

Right now we're in a rising of consciousness across the entire planet. And as this happens, Earth is literally being reborn, she's transforming into her fifth dimensional self. And this is part of why we're seeing so much chaos. So much division, all of these things are being brought to the surface to be released, surrendered to and moved through, so that we can really move above the current state of consciousness into a higher level.

Hello, and welcome back to another episode of the soul horizon Podcast. I'm so grateful to have you with me here today. And I'm really looking forward to getting into the show today. Before we do that, though, I just wanted to mention that if you're new to the podcast, or if you're looking for more information about anything that's shared here, be sure to check out my website as well. It's AshleyMelillo.com. I'll drop that in the show notes as well. Just because I know this spelling is a little bit tricky to understand. Also, if you have a moment to leave a review, and you've been enjoying what you've been hearing, please do so it means so much to me and helps get more ears on this podcast as well. All right, now, let's get into the show.

So today we're talking about the process that's commonly known as spiritual awakening. If you did not yet listen to last week's episode on life on autopilot, I'd recommend doing that first, just because it serves as a sort of background understanding to what we're going to get into here today. So spiritual awakening, more specifically, in this episode, we're going to be talking about why there's a massive spiritual awakening unfolding on earth at this time, as well as the various stages of spiritual awakening that tend to occur, including some of the most common signs and symptoms as well as potential hiccups in the process. Spiritual awakening has this very pretty ring to it. And it sounds very delicate, and just heart opening and expansive. And while this is one of the greatest gifts that we can really give our three dimensional self, the process itself can actually be incredibly lonely and confusing. It can be isolating. And so while it's exhilarating, it's also incredibly challenging. I'm sharing this not to deter you or to stir up any negative feelings about it, but more so to normalize the difficulty so that you can really stay the course when awakening gets tough. If you can keep that in mind as we move through this episode, whether you're not sure what I'm talking about at all, when I'm saying spiritual awakening, maybe you're like, What in the world, or maybe you're in the midst of it now, or perhaps you're already fully awakened and you completely resonate with that term, whatever it might be, just keep this in mind as we move through this episode. The reason why a spiritual awakening is so difficult is because the process involves the crumbling and release of all untruths. And because autopilot living is riddled with untruths and half truths. Awakening is really this destructive process. It cracks, it crumbles, and it really releases this facade and illusion and reveals the truth. At the surface, it seems like it

would be easy to do away with lies, right? Like why would we want to hold on to things that aren't true? And yet we've built our lives around them. And so we're attached to what we think we know, even if it's untrue, because it's really become part of our identity, part of our perception of what it means to be alive. It's part of how we define ourselves. And so who are we if what we know is untrue, we can't force ourselves to awaken and we certainly cannot force other people to awaken. That's something important to keep in mind, you really can't force this process. Awakening, though, is only the beginning of this broader process known as ascension. But it's an incredibly expansive part of it. It's one in which our consciousness really makes this quantum leap, if you will, in understanding the nature of reality. So while it's happening, it's very nuanced, but when it happens in that sort of pivotal aha moment, it's obvious. At the most fundamental level, awakening is simply a rising of consciousness. So it's this expansion of our awareness beyond autopilot. In other words, beyond the illusions of the three dimensional matrix that our five senses have been tuned to right to meet with over time. In this sense, awakening is an energetic process. So it's one that occurs in both our consciousness and within the body's cells. It's really this ascension of energy of frequency and vibration.

There's a quote by Eckhart Tolle from a book a new earth that really captures this feeling. And it's quote, only by awakening can you know the true meaning of that word, a glimpse is enough to initiate the awakening process which is irreversible, and quote, even if the concept of awakening is entirely new to you, it's likely that you've heard of the contemporary spiritual teacher Eckhart Tolle his book, a new Earth really outlines the process and the perils of the awakening process. So if you've read that, you're probably familiar with it from that angle. Personally, I read portions of the book in my 20s. And I really thought I understood it on this sort of cognitive level. Like I understood what the words were saying. And even though I felt this way, I sensed I was missing some major part of really getting it if that makes sense. I then read it again several years ago, as I was in the process of my own awakening. And it was so interesting, because within the first few pages, it was as if the world had sort of stopped, I didn't just understand it, then I got it. Like, I really, really got it. And it resonated deep within my soul. And it was as if I was reading it for the first time. I'm sure if you've gone through this yourself, you can relate to that sort of feeling of getting something with an entirely different perspective, after you've gone through the process of awakening, because it's like, oh, my gosh, that is what it was. It's very interesting how this shift can create that big of a leap and understanding. As I was reading this book, again, for the second time and really getting it then I realized that the title, a new earth wasn't just some catchy book title, totally was literally referring to the energetic evolution of consciousness from the third dimension to the fifth dimension. He was sort of letting us

