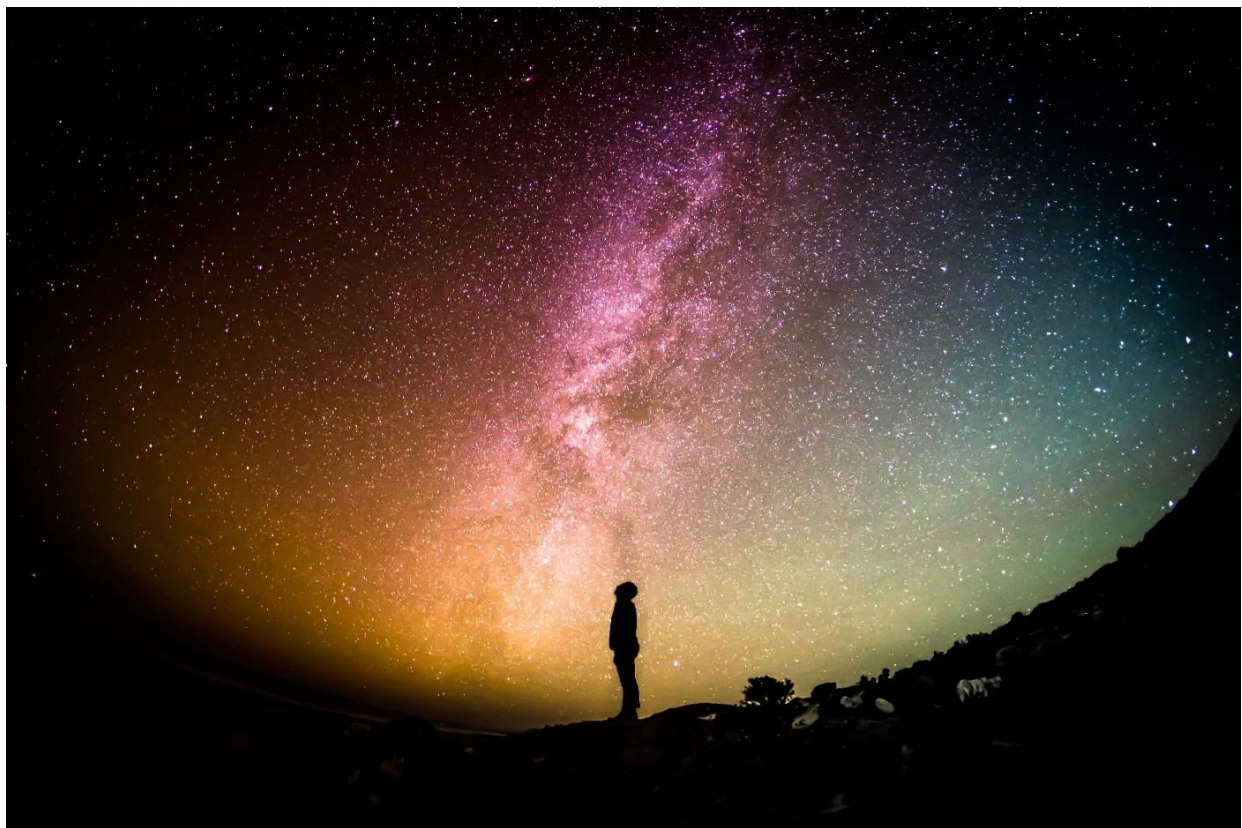


Now that we have learned a little more about different kinds of spiritual awakenings, I want you to close your eyes and practice the little experiment that we started with today. What is a spiritual awakening and what does it look like? Have your thoughts or impressions changed?

Like most things in this life, spiritual awakenings do not have a 'one size fits all' style and that is what makes them so unbelievably special. Every person on this planet is a one of a kind divine expression of the universe,

and similarly, spiritual awakenings come in many shapes and sizes. I only wish that you get to experience your own version of ‘awakening’ some time in this life!

What Is A Dark Night of The Soul?



The dark night of the soul may sound like the name of a movie, but it is a real thing. In fact, it is a terrible experience for anyone who goes through it. As the name might suggest, the dark night of the soul refers to a phase where your very soul enters a depressive state. Yes, it is possible for your soul to experience different states like bliss, joy, depression, and grief.

