



A SPECIAL REPORT

You've Awakened, Now What? – 4 Keys to Understanding Your Spiritual Awakening

A recent survey reported that most people have had some sort of spiritual experience. However, most of them never told anyone. Maybe because they thought it was their imagination or they believed that others would call them crazy. This survey also reported that many said they did not want to have that kind of experience again.

That is how I felt when I had a dramatic, sudden awakening experience just four years ago. I didn't know how to approach my life and work any more – everything seemed different! I didn't know whether anyone else had ever had a similar experience – let alone who to talk to about it without them wanting to lock me up!

People who do report spiritual awakenings have been slow to release accounts of their experiences for public consumption. It would be like reporting to another that you have stood in the presence of God! How do you explain an expansion of being—then feeling assimilated into Oneness with Divinity?

Are YOU one of those who has had a life changing episode, sometimes called a peak experience and wonder what to do next?

Dr. Joseph Dispenza, known from the movie *The Secret*, researches awakening by documenting what happens in the brain during the change of consciousness happening in his workshops and during studies. When asked what naturally precipitates this chemistry and brain pattern he says, “Maybe it’s a health scare, or the



loss of a loved one. It's as if you'd lived one way for a long time, and now, because of this crisis, you're about to live in a totally different way."

All the senses become heightened during this transformational event. It is an experience so overwhelming and profound that for a while, you try to figure out what might be next after being changed at the very core of being. You become more open to possibilities at those moments when the ground shifts and you are forced to step into the thin air of the unknown. You can feel both terror and overwhelming joy at being so fully alive. And you know you will never be the same again.

When I shifted as I walked down the street near my home, all I could do was to cry and laugh through my tears. I could see Divinity everywhere. I had no idea how I was going to function in the world that way. I was in a daze of being totally fearless and infused with the knowledge that everything that happens is perfect just the way it unfolds.

I felt the consciousness in all of creation—the life in the trees, in the air and out into the cosmos, as connected with me. I delivered a blessing of love from the Source that was flowing through me to everyone I met. I was afraid to go to sleep for fear the bliss would be gone when I woke up in the morning. But it didn't, it lasted for days.

To be honestly authentic—when I came back to 3D reality and the high was over—it was so very depressing! I had to go back to facing my egos protective personality and the part of myself that was still, oh so human. I thought that I was going to be magically changed and always feel fearlessly empowered. What I did not know was that there is an integration of the new larger self and the paradox of accepting the old self and the old problems that still remain.



It is very tricky to navigate being elevated to another dimension and then returning to try to function in this one. Here are just a few keys of understanding that may shed some light on awakening for you.

The First Key to Understanding

There is usually a **trigger event** that happens suddenly when you awaken into an altered state of Consciousness. It appears that the individual has this experience due to a total surrender to what is happening in the present moment as being totally complete. Often it occurs when deep pain creates an emotional “breaking” of the heart, feelings of loss, or other events that rock a person’s identity. By letting go of the grip of the egoic identity even for a moment, it precipitates a radical shift in the perception of reality.

This event is described as: rare, exciting, oceanic, deeply moving, exhilarating, elevating, cosmic, and unexplainable. It manifests as an advanced form of perceiving reality that is mystical and/or magical. And at the same time, it is more real than anything you have ever experienced before. Afterward, you can’t look at life the same way again. You are profoundly changed forever.

The Second Key to Understanding

During awakening is that there are usually various **physical symptoms**. Some of them may feel quite unpleasant and some you may enjoy. Maybe you are experiencing deep feelings of being connected to all of life; animals, plants, and people you meet. You might also experience feeling dizzy or disoriented like the world is physically shifting under you. Your sleep patterns may change, you may want to eat a healthier diet.



Some people suddenly have an interest in spiritual things that had never been of interest to them.

These are just a few of the many symptoms that are being noticed by more and more people who are shifting consciousness every day. There are many emotional highs and lows that feel like a rollercoaster ride during stabilization and integration. The energy of awakening and cosmic energy associated with it are often difficult to navigate gracefully.

The Third Key to Understanding

The third understanding is that **awakening is random** - it can happen to anyone, anytime, anywhere. The scriptures say that "God is no respecter of persons." You may have been touched by Spirit right out of the blue without any warning. When I woke up in ecstatic bliss, I had no idea what had happened to me. I had never heard of this kind of magically elevated state of being that I refer to now as a spiritual awakening.

I did not do yoga or meditation. In fact, I hadn't been on speaking terms with God for many years. I was disillusioned with religion and I was just recovering from a deep depression. In case you are wondering, I have never used any kind of drugs or hallucinogens although they have been helpful for some people. It was completely disorienting to suddenly shift into a new perspective of reality.

The Fourth Key to Understanding

You are not the only one. **You are not alone** in awakening with a new understanding of the nature of the universe. Although you may not know anyone personally who has had



an experience like yours, there are in fact many who will relate to you and what has happened within you. I did not find anyone right away who could explain or offer me direction. Now, people of all countries and backgrounds are revealing not only their transformations, but some are also demonstrating “gifts of the Spirit” that they did not possess before.

It is time to wake up, accept, and step into your uniqueness and your value to creation as the irreplaceable light that you are. Humanity is poised to discover a deeper sense of connection to All That Is; to God, Source, Universe or whatever you want to call the energetic force within us all. We are rising as a species to evolve in Unity Consciousness to create a world full of new possibilities.

There is a reason you have had this awakening experience. You are being called to live your life in a bigger, more expansive, and more impactful way than ever before! And what can be of tremendous help and support is to work with a mentor who’s “been there and done that” – who has awakened themselves – and can guide you through the process.

I would love to be that mentor. My role in life and business is to support you and others like you, in your awakening, in any way that I can. Trust your own Divine guidance and direction. You will know by the energy encoded in the messages I offer, whether it resonates and is relevant for you.



Your Next Step

The best way for us to get started is to have a short conversation. [Click](#) to go to my calendar and schedule a 20-minute *Awakening Breakthrough Session* with no obligation. I'll then have you complete a short questionnaire to share a little more about your awakening, and we'll meet via phone or video conference to get you the support you need.

For more information about my system of conscious awakening, you can purchase my book "[Awakening Consciousness – Finding a Larger Version of Self](#)" based on my personal awakening experience. There is also a workbook, and On-line Courses coming soon through my website at www.lindsaygodfree.com.

References:

*1) 0/19/2013 09:24 am ET Updated Dec 06, 2017 What Really Happens In Our Brains When We Have Spiritual Experiences?

https://www.huffingtonpost.com/2013/10/19/science-behind-spiritual-experiences_n_4078519.html

2) "21 Symptoms of Spiritual Awakening" par [Laura Marie](#) | Fév 20, 2014 <https://lauramarietv.com/21-symptoms-of-spiritual-awakening/>

3) Bible: [American King James Version](#) Acts 10:34 Then Peter opened his mouth, and said, Of a truth I perceive that God is no respecter of persons

<https://www.biblehub.com/acts/10-34.htm>