in on some juicy cosmic secret with that title, one that many before him have predicted as well, which is so fascinating. The secret is that we're currently in a time period of enormous transformation. And it's this sort of mass awakening spurred by the acceleration of energy.

Right now, we're in a rising of consciousness across the entire planet. And as this happens, Earth is literally being reborn, she's transforming into her fifth dimensional self. And this is part of why we're seeing so much chaos, so much division, all of these things are being brought to the surface to be released, surrendered to and moved through, so that we can really move above the current state of consciousness into a higher level. This seems like a good time to point out to that higher is not better than that something that the mind or the ego really always wants to latch on to is Ooh, it's better than like, that's why we want to go there. No, when it comes to source energy, God, however, you want to perceive of that universal oneness, there is no better than we're all on equal playing fields. All energy is on equal playing field, and everything is necessary to the whole. Back to spiritual awakening, though.

So if this sounds completely crazy, the idea that something physical like the earth could transform, remember, or maybe you're hearing this for the first time that quantum physicists discovered and openly admit that what appears to be solid to our human senses is actually an illusion. This is really important. And it's also just truly fascinating. So the physical body, the Earth, the floor, you're standing on, or the chair you're sitting. And right now, as you're listening to this, they are point 0000 1% physical matter, and 99.99999% empty space. What's in that empty space, energy, energy is in that empty space.

What this means is that the world that we see, or we interact with, or we touch isn't physical, at least not the majority of it, the vast majority of it, it's energetic, and so are we. So at its most fundamental level, the level of the atom, the material world is almost completely nothing or no thing. And yet, it's all things potentially because of the vastness of the energy stored within it. So the physical matter that you perceive of with your eyes is almost completely empty. space, it's filled with this limitless potential of energetic waveforms. I won't go off on a total quantum tangent here, but if this piques your interest, look into the physics concepts of observer effect and quantum entanglement. My point with sharing all of this is to really just set the stage and explain that this spiritual awakening process is happening on a widespread scale on earth at this time. And I think it's nice to come at that from both the spiritual perspective, and also this physics based perspective, which is more tangible, it's more measurable, it's really fascinating to sort of combine those two perspectives into an understanding, because depending on where we're at, in our thinking and feeling about this

process, one or the other could be more beneficial. I personally have found that I sort of alternate between perspectives, sometimes meaning a little bit more of a tangible science base. And sometimes wanting to just really feel and lean into that. And as we get further into awakening, we tend to sort of settle into the feeling the intuiting, the knowing.

But early on in the process, it can be helpful for the mind to have a better understanding of some of the science behind some of these concepts, so that it has a little something to chew on. It really likes to gnaw away on that more logic based information. So why is the mass awakening unfolding on earth at this time, this starts to get into the more esoteric and obscure area. But a lot of people prior to this time have referenced this sort of Age of Aquarius. So if you're into astrology, that's a term that you're likely very familiar with, or the golden era, the current astrological time period we're in is referred to as the Age of Aquarius. And so it's believed to be a period of time in which human consciousness will rapidly evolve. And it's sort of this movement from polarity or divisive consciousness to more unity consciousness. This mass awakening has been known about and predicted for eons, your soul chose to come here and during this time to witness and take part in this planetary awakening of consciousness. Meaning you're here for a reason. And one of those reasons is to awaken to your true nature.