Often, this phase is mistakenly diagnosed as clinical depression because all the symptoms are the same. However, it goes beyond the realms of your mind. Essentially, it's your soul experiencing an existential crisis. And when that happens, you question everything. Literally everything.

You question why you are alive, what the point of life is, what your purpose is, what would happen if you didn't exist, and so on. Basically, it's a time when you are extremely confused, detached, dispassionate, miserable, and disheartened all at once. Nothing seems to make sense, and you don't see any way out of your predicament.

The dark night of the soul can be triggered by a painful event such as the loss of a loved one, an accident, a natural disaster, a financial crisis, and so on. Usually, these events are outside your control.

But things can get even more confusing when this phase is triggered by something totally unexpected that you just can't explain logically.

Something might happen to you that might shatter your beliefs, or someone you trusted more than yourself might turn out to be a fraud. Or it could also be that everything you worked towards for years might crash and amount to nothing. No matter what the trigger is, you are sent into a hellish phase where everywhere you look, you see darkness.

However, even though it might not feel like it at the moment, this phase is temporary. In fact, it can lead to something much more monumental. The dark night of the soul can act like a bridge where you move from a lower state of potential to a much higher state of potential. Often, this phase brings about a spiritual transformation in people, and they come out with a heightened sense of awareness. You could say that they emerge as awakened beings.

So, don't be surprised if you become a totally new person. You might stop doing things just to please people, your appetite may change, sleep patterns may change, you might not find happiness in materialistic things anymore, you might stop fearing any adverse event, you may feel the need to detox more often, and you might want to dive deeper into the world of spirituality.

In the end, as unlikely as it might sound, you will be grateful for having experienced the dark night of the soul. You will realize that without it, you couldn't have been reborn. The new and incredible life you will live after this phase will only be possible because of the horrors and pain you experienced.

How To Manage Anxiety During Spiritual Awakening

Perhaps the best way to understand a spiritual awakening is to look at it as a rollercoaster ride. It is not always rainbows and unicorns. Sometimes, it puts up a mirror in front of you to make you look at your deepest and darkest side. Not only that, it forces you to heal everything that you might have ignored or suppressed in the past (trauma, shame, fears, addictions, failures, etc.)

As such, it is only normal for anxiety to surface every once in a while during your spiritual awakening process. After all, you are literally disintegrating your old self and growing into a much more evolved version. Not only that, you are waking up to the reality of the world. This can cause disenchantment, painful realizations, detachment, and so on.

Of course, not everyone goes through a dark transition process. Some people do have a relatively peaceful and relaxing experience throughout the whole thing. However, most people find that they have to go through a terrible phase to get to the other side.

Since anxiety can be a natural side-effect of spiritual awakening, you should know how to manage it. Otherwise, it will only make the process more difficult. Below, we take a look at some effective ways you can do that.

1) Know That It Is Necessary



Spiritual awakening is like the process of becoming a butterfly from a caterpillar. And as you already know, this process can't happen without a transition phase. Sure, this phase may hurt, but the result will be beautiful. So, if you are suffering from anxiety right now, tell yourself that it is necessary for a very beautiful and fulfilling future. You might be feeling weak right now, but know that this weakness will ultimately lead to a much stronger you.

2) Look For Support



Pouring our hearts out in front of the people we love can be a healing experience. It can make you feel better and give you a new perspective on your situation. Plus, you realize that you are not the only one going through this journey. So, in the midst of the transition process, you should find someone who is going through the same. You can share what you're going through and maybe even compare notes!

3) Act As An Observer



Spiritual gurus often tell us that we need to act as observers in our lives (regardless of whether we seek spiritual awakening or not). They say that it is best to not let our thoughts and emotions impact us negatively. When you are an observer of your own self, you create a certain distance between yourself and your psychological drama. This leads to a stoic state of mind. You are no longer in resistance but in acceptance. And this wards off anxiety, stress, and fear.

