

The Spiritual Awakening Process

A spiritual awakening process is a profound and life-changing event. Many go through this transformative experience unknowingly or mistake it for something else. That's why it can be beneficial to know the stages and signs of a spiritual awakening.

What is a Spiritual Awakening?

People often refer to spiritual awakening as a great realization, a growing state of enlightenment; a process where you literally "wake up" to life. You get a sensation that there is so much more to life than you once thought.

A spiritual awakening is a profound, often philosophical experience where the realization of our true nature takes place. It's an awakening of reality beyond our ego, where we realize that we are all one with the universe.

The spiritual awakening process is a beautiful experience. It is the start of a new journey of personal transformation and higher consciousness.

Causes of Spiritual Awakening

A spiritual awakening process usually happens unintentionally. Several things can cause an awakening, but it is a slow and subtle shift.

5 Stages of a Spiritual Awakening

Since a spiritual awakening is a different experience from person to person, it's hard to say exactly what the stages are in the process. However, the most common stages, which can help give you an idea of the process, include:

Stage 1: The Initiation

The first stage usually begins with a search for something deeper.

It's a time when a lot of questions will come up about who you truly are and what your purpose is here in life.

Stage 2: Search for Answers

Here, you will start to shift your perspective in the search for the answers you are missing. It's still a period where you start to rethink everything you have been taught and might feel like everything you know is a lie. A new perspective on life has arisen.

Stage 3: Answers Within

In the third stage, you start to look for answers within yourself. You will experience a strong urge to grow and learn more, beyond the superficial. Finding out who you are and what your life purpose is will be a huge part of this stage.

Your interests and values will change. The things that used to interest you before no longer do. You might become more religious or spiritual in the search for answers within yourself.

Stage 4: A New You

There is no hiding that the spiritual awakening process is long. The transformation from the "old" you to the "new" you can be tough.

However, this pain is just temporary. Keep pushing through as you are growing. You will soon see that old patterns are dissolving as you turn into the true version of yourself. As this happens, you feel more hopeful and excited about the future.

Stage 5: Spiritual Alignment

Spiritual alignment the ultimate goal of a spiritual awakening. It's an alignment with both self and the universe. This is a life-long journey.

When you reach a new level of spiritual alignment, you will start to see more of the big picture. You will feel more connected to the universe and peaceful. The perspective on life you once had shifts. You feel ready for greater spiritual growth on your journey.

Major Spiritual Awakening Symptoms & Signs

Many people go through a spiritual awakening without even knowing it, and can easily be mistaken for something else.

Since the spiritual awakening process is different for everyone, the signs and symptoms will be as well. It may manifest as many different symptoms as possible: emotional, psychological, and physical.

Below are the most common symptoms of a spiritual awakening process:

You Crave a Purpose

This is a clear sign that you are entering a transformative period of your life. You crave a purpose in life, but you may not know what it is yet.

You Feel Different

A feeling that you are somehow different. Your life feels new, changed, and improved. You have put your old self behind you.

You Become a Fast Learner

You go through learning at a faster pace with the sense that you understand things quicker and easier.

You Notice More Synchronicity

Synchronicity is the universe communicating to you. You might notice it in the form of numbers, messages, or recurring events. Pay attention, it will guide you in the right direction and help you make the best decisions for your path.

Your Sleep Pattern Is Changing

You feel restless and start waking up two or three times every night. Also, you feel tired after waking up and sleepy during the day.

You Want to Make the World Better

A desire to learn, understand, and work towards harmony, not only for yourself but also for others, arises.

You Trust Your Intuition

Your intuition strengthens, and you begin to trust it and see where it takes you.

Your Dreams may Become More Vivid

Sometimes your dreams are so real that you wake up confused. You may even experience lucid dreams where you are in control. Many dreams can be mysterious or have messages for you.

You Have More Self-Control

You start noticing what bad things need to be set aside and choose only the right path based on appropriate wisdom and good judgment.

You Become More Creative

Creativity explodes, and you start to receive images, ideas, music, and other creative inspirations, often at an overwhelming speed.

You Become Your True Spiritual Self

You understand that it is time for you to seek and speak your truth. It's important for you to become more authentic, more yourself.

You Crave Deep Investigations

You desire a deeper knowledge of all life and to become your best self.

You Want to Remember

Memories may emerge to the surface. If you have an ancient soul, you may experience images of past lives, or parallel lives.

Your Eating Habits Change

Healthier food choices become priority. Some people find that they are not as hungry as they used to be or may become vegetarian or vegan.

Your Senses Strengthen

Your taste, sight, hearing, smell, and touch are strengthened. You may also notice geometric shapes more or contrasting colors and images more.

You Experience Changes In Your Energy

Episodes of intense energy make you want to jump out of bed and start working. Followed by periods of little energy and exhaustion.

You are in Better Harmony with Seasons & Cycles

You become more attuned to the seasons, the phases of the moon, and the cycles of nature and feel a stronger connection with the Earth.

You Experience a Sence of Oneness with the Universe

A sense of Oneness with everything will arise. It's a direct experience of the Totality which allows you to commune deeper with life.

You Want to Understand Who You Truly Are Spiritually

So many questions about who you are and why you are here are arising. You spend a lot of time getting to know yourself, and as a result, your self-awareness develops.

You See People for Who They Are

You start seeing people's true colors as you become more sensitive to authenticity, with both strangers and close ones.

How Long Does a Spiritual Awakening Last?

There is no timeframe for how long a spiritual awakening process takes. Seeing that a spiritual awakening process is unique for everyone, the time frame will be as well. It also depends on your willingness to grow spiritually, the development of your consciousness, and your progress.

However, once the spiritual awakening process has started, there is no turning back. There will be ups and downs, but it's important to stick to the right path. It might take a lifetime to reach the highest level of consciousness, but it's definitely worth it.

What Happens After Spiritual Awakening?

A spiritual awakening is often an ongoing process for most individuals, and the intensity of the experience can vary. It's important to recognize that the initial intensity of the awakening may fade over time, and the journey can become

more subtle and integrated into daily life. However, even as the intensity changes, the transformative effects of the awakening continue to unfold.

For many, the initial awakening will be a profound and life-altering event that brings about a significant shift in consciousness. The experience may be intense, accompanied by profound insights, revelations, and a sense of unity with the divine or the interconnectedness of all things.

After the initial peak experience of awakening, it's normal to enter a phase of integration and stabilization. This phase involves integrating insights and realizations into everyday life and establishing a new foundation for living in alignment with one's authentic self. During this phase, the intensity of the awakening may diminish, but the transformative effects continue in different aspects of your life.

While the initial peak experience may fade, the ongoing process of spiritual awakening remains. It becomes a continuous journey of self-discovery, growth, and deepening understanding. The path of awakening may lead to further insights and spiritual growth opportunities. It's important to approach this journey with patience, self-compassion, and an openness to the ever-evolving nature of the awakening process.