On that note, let's get into some of the stages of spiritual awakening. So your particular awakening process is going to be as individual as a snowflakes crystallization pattern. So it will begin and unfold in divine timing occurring in a way that is most ideal and supportive of your evolution. This doesn't mean it will be easy or gentle, it only means that it will happen as it's meant to happen for you specifically, I like to think of it a little like grieving, obviously, no comparison there, it's a very different process. But the way that the stages of awakening unfold tend to be similar across people. But their order timeframe and repetition is completely unique to each of us. So during our spiritual awakening, we'll find ourselves oscillating back and forth between stages may be stalling out, or even stopping from time to time. And this is all completely normal. And people who have experienced this and gone through it fully themselves will absolutely tell you that this is a normal part of the process. This is because although our energetic frequency is trending upward, in general, it's still fluid and shifting back and forth between frequencies. So into sort of fifth dimensional thinking and feeling back into third into fourth back into third up into fifth. It's jumping all over the place as it's trying to figure out its sort of baseline level of functioning, which is essentially moving the baseline from one place to another place over time. And with the awareness that comes along with awakening. Having said that, once awakening begins, it cannot be stopped. So it's only delayed by the egos doubts, fears and resistance, or maybe stalled out for a time

period because of a few other potential circumstances at the time. But once that initial momentum gets going, it really can't be stopped.

Let's talk about some of the common themes and stages of spiritual awakening. So these are in no particular order at all. And the stages again, often co occur and can even recur. And you can jump back and forth between them. So try not to get too wrapped up in the order that I'm going to present these I tried to put them generally about the place that they tend to fall, but again, jumping back and forth and up and down. And at the same time. All of that is completely within the realm of normal here.

So stage number one, again, not necessarily the first stage, but just for the sake of keeping track of where we're at here is the hope for meaning so one of the earliest stages of a spiritual awakening is that craving for more meaning and purpose in life. We talked about this a lot in last week's episode life on autopilot. And it's really this gentle rumbling desire to move beyond autopilot living before you're even able to recognize that you've been set to autopilot. It's that feeling underneath at all. So although this can come as a sense of hopefulness, more often than not, it actually comes as this sort of broad feeling of frustration or discontent or an apathy for life. And simply put, you feel trapped by the way that you're currently experiencing life or some aspect of it. And so you feel this stirring for more for more meaning and for more purpose.

Number two is the catalyst. You can also call it sort of the big hairy break down or break downs. So the catalyst is the experience or coincidence that really begins to set off this chain reaction of your spiritual awakening, it can be something that seemingly inconsequential, like running into the right person at the right time, or finding the right book at the right time when you're sort of open to this idea, or it can be some major life altering event. So the loss of a loved one, the birth of a child, a divorce, an accident or injury, a mental breakdown, losing your job, hitting rock bottom, all of these are within the realm of that sort of catalyst. Maybe for you it was even a seemingly positive event. So for instance, you might have achieved monumental success in your career, which you thought would bring you happiness, only to realize that you're still not fulfilled in a meaningful, enduring way. Whatever the catalyst is, it leaves you contemplating as essential questions in a very big and nagging way. As I mentioned earlier, the process of moving from autopilot to fully awakened is highly individual. And the specifics of the journey are different for everyone, as is the timeline, but certain aspects of the awakening process tend to be necessary or even predictable. And the catalyst or the big hairy breakdown is one of those aspects. The breakdown can come in many forms and have many triggers. But the hopeful outcome, in terms of the perspective of your higher self is that you'll surrender that you'll release your sort of too tight grip on life and begin to open your heart to more cosmic

possibilities. That's really the meaning behind this catalyst experience. An important note here is that as the consciousness of people on this planet continues to rise, and more and more people begin to awaken, it's possible that there won't be a need for the disruptive, messy types of catalysts. So in other words, as awakening becomes more commonplace, it might become a more gentle process, simply because you'll be able to look around and see that other people are awakening. And so you won't need that push that very sort of aggressive push forward to propel you into that process.