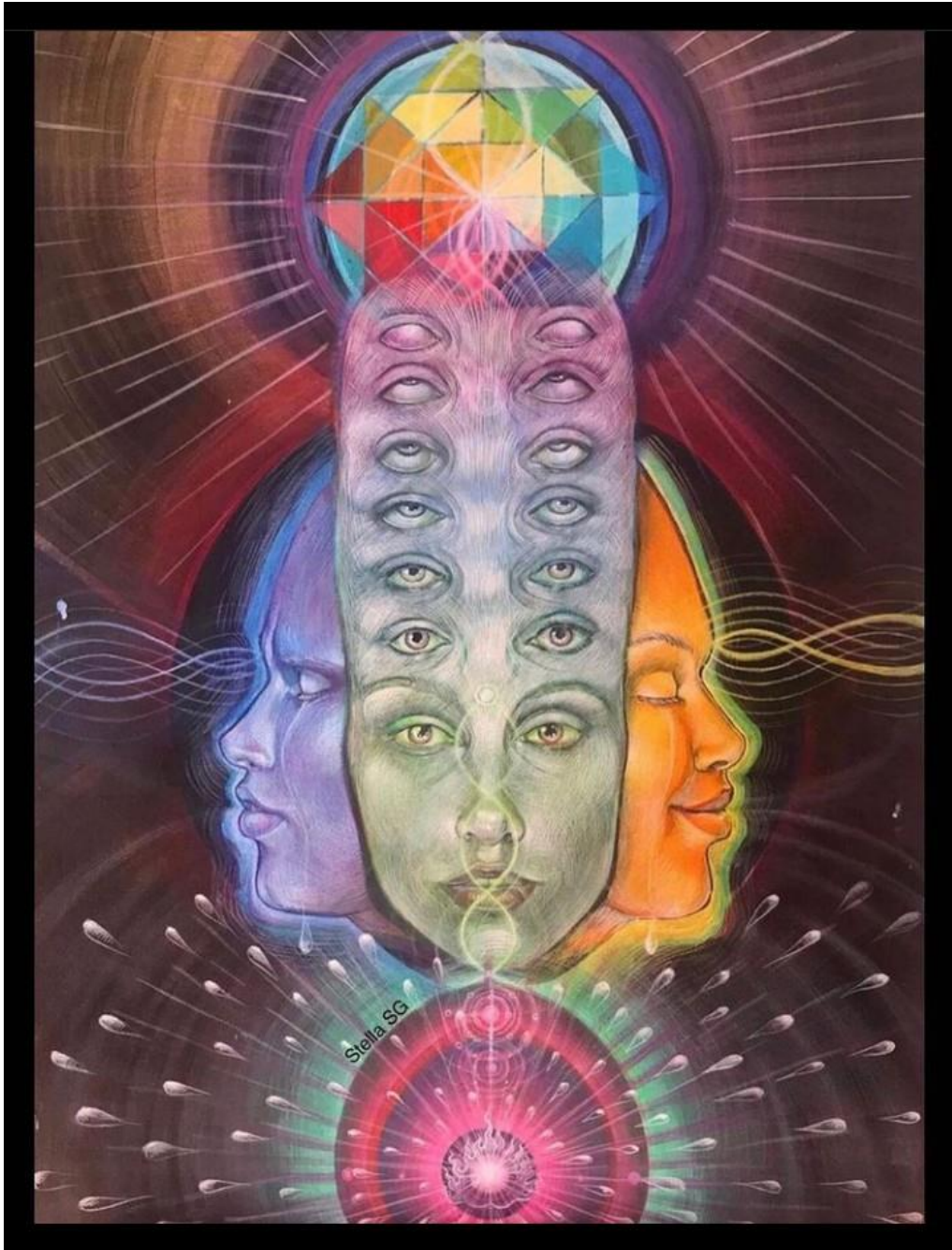
4) Focus On The Positives



A spiritual awakening is a beautiful thing. Sure, you might need to go through a difficult phase to finally achieve it, but it will all be worth it. It will almost feel like you are reborn.

An entire lifetime's worth of negative energies will be released from your body, and this will make space for positive energies and a higher vibrational state to exist. You will also have a much wider perspective on life and reality. And you will finally understand what your purpose is in this life.

5 Ways To Foster A Spiritual Awakening



While many people today choose to focus on the negative aspects of our modern society, there is one positive change that we can all reap the benefits of... We are talking about the absolutely unbelievable amount of knowledge that we literally have at our fingertips!

We walk around all day with the equivalent of a supercomputer in our pockets and yet many of us are confused about what is real and what is not, what can be believed and what lessons to take with a grain of salt.

