

Symptoms of Spiritual Awakening

There are many of you out there going through accelerated spiritual awakening's. The writings here are for you and the many of you who are thinking of embarking upon their spiritual journey. I have tried to document many of the symptoms and changes that you may go through.

It is my hope that by understanding your changes, it will be easier for you to move through your awakenings. In my own spiritual transition, I still experience many of these changes and symptoms and have done for years, especially the erratic sleep patterns. Common sense, good grounding and a good sense of humour are your best tools for coping with these changes.

I always advise clients to see their doctor first to rule out health issues first.

Changing sleep patterns:

You may notice restlessness, hot feet, waking up two or three times a night. Feeling tired after you wake up and sleepy off and on during the day. There is something called the Triad Sleep Pattern

that occurs for many: you sleep for about 2-3 hours, wake up, go back to sleep for another couple of hours, wake again, and go back to sleep again. For others, the sleep requirements have changed. You can get by on less sleep. Lately I have been experiencing huge waves of energy running into my body from the crown. It feels good, but it keeps me awake for a long time, then IT subsides.

Try to flow with it, you will soon get used to it. Make peace with it and don't worry about getting enough sleep (which often causes more insomnia). You will be able to make it through the day if you hold thoughts of getting just what you need. You can also request your Higher Power to give you a break now and then and give you a good, deep night's sleep. If you can't go back to sleep right away, use your waking moments to meditate, read poetry, write in your journal Your body will adjust to the new pattern.

Activity at the crown of the head:

You may notice a tingling feeling, some have an itching, a prickling or a crawling sensation along the scalp and/or down the spine. There could be a

feeling of energy vibrating on top of the head, as if energy is erupting from the head in a shower. Also the sensation of energy pouring in through the crown, described as "sprinkles". This may also be experienced as pressure on the crown, as if someone is pushing his/her finger into the middle of your head.

This is nothing to be alarmed about. What you are experiencing is an opening of the crown chakra. The sensations mean that you are opening up to receive divine energy.

Emotions:

You may experience crying for no apparent reasons, Feeling suddenly angry or sad with little provocation. Inexplicably depressed or feeling very happy. There is often a pressure or sense of emotions congested in the heart chakra (the middle of the chest). This is not to be confused with the heart, which is located to the left of the heart chakra.

Accept your feelings as they come up and let them go. Go directly to your heart chakra and feel the

emotion. Expand it outward to your all your fields and breathe deeply from your tummy all the way up to your upper chest. Just feel the feeling and let it evaporate on its own. Try not to direct the emotions at anyone. You are cleaning out your past. If you want some help with this, say out loud that you intend to release all these old issues and ask your Higher Power to help you. Be grateful that your body is releasing these emotions and not holding onto them inside where they can do harm. One source suggests that depression is linked to letting go of relationships to people, work, etc. that no longer match us and our frequencies. When we feel guilty about letting go of these relationships, depression helps us medicate that pain.

Old "stuff" seems to be coming up, and the people with whom you need to work it out (or their clones) appear in your life. Or perhaps you need to work through issues of self-worth, abundance, creativity, addictions, etc. The resources or people you need to help you move through these issues start to appear. .Additionally, try not to get too involved in analyzing these issues. Examining them too much will repeat the pattern and you will end up going back through them over and over again at a deeper and deeper level.

Embrace whatever comes up and thank it for helping you move ahead.

Thank your Higher Power for giving you the opportunity to release these issues.

Remember, you don't want these issues to stay stuck in your body.

Come to me if you need to talk your way through it.

Changes in body weight:

We often gain weight because many fears we have suppressed are now coming up to the surface to be healed. We react by building up a defence. We also attempt to ground ourselves or provide bulk against increasing frequencies in our bodies.

Try not to worry and release your anxiety over this and accept it as a symptom of where you are right now.

You will release/gain the weight when all your fears have been integrated.