Number three, this strange feeling, I hinted at this in the last episode as well. But there's this strange and persistent feeling that we have throughout the process of awakening. And it's one that doesn't really go away until we've hit the critical mass that flips our eyes open for good. So it's this feeling that I can really only describe as this vague, knowing it's a feeling that the mind isn't yet aware of something big and important. And it's a knowing that you don't know something that you really need to know, maybe you're feeling it now. And you can relate to what I'm trying to convey here, it's very difficult to convey in words, because it's such a specific feeling to this process. It's as if you're about to understand something life changing, but you're on the periphery of it and not able to see the full picture of it yet. When I think about it, this idea of a puzzle comes to mind. So it's like you're filling in the puzzle pieces of life one by one, but you're missing the frame that surrounds the puzzle itself. So you're missing that frame that goes underneath and around the edges of the puzzle. I had this feeling persistently in my childhood, it intensified in my 20s and really into my early 30s. But once I fully awakened, it completely went away. It was like it vanished seemingly overnight and has not returned since. If you're feeling this strange feeling trust that it's there for a reason. I promise it will be sorted out for you as you continue on with this journey.

Number four, the magnetic pull towards the spiritual. So you'll find yourself wanting to become spiritually curious, wanting maybe even craving to learn more about spirituality in a very broad sense and not necessarily in a way that's tied to any one religion or philosophy in particular, but it's a sort of curiosity that you can't shake.

This leads us into number five, which is the bizarre Are interest and the seemingly unrelated curiosities. So if you've ever found yourself, or if you find yourself now feeling curious about things that seem out there or strange, or maybe your interests are just constantly diverting, and changing and shifting, and you're like, What is this? And why am I interested in all these random things all of a sudden, and they're pulling me in different directions, and they all seem unrelated. I totally understand because I've been there myself. And I know from talking to others who have gone through this process, that they too have gone through the same thing. I'm sort of dancing around

the edges of this because there's this slight nervousness in me to talk about things so directly with you. But I'm just going to sort of dive in here, you might be curious about things like ghosts, aliens, UFOs conspiracy theories about the moon. Or maybe you've taken a random liking to quantum physics, string theory in black holes, you could be into angels, spirit guides, astrology, physics into Roe, or for you, it might be this sort of rebellious questioning of the status quo of the system at large. So in this case, you might find yourself tumbling down the rabbit hole on GMOs and the deterioration of the food system, the broken nature of the political system from end to end, both sides, the chemicals and personal care products, the industry of illness that's become really this cornerstone of modern medicine. The list goes on for miles. But the point is that what begins as a sort of journey of taking a good hard look at ourselves, morphs into this broader and more expansive curiosity about the nature of reality itself. And it really leaves us wondering what in the absolute world is going on here. So the mind will tell us that these interests are strange and even pointless. So the mind again, will tell us that these interests are sort of strange and pointless, like, everyone will think you're crazy. What are you doing looking into this? And yet we keep feeling that target to learn more. It's like this cosmic thread through the heart pulling us forward towards some constellation of knowledge and truth. I will tell you this, right now, your curiosities aren't strange, and they aren't random, either. They're intelligent and in are connected. So they are wise and universal bits of intelligence that are guiding you through your spiritual awakening, sort of like this trail of cosmic breadcrumbs. So each of these curiosities is doing its part to wake you up to the whole. This is absolutely how it happened for me, over the course of 15 years, but really, I can think back to even childhood being interested in some of these things. But it really intensified over this 15 year period, I developed this sort of vast, bizarre and seemingly disconnected collection of interests, I'd assumed they were all disparate interests. It wasn't until the day that my eyes really flicked open for good that I realized that everything, everything I'd been separately interested in was intricately connected. So each had done their part to shake me away so that I could see the whole. So here are some seemingly bizarre to the mind, not to your soul, topics or themes that you might find yourself interested in throughout your own awakening process. This list is long, but it is certainly not exhaustive. All right. So here we go. Crystals, Atlantis, space, physics, especially anything under the umbrella of quantum mechanics, the multiverse parallel dimensions, string theory, auras, kinesiology, chakras, yoga, the study of energy and emotions, the concept of star seeds, Lightworkers and Earth Angels, Reiki and other energetic healing modalities, near death experiences or nd ease, astral projection, the Akashic Records sacred geometry, palm reading, astrology, birth charts, the pineal gland, third eye, questioning Big Pharma or aspects of the Western medical establishment, GMOs and the food system meditation drawn to superhero movies and stories or movies