This is definitely the case with Spiritual Awakenings. In our modern world of social media and 24 hour “news cycles” many spiritual topics get thrown around haphazardly or, on the other hand, they get “swept under the rug” altogether.

With so much raw emotion and energy attached to a single life event, there is bound to be some confusion and a plethora of questions about what exactly is a Spiritual Awakening (SA)? So, let's just start at the beginning and break down a few of the different ways to help nurture a Spiritual Awakening.

A true SA can be one of the most earth shattering, mind-blowing, important and impactful events that can happen in a person's life. While also being one of the most exciting, weirdest, scariest, loneliest, and wild rides we ever take! Like the name suggests, you are literally “awakening” to a whole new life. The dissolution of your ego combines with a magical paradigm shift that can cause a person to look at their life and everything in it with new eyes.

Now I know what you are saying, “Whoa hold on... that sounds intense!” While it can be, the path to a spiritual awakening is different for everyone and there are no rules when it comes to this kind of deep work. The one thing we want to keep in mind is, small changes can lead to some pretty big results! So let’s talk about some of the more subtle things that you can do to help open your mind, body and spirit on your journey of enlightenment.

Like we talked about earlier, our modern society has a way of sensationalizing the idea of a Spiritual Awakening. We see the idea of it being an “all or nothing” kind of deal and that is just not the case! Sometimes a person may just have a feeling or they may get the sensation of a major change happening. Sometimes a person may get a “peek” behind the veil of life.

Maybe it happens without your knowledge, maybe it happens with lots of hard work or none at all... The bottom line is that we are dealing with something greater than ourselves when we talk about Spiritual Awakenings and a lot of it is still a mystery, even to the “experts”.

But one thing we can all agree on is that there are a few things we can do to help encourage the right climate for SA.

After all, what do you have to lose?! Absolutely nothing! Fostering these skills and practices can do nothing but relieve stress, increase happiness and overall dramatically benefit your life, regardless of if you ever achieve a Spiritual Awakening or not!

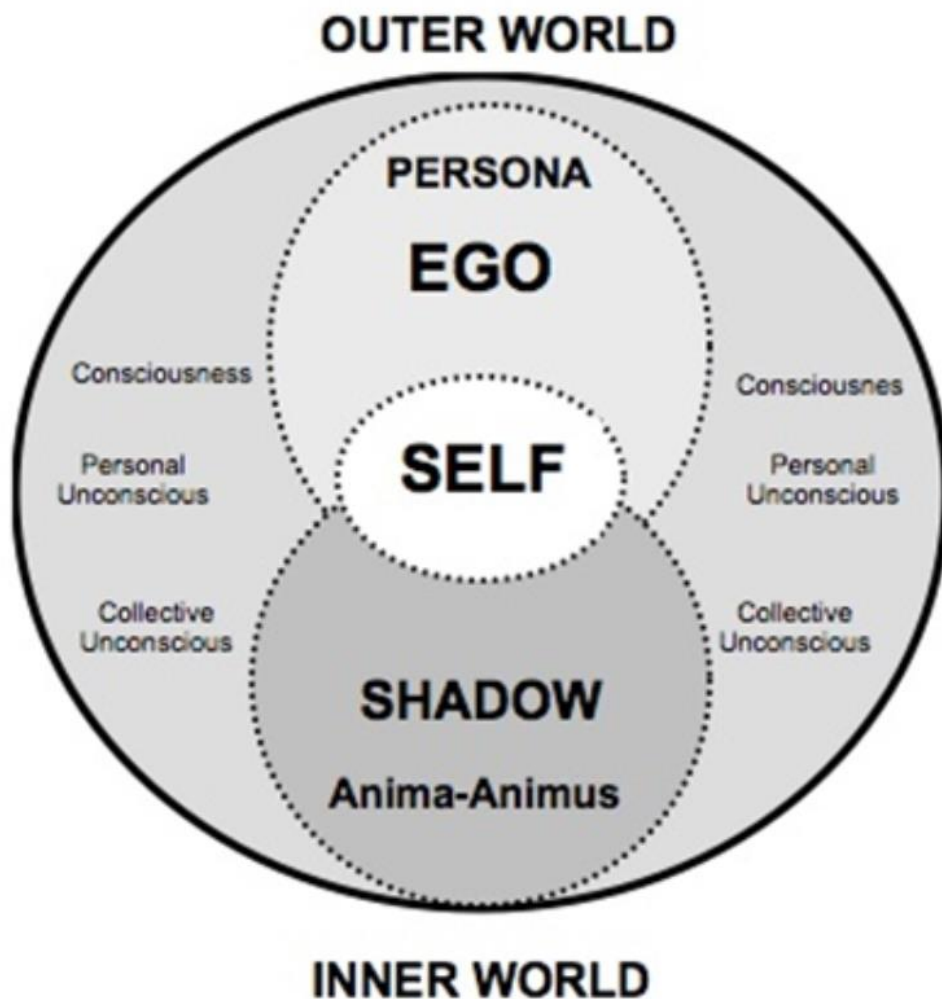
- 1) Slow Down- Take time every day to leave our modern world behind and just slow down! Many of us go months, even years without taking the time to stop, observe, be in the moment, and reflect on the moment before us.
- 2) Meditate- Regulate your breathing and your thoughts to help unwind and get in tune with your inner self. It doesn't take much time and will greatly reduce stress and anxiety in your daily life!
- 3) Nature/Grounding- One of the most powerful ways of fostering the right conditions for SA's is to spend as much time in nature as possible. Spending time in nature is one of the best ways to slow down and really get in tune with ourselves. We were created hand in hand with nature and our bodies instinctively know the power that brings. Grounding can physiologically lower our stress, increase our energy and generate more well-being!