Changes in eating habits:

You may notice some strange cravings and odd food choices.

Some find they are not as hungry as they used to be, and others are hungrier.

Don't deny what your body tells you it needs.

Food intolerances:

Enhanced senses of smell, touch, and/or taste can be seen.

I notice I can now smell and taste chemical additives in some foods in a rather unpleasant manner. Other food may taste absolutely wonderful. For some people, these enhancements are both delightful and distracting.

As you grow more spiritual, you will notice that you may become more sensitive to everything around you.

Your body will tell you what it can no longer tolerate, as if it, too, is sloughing off what doesn't serve it anymore in order to become purer.

Amplification of the senses:

You may notice an increased sensitivity with your sight.

Eyes at times may blur.

You may witness the aura as a shimmering haze not just around people but also, plants, animals, and objects.

I have known of people seeing formerly opaque objects as transparent.

When you close your eyes, you may no longer see darkness, maybe a red colour, I see light.

You may also see geometric shapes or brilliant colours and pictures when your eyes are closed.

Colours can appear more vivid -- the sky might look teal or the grass an amazing green. As you become more sensitive, you may see shapes or outlines in the air, especially when the room is almost dark.

When your eyes are open or closed, you may see shapes in your peripheral vision (these are spirit or your guides).

Your vision is changing in many ways -- you are experiencing new ways of seeing. Be patient. Whatever you do, do not be afraid.

Hearing can become amplified

The symptoms can range from hearing white noise in the head, to

Humming sounds, or music, possibly water rushing, or bees buzzing, whooshing noises, roaring or ringing, humming and even electronic patterns.

These are all familiar and normal to me.

You may experience what is called audio dyslexia—not always able to make out what people are saying, as if you can no longer understand what is being said to you.

Some hear strange voices in their dreams, as if someone is hovering near them.

There is nothing to fear, try to surrender to it, let it come through and listen and try to hear and remember what is said.

Your ears are just adjusting to new frequencies.

Energy:

You may experience episodes of intense energy which make you want to leap out of bed and into

action. This can then be followed by periods of lethargy and fatigue.

The fatigue usually follows great shifts within you, it is a time of integration, so give into it.

Roll with the nature of the energy. Don't fight it. Be gentle with yourself. Take naps if you are tired. Write your novel if you are too energized to sleep. Take advantage of the type of energy you are going through.

Changes in prayer or meditation:

You may become aware that you are not feeling quite the same sensations as before.

Not having the same experiences of connection with Spirit, possibly feelings of isolation and of feeling left alone

This is common as you taken through stages of development, there are many different level of awareness for us to reach. These feelings are normally short lived and although the sensation may therefore feel different , you will adapt to this new feeling and soon become accustom to the changes that are ongoing in order to strive to be thinking and acting in partnership with Spirit all

of the time.

Power surges:

You may find yourself with feelings of heat, fired up from head to toe, these episodes can be very uncomfortable but soon pass. In contrast, some people have felt inexplicably cold. I have experienced both.

More recently I experience waves or currents of energy rolling through me. Sometimes the energy seems so intense when it first comes into my body that I feel a little nauseated and faint. I have learnt to just flow through this and it does pass.

Physical manifestations:

Are you suffering with headaches, backaches, neck pains, flu-like symptoms (this is called vibrational flu), digestive problems, muscular spasms or cramps, racing heartbeat, chest pains, changes in sexual desire, numbness or pain in the limbs, and involuntary vocalizations or bodily movements. I have experienced all of these symptoms at

different stages of my development. The body movements are the most embarrassing and hardest to control. My poor husband will agree, he has had many a meal thrown in his lap instead of on the table. It is a familiar sight to see my poor husband dripping in tea where numerous cups have ended up in the air instead of in his hand. This I know sounds very funny, and I do laugh, because I feel the need to do so, but unfortunately my husband does not, and sulks for days over my laughter.