that shake up your perspective of reality. For instance, movies like Interstellar, studying the cosmos telescopes, consciousness, toxins and personal care products, origins of the pyramids, the spirit world and paranormal phenomena like ghosts orbs, entities Bigfoot even human design numerology UFOs and aliens time space continuum. Certain well known thought leaders and scientists like Nikola Tesla, Albert Einstein, etc. The Mandela Effect channeled material the meaning behind dreams, twin flames and soulmates law of attraction or manifestation, guardian angels spirit guides, psychological personnel Do you test for instance, the Myers Briggs, or even spiritual personality tests, for instance, are you an old soul, the origin of your soul, reincarnation, mediumship, or mediums? Again, that list is not at all exhaustive. But I wanted to cover a sort of broad sense of the various topics that you might find yourself interested in during your spiritual awakening.

Number six, the seeking outside or the outsourcing of power. As you move through the awakening process, you might experience moments or a large period of time in which you're searching for someone outside of yourself to sort of be the ultimate guide in your spiritual journey. So perhaps you're looking for a teacher, a guru, a sage, a saint, whatever it might be, to essentially tell you how to awaken. Because of the difficulties that arise as we start to awaken, it's really tempting to want someone else to do the work for us, or to tell us exactly what to do, especially if we're feeling these challenging sort of feelings, it would be much easier that way. And that's why we start to look for someone outside ourselves. And I want to say that seeking information outside of ourselves is a totally normal part of the awakening process. We're curious, we're lonely, and we're essentially questioning our own sanity during portions of it. So it's only normal to look for answers during this very trying process. But when we set our sights on one person or one approach to spirituality, it's really easy to outsource our power to that person or method. There is not one person or one path to lead you to your awakening. And there is no hierarchy here either. So spiritual teachers who look down on you from a sort of pedestal instead of empowering you to unveil your own equally bright light are either naively misguided by their ego or intentionally preying on the vulnerabilities that are exposed during the awakening process. I like to compare this to the idea of therapy. So the sign of a good therapist is that their ultimate goal of your work together is that you'll eventually be able to fire them, that you'll be able to fire them from a place of gratitude and appreciation, because they armed you with the tools that you needed to empower yourself from within an effective therapists reminds us of our own power. The same is true for an effective spiritual teacher. Their goal is to be your guide. As you personally gather the wisdom and tools you need to move to the next level of understanding within yourself. The goal is that you eventually move on. And of course, certain spiritual teachers stick with us throughout time. But again, we're not looking at one person as the sort of ultimate guide of

truth. A very simple way to put this is that true teachers guide you to your own empowerment. False teachers require you to revere them or place them on a pedestal to hand your power to them essentially. And again, that is either completely misguided by the ego in most cases, or it's an actual play on power that is more intentional. Be your own hero. Gather wisdom along the way, take what resonates and leave what doesn't. But don't give anyone more power or revere that you give yourself.

Number seven, the loneliness and the reclusiveness. As you move deeper into the process of awakening, it's common to feel lonely and misunderstood, or as if you're different. This is especially true if you're one of the first in your immediate circle of friends or family to have a spiritual awakening. While it's tempting to want to wake up others along with you. Awakening is not something that can be done for someone else. So we each must choose the path for ourselves and find our own way forward to that awakening process. In addition to that feeling of loneliness, it's also common to sort of desire this distance from other people, so to retreat and become homebodies in a sense, while this desire to be more reclusive, won't feel strange for introverts who have sort of always operated from that feeling. The desire for reclusiveness can feel very strange for those who are typically extroverted and this can be a sort of startling sensation to all of a sudden want to feel alone or distance from other people. But it is normal in terms of the process of spiritual awakening.

Number eight, the pull towards nature. So you might find yourself craving more time in nature, and you find yourself appreciating nature in a new way as well. You might listen to the way the birds chirp in the morning sun or admire a hummingbird sort of flitting its wings as it's hovering near a flower or watching a bug like an earthworm regulate itself across the ground. The sun's rays assist us in the awakening process, so it's natural to crave more time outdoors and in nature. I honor this desire as often as possible, and really attend to it in a way that when you get that nudge to go outside, you go ahead and do it, because it's really supportive of this process for you.