- 4) Dance/Laugh- Both of these habits help increase the mind-body connection, lower stress, bring more oxygen into the body and foster positive mental outlooks. Dancing can help release trauma and mental baggage that we carry around on a daily basis, while laughing can release endorphins and benefit our immune system.

- 5) Volunteer- You know that feeling when you have done a good deed or helped someone in need? It's amazing, right!? Try and actively pursue volunteer work to keep that energy flowing! Your body will literally be buzzing with good vibes! Who doesn't want that?

There you go! Our top five, simple ways to foster the right environment for a Spiritual Awakening! If you work on incorporating these into your daily life, you are sure to have many positive benefits!

Ego Death 101



Let me ask you a question. I'm guessing that sometime in the last few years, you have heard the term 'ego death' being tossed around? Am I right? Let's take a look at some of the basics surrounding the idea of an 'ego death' and how that relates to us today and what that means for us tomorrow!

While the idea of an ego death, or loss of self identity, is by no means a new concept (In fact it's quite ancient!), there has definitely been an increased level of societal awareness related to it as of late, and that is an

amazing thing! Why, you ask?...Why are so many people talking about Ego Death or searching for ways to attain this mystical level of enlightenment? That is a very good question!

The answer is two fold, first and foremost, our society has reached a point in its evolution where more and more people are looking inward. The more technology advances and the more we become disconnected from one another, the more we strive to go deeper in search of meaning. More and more people are looking for ways to 'optimize' themselves in certain areas of their lives and they are looking to do that through non-traditional methods.

The second answer is the increasing popularity of plant medicine, which is funny in a sense, because it too has roots based in the beginning of humankind itself as well. So here we have two ancient traditions or ideas that are seeing a pretty remarkable resurgence and increased level of consciousness from people today!

So what exactly is an 'Ego Death'? Well, simply stated, it is the dissolution of your self identity. Now, there is no hard and fast rule for what this looks like, it can vary greatly depending on the person or situation, but it basically boils down to a few key points which we will discuss here.

From a psychological point of view, your 'ego' comprises all of the 'self' words that you have heard before! Self-esteem, self-identity, and self-image! These different versions of self help us to make the choices that we all make in our daily life. They are half stories that we tell ourselves and half remnants from choices that we have made up to this point on our journey. As you can imagine, that could play a pretty big role in your life.

For example, the "stories" that we tell ourselves can be as little as, "I don't like broccoli" and as major as "I'm not smart enough to get that job". These stories or narratives that we tell ourselves become our realities.

Take a moment and digest that statement! Seriously, no truer words have ever been spoken. Think about your own life and what stories you tell yourself? Now think about having the truly awesome power to change these stories, wouldn't that be unbelievably beneficial?

Imagine that you always take the same route to work, everyday, in and out, for years. After a while, you forget that there's even a possibility of being another route. That daily path becomes so ingrained in our psyche that we literally start to believe that it is the only way.