If you have determined like I have, that this is not a medical condition for you to worry about, relax in the realization that it is only temporary.

Youthfulness:

Yippee! As you clear emotional issues and release limiting beliefs and heavy baggage from the past, you are actually lighter. Your frequency is higher. You love yourself and life more. You begin to resemble the perfect you that you are.

Vivid dreams:

Are you experiencing dreams that are so real that you wake up feeling confused?

You may even have lucid dreams in which you are in control. Many dreams may be mystical or carry messages for you. And in some dreams, you just know that you are not "dreaming" -- that what is happening is somehow real.

You will remember what is important for you to remember. Don't force anything. Above all, stay out of fear.

Life changing events:

These may be death, divorce, change in job status, loss of home, illness, and/or other catastrophes -- sometimes several at once! Forces that cause you to slow down, simplify, change, re-examine who you are and what your life means to you. Forces that cause you to release your attachments, and that will lead you to awaken your sense of love and compassion for all.

A desire to break free from restrictive patterns:

Maybe you have a draining job or consumptive lifestyles, or toxic people or situations. You feel a compelling need to "find yourself" and your life purpose -- now! You want to be creative and free

to be who you really are. You might find yourself drawn to the arts and nature. You want to simplify yourself from things and people that no longer serve you.

My advice: Do it!

Emotional and mental confusion:

Do you sometimes have feelings that you need to get your life straightened out? But at the same time you feel chaotic and unable to focus.

Put your ear to your heart and your own discernment will follow.

Introspection, solitude and loss of interest in more extroverted activities:

This stage has come as a surprise to many extraverts who formerly saw themselves as outgoing and involved. They say, "I don't know why, but I don't like to go out as much as before."

Creativity bursts:

You may receive images, ideas, music, and other creative inspirations at an often overwhelming rate.

It is a good idea to record these inspirations, for Spirit is speaking to you about how you might fulfil your purpose and contribute to the healing of the planet.

A perception that time is accelerating:

It can appear that life is moving too fast and that you are not fully in control. It may feel like this way because you have had so many changes introduced into your life at an unprecedented rate. The number of changes seems to be growing.

Breaking your day up into appointments and time segments increases the sense of acceleration .You can slow time down by relaxing into the present moment and paying attention to what's at hand, not anticipating what's ahead. Ask your Higher Power to help you. Keep your focus on the present. Try to flow from one activity to the next, and stay tuned to your inner guidance.

A sense of a coming:

Do you ever experience a feeling that something is about to happen? This can create anxiety for some of us.

There is nothing to worry about. Things are definitely happening, but anxiety only creates more problems for you. All your thoughts -- positive or negative-- are prayers. There is nothing to fear.

Impatience:

Do you sometimes experience feelings of wanting to get on with what seems to be coming your way? Uncertainty is not comfortable. Try to live with the uncertainty, knowing that nothing comes to you until you are ready. Impatience is really a lack of trust, especially trust in your Higher Power. When you focus on the present, you will experience miracles.

A deep yearning for meaning, purposefulness, spiritual connection, and revelations:

You may experience a "Constant craving", The material world cannot fulfil this longing.

Follow your heart and the way will open up for you.

Feeling different:

You may feel that you are somehow different, with a sense that everything in your life feels new and altered, that you have left your old self behind. You have. You are much greater than you can possibly imagine. There is more to come.

When the student is ready the teacher appears:

Are you noticing that "Teachers" appear everywhere with perfect timing to help you on your spiritual journey? books, movies, events, even Mother Nature can show up with a sign . Teachers may appear to be negative or positive when you are trapped in polarity thinking, but, from a transcendent perspective, they are always perfect. We never get more than we are ready to master. Each challenge presents us with an opportunity to show our mastery in passing through it.

You find a spiritual track that makes sense. .