Number nine, the ego questioning. So when this happens, you really realize that you have an ego and you began to question it, you're bringing awareness to it, and you're getting curious about your ego in a big and meaningful way. So if you listen to the episode ego 101, and it resonated with you, you are absolutely in the process of awakening, if not already awakened. I know this because only the awakening soul is able to convince the ego to turn on itself to examine itself and bring awareness to its own shortcomings and misgivings.

Number 10. The spidey sense. So this is really this idea that your intuition heightens your sense of knowing increases, you also might find that you're able to see through others deceit or manipulation more easily when this occurs. So you see, through the illusions of

society, news broadcasts and political speeches start to look oddly like scenes playing out in some sort of movie, if you've had that feeling, or even glimmers of it know that this is a normal part of the awakening process.

Number 11. The stall out. So at some point, or at many points, your awakening process might seem to halt or stall out, it's common to feel as if you'll never get that spiritual buzz back when this happens. Yeah. And that can be really frustrating and disappointing, because it does feel so good when you're really riding that curiosity train, and you're feeling that you're really starting to understand something that you didn't understand for so long. Oftentimes, when a stall out occurs, it's occurring, because we really need time to integrate all of the information that we've been gathering on a deeper level. So although we may be able to make sense of it in the mind, the body, the cells, all that innate wisdom that stored within the atoms that make up our body, they need time to integrate it on a much more foundational level themselves. And so it can feel frustrating, again, to be passionately obsessed with the process of awakening one day, and then completely numb to it or disconnected from the next. But just again, know that this is very normal, and give yourself the space, the compassion, and really the patience needed to move through this integrative and restorative stage of the awakening process. And again, this can happen many times throughout a spiritual awakening, when I would stall out, it was helpful to sort of engage with spirituality in a more passive way. So to watch interesting YouTube videos or shows on Gaia TV, get out in nature, sit in the sunlight, daydream, whatever you need to do to sort of create a little bit of space in a less action oriented way and a more sort of passive receiving integrative way, don't push it, just hold space for that pause, and sort of grab the hand that's reaching out to you now whatever that might be. So take the easy way back to the general vicinity of your spiritual curiosity by finding something really anything that feels remotely interesting and take the small steps towards it. For instance, maybe you're feeling completely turned off by spiritual reading, but crystals might seem interesting to you again, go with it. There's a quote from spiritual teacher, Maureen St. Germain that's useful here and really applicable. So quote, remember, you will not transform everything overnight. Remember, too, that we humans generally follow a sine wave in terms of our evolution, moving from ideal expressions to the old familiar ones, and then back to an even higher ideal expression, and, quote, If you're finding or have ever found yourself really stuck or stalled out, and you can't figure out how to move forward, it can help to get curious about why the stall out is happening itself, I've noticed that there tends to be three types of spiritual stall out, each with a different reason or meaning behind it. So there's the restorative stall out, which is the quiet expansion. And this really happens when there's that genuine need for integration to occur before the next stage of spiritual expansion. It's about rest. It's about recovery. It's about subconscious