But what if there were in fact many other ways to make that journey?
Some that were actually better and faster? We would deprive ourselves from ever taking or even knowing that they exist.

This is where 'Ego Death' comes into the picture! It's the idea of wiping the slate clean! The process of changing all these little stories that we tell ourselves on a daily basis, all the patterns and constructs that we continually play out in our lives, so that we free up space for newer and better patterns to emerge. The emotional walls that we have constructed about how and why we do things come crashing down.

Sometimes those walls have kept us doing the same things in this life, simply because it is comfortable to do so. In reality, we are not only capable of doing more or doing better, it is our life's purpose to break free from these imaginary shackles and live up to the divine purpose the Universe has in store for us!

So, as you can see, that is why the concept of 'ego death' is so powerful and intriguing, especially as of late! Who wouldn't want to strive for more! Who wouldn't want to reach their maximum potential, while letting go of the negative self talk that is guiding their actions! While no one can change the past, many people believe that 'ego death' may hold the key to

actually rewriting our personal history, in the hopes of a better future! I don't know about you, but I wouldn't mind giving that a try!

Can You Have Multiple Awakenings?



We have all heard of a spiritual awakening. It changes people's lives. It can change us all in different ways. But, have you ever wondered if you can experience more than one spiritual awakening?

Everyone experiences a spiritual awakening in different ways. Some people feel that they have lost a part of their soul, and they need to create a new soul so that they can live a new life. Others experience a change in their thought patterns.

They start thinking more positively and they express gratitude more often. This helps them manifest positive changes in their life. Their life then becomes about teaching other people how to change theirs.

With such a vast range of experiences and ways in which it can change you, it is possible to experience more than one spiritual awakening in your lifetime. In this article we are going to go over some of the different variations and ways you may experience spiritual awakenings over the course of your life.

What Type Of Spiritual Awakening Are You Experiencing?



There are different types of awakenings you are likely to experience through the course of your life. Below I have listed out some of the different types of awakenings people often experience. As you read through these descriptions, you may realize you have already experienced more than one of these types. And that is completely normal!

You can experience multiple spiritual awakenings at different times in life. And, when it comes to spiritual awakenings, there is no such thing as too soon or too many.

The Mind



One of the first awakenings people often experience is an awakening of the mind. When your mind awakens, you become aware of the power it holds. Everything in this Universe is mental.

Or, in other words, everything that we perceive in the Universe is first processed and expressed in our minds. When our minds awaken, we cannot ignore its power and the new perspective it has given us.

If you are experiencing an awakening of the mind, you will most likely start to resonate with hermetic philosophy or teachings about the power of our subconscious mind. Your mind is the key to your growth.

This awakening will make you awe at the beauty of nature and the incredible powers of the human brain. Because without it, you would not be able to tap into this incredible awareness that having this type of awakening brings.

The Personality



Another common type of awakening is the awakening of a new personality. People often believe that personalities are stagnant and unchanging.

They think that whether you are happy, energetic, warm, cold, depressed, prickly, friendly, melancholy, extroverted, or introverted are all predetermined traits you are born with.

The truth is, that this is not the case at all. Although, we are creatures of habit, and so the more we practice a personality trait or are expected to act a certain way, the more often we will embody that characteristic in our being and identity.

And because of that, to have the sort of awakening that creates a massive shift in your personality, the core of who you think you are, often requires a major event.