It "speaks to you" at the most profound levels. Suddenly you are gaining a perspective that you would never have considered before. You hunger to know more. You read, share with others, ask questions, and go inside to discover more about who you are and why you are here. You are moving through learning and personal issues at a rapid pace. You sense that you are "getting it" quite readily.

Keep remembering that things will come to you when they are ready. Not sooner. Deal with whatever comes up with courage and you will move through any issues rapidly.

Invisible presences:

Some people report feeling surrounded by beings at night or having the sensation of being touched or talked to. Often they will wake with a start. Some also feel their body vibrating. The vibrations are caused by energetic changes after emotional clearing has taken place, or can be from an astral travel. This is a sensitive topic, but you may feel better blessing your bed and space around it before you sleep. I rest assured that I am surrounded only

by the most magnificent spiritual entities and am always safe in God's care. .

Portents, visions, "illusions", numbers, and symbols:

Are you seeing things that appear to have spiritual importance to yourself? , maybe you are noticing how numbers appear in synchronicity in your awareness. Everything has a message if you take the time to look. I enjoy the experience of "getting the messages."

Increased integrity:

You may realize that it is time for you to seek and speak your truth. It suddenly seems important for you to become more authentic, more yourself.

You may have to say "no" to people whom you may have tried to please in the past. You may find it intolerable to stay in a marriage or job or place that doesn't support who you are. You may also find there is nowhere to hide, no secrets to keep anymore. Honesty becomes important in all your relationships.

Listen to your heart. If your guidance tells you not to do something, speak up and take action. Say "no". Likewise, you must also say "yes" to that which compels you. You must risk displeasing others without guilt in order to attain spiritual sovereignty.

Harmony with seasons and cycles:

Are you becoming more tuned to the seasons? showing more interest in the phases of the moon and natural cycles. Maybe you are experiencing more awareness of your space in the natural world, and a stronger connection to the earth.

Electrical and mechanical malfunctions:

Do you notice light bulbs flicker and blow? your hairdryer stops working , or the computer locks up, kettle blows, the radio goes haywire, your cd player jumps at your favourite track and goes very low so that you cannot hear it, television volume sets on loud , watches and clocks stop, outside security lights flash on and off like a disco ball, maybe your mobile phones freeze , or doorbells ring for no reason. I have had them all, and when I

stop crying in frustration, I just have to laugh.

Increased synchronicity:

Synchronistic events tell you if you are heading in the right direction or making the correct choices. Honour these clues and you cannot go astray. Spirit uses synchronicity to communicate to you.

Increased intuitive abilities and altered states of consciousness:

Thinking of someone and immediately hearing from them? Maybe you will notice sudden insights about patterns or events from the past. Clairvoyance, out-of-body experiences, and other psychic phenomena may feature.

Communication with Spirit:

Have you noticed contact from angels, spirit guides, and other divine entities?

Feeling inspiration and downloading information that takes form as writing, painting, ideas,

communications, or maybe even dance could be their way of showing you something.

Experiencing your bliss:

You may experience a deep abiding sense of peace and knowledge that you are never alone.

Integration:

You may notice that you become emotionally, psychologically, physically, and spiritually stronger and clearer. You feel as if you are in alignment with your Higher Self.

Memories surfacing:

Body memories, suppressed memories, or even images of past lives and/or parallel lives may come up all around you. We are healing and integrating all our "selves", so expect to have some of these experiences.

Keep in mind that it is best to recall what only what comes to mind, leave the rest alone, don't analyze everything to death (because you will be stuck in the tape loop of infinite issues to process), and feel your feelings as they come up. Ask for

help from your guides.

A growing empathy towards animals and plants:

To some people, animals now seem to be more "human" in their behaviour. Wild animals may appear a less afraid around you. Plants respond to your love and attention more than ever.

Seeing being's that reside in other dimensions:

The veil between dimensions is thinner, so this is not a surprising thing, I have seen many strange beings and dark shadows. It is important to try to stay in your sovereignty. You are more powerful than you can ever imagine, so do not entertain fear. Ask your guides for help if you slip into fear.