integration. on a conscious level, it will feel as if we're stuck, or maybe we're dispassionate towards spirituality. But again, there is this deep integration and understanding taking place on an unconscious cellular level. We genuinely will lose interest during this period of time because we need to process and integrate what we've already taken in. So we know this integration is nearing completion when we begin to feel that buzz of curiosity returned to us once again. The second type of stall out is what I like to call the mind derived stall out. So this has two forms. It has the stress induced blahs and the E Go diversion. So the stress induced blahs are when we're feeling overburdened by life's many demands, and in other words, when our proverbial bucket of stressors has totally overflowed on us. So when three dimensional life becomes chaotic, busy or overburdened, it's easy to slip back into mind mode. In other words, it's easy to retreat into the comfort of really relying on the thinking mind to guide us because the cosmic mind or higher self is still so new and unfamiliar, we don't really feel safe in that space yet. And so you retreat into this thinking mind, if and when this happens, be gentle with yourself, sometimes the best thing we can do in these instances is to simply focus on what's in front of us and take it day by day. What we don't want to do is force our way back up the river as it's trying to nudge us and carry us downstream also don't claim to boulders on the way down, to try and cling and grasp to something that was there and it's no longer there and you're frustrated, but allow the river to carry you downstream until you find that next spiritual curiosity. And then when you're feeling willing and ready to realign with the awakening process, the easiest way back is to really provide yourself with stillness and space on a regular basis. The tricky thing, of course, is that when life is stressful or overwhelming, one of the last things we want to do is to really be alone with our feelings. But when we give our feelings the space, they need to be fully felt, we also create this opening in the emotional body in which they can then be processed and released. So as we surrender to them, they are then released. If creating internal space and stillness is out of the question for you in the moment, you can create physical space and stillness instead, this is a totally different modality to sort of create space. But by this I mean, you can really tackle the lingering to dues relating to cleaning, cleansing and clearing the physical space around you. This is helpful because the physical pile up and clutter in our lives also creates an emotional pile up. Each time we consciously notice clutter in our home or our surroundings, and then we choose to ignore it yet again, we sort of add to this internal mental and emotional clutter. And when there's too much clutter, inside and out, we really stall out spiritually so you can spring clean your house, clear out old clothes in your closet, maybe tackle that pile of laundry that's just been building and building and building or empty out the suitcase that's been sitting on your bedroom floor, whatever you need to do to create that physical space to smooth the waters on the inside. The other type of mind drive stall out is the ego diversion. So this can happen when the mind or ego becomes

fearful of the change that the awakening process introduces in an attempt at self preservation, then the mind really uses reasoning and logic to create diversions that stall out the awakening process. So when this happens, notice it and bring awareness to it get curious about the mind spheres as they're running and coursing through it. With either mind derived stall out that might occur for you make sure you're getting plenty of rest. A lack of sleep is one of the easiest and quickest ways to get stuck in that three dimensional autopilot mode. The third type of stall out is the parasitic entity stole out I hope I'm not going to freak you out here but there are energetic entities that can really feed off of our negative emotions, and our suffering literally fuels their life force. So in moments when we've let our guard down or haven't been able to adequately care for our physical and emotional well being these entities can then latch on to us, really to our aura. And once they're latched on, they'll continue to sort of drain and feed off our energy until we clear them. Their energy tends to feel very heavy, draining exhausting. It's like an unwanted anger holding us down. burning sage or palo santo are helpful and popular ways to clear negative energies.

Number 12 The physical symptoms and emotional waves, so you'll experience an increase in physical and emotional sensations. The physical sensations might be things like buzzing, ringing in the ears, strange vibrations, sleep disturbances, fatigue or tiredness, light flickers, blurry eyes, exhaustion, heart palpitations, increased body odor hypersensitivity to light sound and sensory input in general, electric shock sensations, unexplainable aches and pains, symptoms of a kundalini awakening, which is really the clearing of blockages in the chakra system that allows new energy to move into the body. Of course, all of the things that I just mentioned can also indicate true medical conditions. So always be sure to check with your doctor if you're experiencing new and persistent symptoms that are alarming to you. But spiritually speaking, these physical sensations occur as a byproduct of energetic upgrades to our DNA. So solar flashes and flares from The sun contain energy transmissions that really affect our physical body as well as our non physical light body. These spikes in solar energy then directly catalyze our awakening on a cellular level. Emotionally, it's also common to feel things like depression, newer, increased anxiety, apathy, agitation, changing interests, losing interest in previous passions, or career paths, and even feelings of hopelessness. My goal here is not to scare you about these things, but to just say that they are totally normal in the context of a spiritual awakening process. Again, you always want to make sure to check with your doctor if you're concerned or worried about any of these things. But know that if you've done that, and if you are still feeling these things, this could very well be a reason for it. If you'd like more of a scientific understanding of this, you can look to something known as the Schumann Resonance, which is really a measurement of the Earth's heartbeat. And it reflects these energetic surges and shifts as well. If the Earth is feeling affected by these

shifts and energy increases, we are absolutely going to be affected to go back to this idea that we are energetic beings far more than we are material or physical beings.