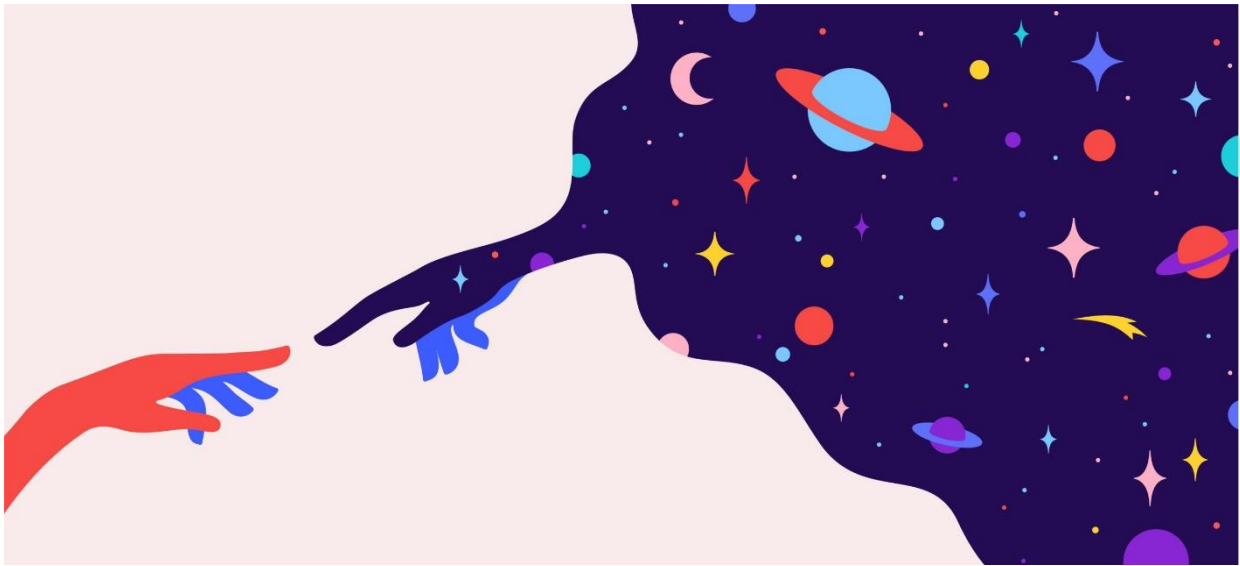
This type of awakening is usually triggered by a traumatic life experience. This event changes you completely. You struggle to go back to who you were and in fact, going back to the old you is impossible.

So, you become a new person altogether. In part, it has to do with denial. But, it also has to do with the fact that things weren't working before you "awakened". This is why you HAD to awaken.

Things need to change. And, the new you will help you make these changes slowly.

Not every decision that you make will be right. Not everyone you love will love the decisions you make. And, that's okay. As painful as this situation is, it will pass. Things will get better. The best thing you can do right now is to trust the process.

Consciousness



This type of awakening opens you up to your true purpose. When you have an awakening of consciousness you may find yourself drawn to Shamanism and other ancient traditions that use awakenings and expanding consciousness to help and heal others and the world. This is the type of awakening usually discussed in Shamanic circles.

Consciousness can travel and Shamans know how to make it. When your consciousness awakens, you cannot ever go back to who you were. You realize that there are different planes on which life exists.

You realize that there are different levels of consciousness and different planes of existence. You can access these levels and planes. Because, as a Shaman, it is your purpose to make all these levels work together for the greater good (for life to exist).

Shamans don't just bridge the gap between our world and the worlds of spirits. They are the bridge between these worlds. They understand that disharmony on any of these levels and planes can have catastrophic outcomes. So, they make sure it doesn't happen.

They are not just working for the community. They don't just bring people back from the dead. They value every breath a person takes just as much as they value life on Earth.

They also respect death as a natural process. For them, every life they save represents a greater good. And they do their best fighting for it. They recognize disharmony when they see it in a sick person. And, they do their best to be the mediators they need to be.

Shamans don't just love ecstasy for nothing. With the work they do, they are ecstatic to be alive. When you experience this type of spiritual awakening, you are not just a different person. You become a different Universe. You become a different world altogether that supports life everywhere there is.

So What Types Of Awakenings Have You Experienced?



Now that you have read about some of the different ways in which you can awaken, it's time for you to put a label on what you are experiencing. It will help you figure out your next steps.

- If your mind is awakening, you need to exercise it as often as you can.
- If you are awakening as a new person altogether, you need to look for a support system- one that makes this change easier for you to handle.
- If your consciousness is awakening, you need to ground yourself as often as you can. Trust me, it's not gonna be an easy ride.

Regardless of the type of spiritual awakening you are experiencing, the fact that you are awakening is beyond amazing. I know it's not easy. But, it's not meant to be either. You can get through this experience.

Things will get better. Patience needs to be your best friend right now. Because nothing else will work. Remember to stay open and remind yourself that everything is unfolding for your greatest good.

I wish you all the best. And hope you get to experience each one of the incredible awakenings and all the beautiful growth and awareness each one will bring to your life.

Disclaimer:

This information is not presented by a medical practitioner and is for educational and informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read.