You may also see a person's true form or see loved ones with a different face – you are being shown a past life or a parallel life

Manifesting your thoughts:

Monitor your thoughts. All thoughts are prayers.
Be careful what you ask for.

Left brain fogginess:

Did you know that your psychic abilities, your intuitive knowing, you're feeling and compassion, your ability to experience your body, your visioning, your expressiveness all emanate from the right side of the brain. In order for this side of the brain to develop more fully, the left side must shut down a little bit. Normally the left-hemisphere's capacity for order, organization, structure, linear sequencing, analysis, evaluation, precision, focus, problem-solving, and mathematics dominate our often less-valued right side. What results are memory lapses, placing words in the wrong sequence, inability or no desire to read for very long, inability to focus; forgetting what you are just about to say; impatience with linear forms of communication (audio or written formats); a feeling of light headedness, being scattered; losing interesting research or complex information; feeling bombarded with words and talk and information; and a reluctance to write. Sometimes you feel dull and have no interest in analysis, lively intellectual discussion, or investigation. On the other hand, you might find

yourself drawn to the sensate: videos, magazines with photos, beautiful artwork, movies, music, sculpting, painting, being with people, dancing, gardening, walking, and other kinaesthetic forms of expression. You may search for spiritual content, even science fiction. Try to discover that if you allow your heart and your right brain to lead you, the left will then be activated appropriately to support you. And someday we will be well-balanced, using both hemispheres with mastery.

Dizziness:

This may occur when you are ungrounded. Perhaps you have just cleared a big emotional issue and your body is adjusting to your "lighter" state.

It is important to ground yourself by eating protein. Sometimes "comfort food" feels right. Don't make any food right or wrong for you. Use your guidance to know what you need at any given moment. Take your shoes off and put your feet in the grass for a couple of minutes.

Falling over:

Are you noticing that you are becoming clumsy, possibly falling or tripping over? This shows us that our bodies are not grounded or perhaps our life is out of balance. Or our body may be telling us to slow down, it is important to examine certain aspects of your life, or heal certain issues. There is always a message.

Stay grounded by taking your shoes off and putting your feet in the grass; even better, lie down on the grass without a blanket under you. Feel the earth beneath you. Get out in nature. Slow down and pay attention. Be mindful about what you are doing. Feel your feelings when they come up. Stay in the present. Surround yourself with blue light when you are feeling shaky.

Heart palpitations.

A racing heart usually accompanies a heart opening. It only lasts for a few moments and means that the heart is re-balancing itself after an emotional release. I had one episode that terrified me: I was seated on the settee watching my son playing suddenly my heart was pounding and I felt very faint .I thought it was going to come right out of my chest. It only happened once and was, I understand, a huge heart-chakra opening. But I did

check it out. There is nothing wrong with my heart, maybe that it is too big.

Remember get medical attention when needed. Consult your doctor about any conditions are not comfortable with.

Faster hair and nail growth:

More protein is being used in the body.

A desire to find your soul mate or twin flame:

More than ever before, the idea that we can have a relationship that matches who we are seems more desirable.

The truth is, we have to be the kind of person we want to attract. We have to love ourselves and where we are right now before we can attract a more "perfect" mate. The work begins at home. Hold the desire for this person in your heart, but without attachment. Expect that someday you will meet someone who is more suited to you, but let go of any expectations as to who this will be and how it will happen. Focus instead on cleaning up your own life and being the kind of person you want to be. Be happy now. Enjoy your life. Then

you may see.....

Loving your purpose:

You will know you are finally doing what you came to earth for. New skills and gifts are emerging, especially healing ones. Your life/work experiences are now converging and starting to make sense. You are finally going to use them all. Listen to your heart. Your passion leads you to where you must go. Go within and ask your Higher Power, "What is it you would have me do?" Watch for synchronicities and listen.