Number 13. The Am I crazy stage, it's entirely normal to question your sanity at some point during your spiritual awakening, likely at multiple points. And this happens as we move from autopilot to awake and really as that mind wants to continue to interject itself into our understanding of what's going on, because it's trying to make sense of what's happening. And so it defaults to, well, I must just be going crazy. So know that this is normal. And it's totally part of the process.

Number 14, the misanthropic middle. So it's sort of this sense of humanity is a disaster, why try? What's the point, this can be a really frustrating place to be. Or you might just be feeling like you're welcoming in these really negative type feelings or negative perspectives where you're hyper focused on everything that's wrong in the world, and you're not able to see the other side of it. Know that this is a normal part of the process. And you just sort of have to sit with these feelings until you're spurred to pull out of them. And you might go back into them and pop out, back and forth, back and forth. This is very common.

Number 15, the sharpening of dreams and glitches in reality. So you might have more vivid dreams, maybe even lucid dreams. Lucid dreams are when you're aware that you're dreaming, and you're actually then able to start to manipulate and control your dreams from within. That's a really neat thing to experience, especially if you have a decent sense of control over it, because then you can really guide your dream in a very positive way to sort of explore that dreaming state and those other realms of consciousness. You might also feel more deja vu occurring, or even glitches in reality, or noticing Mandela effects more often.

Number 16, the let go. So you might find yourself contemplating letting go of habits, lifestyle choices, thoughts, and even relationships that no longer serve your highest good. So you're not necessarily making these leaps in letting go just yet, but you're better able to recognize what and who is weighing you down. And you're beginning to imagine what life might be like if you let those things or people go.

Number 17, the call to be in service of humanity. So you might start to feel this humble call to be in service to humanity in any way possible. You find yourself with this sort of undeniable urge to do something meaningful with your life. If you're feeling this way from the comforts of a stable job, maybe even one that you were once thrilled with, this can be very confusing. You don't have to up and quit in that moment. But pay attention to what you're feeling. And

honor those feelings by taking small steps in the direction of those sorts of wise whispers that you're hearing. So maybe this means volunteering, fundraising work, maybe it means starting a blog and writing about the topics you're being called towards. That doesn't have to be this big, scary leap that then propels you into a state of stress. You definitely don't want to feel completely stressed out by a decision like that. So teeter and tinker from these small steps and then take a bigger bolder leap. Once you've started to establish that something is for sure the path that you're being called towards.

Number 18. The leap of faith. Logic can really only take us so far at some point we must bravely leap in faith to fully awaken ourselves to our true nature. So we must welcome the unknown and the uncertain and we must be willing to consider all possibilities because the sense of knowing within our soul becomes so strong, so unwavering, that it overcomes logic at some point.

Number 19. The shift. When you know you know out, when this strange cosmic puzzle finally comes together, it comes to gather. So in a sort of single moment, something will click for you. And in that sliver of time, our eyes just open wide. And once they're open, there's no closing them again, there's no way to flip the switch back to autopilot. This is the point at which the journey really gets going. Because once we're awake, then we begin to start the ascension process. It isn't over. It's really just beginning from here.

All right, that was a lot. I'd like to check in and just say, where are you at right now? Like, are you excited? Are you intrigued? Are you totally freaked out? Are you ready to click out of this and dismiss me as crazy? I encourage you to embrace whatever it is you're feeling and really surrender to that feeling. If you're sitting here thinking, What in the world did she just talk about? And yet you kept listening anyway, because something kept you here. This I know for certain you are brought here to this moment for a reason and you listened for a reason. When it comes to these matters, there are no coincidences, this information is for you. So whether that's for a former you for the current you or for some you off in the future, perhaps you needed to hear this to gently spark some knowing from within, or maybe you needed it to trigger something uncomfortable to bubble up to the surface. Whatever the reason is, I hope that these words and what I've shared today have served as a useful catalyst in your own awakening journey.

As always, thank you so much for being here. Thank you for staying here. And thank you for listening with an open heart. I hope you have a meaningful week and I'll see you here next Tuesday.