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## **Spiritual Awakening: A Path towards Divine Soul**

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Spiritual awakening is a call to higher consciousness and deeper mental awareness. Spiritual Awakening is also known as nirvana, enlighten, and bliss. Awakening starts from the moment a person can step back and awake to their life with a sense of being in this world. The idea of spiritual awakening was popularized in the western world by Carl Jung, but the experience of rising to a higher state of consciousness has been an intrinsic part of what it means to be human. It is a process of personal transformation, an appreciation of reality which had been common previously unrealized. The culmination of such realization of oneness with all existence. spiritual awakening happens after some or other traumatic experience, with detrimental impact on your physical or emotional well-being and followed by a long period of healing.

- **COMMON CATALYSTS.**

- Traumatic experience
- Major Life Changing Event
- Divorce
- Death Of loved one
- Serious Illness
- An Existential Crisis

These catalysts are known as the dark light of soul. During these stages an individual starts to ask questions about the meaning and purpose of life. It is often accompanied by depression. Such experiences can transform one's outlook on life. Many people who reported these experiences that when they encounter these experiences show their disconnection with outer world.



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## **NATURAL AWAKENING**

This is an involuntary process of awakening.it takes place after engaging in a practice that produce a shift in life. There are some practices that can activate a greater conscious awareness.

- ★ Meditation
- ★ Mind fullness
- ★ Self-transformation practices
- ★ Connected with natural surrounding
- ★ Connection with animals.

### **PROCESS OF AWAKENING**

**Initiation:** As the process of spiritual awakening starts, you begin to encounter a sense of disconnection from the outer world. ego also starts separated from yourself. This edition is occurred after a life changing event or experience. During this phase ones start looking inward and begin the process of self-evaluation.

**Query:** Spiritual awakening opens the window to the area of your life in need of healing. As the process starts, you try to limit the behavior if you were following a religion, but you may also experience a Dis melting of this belief system as you seek to make sense of this world.

**Quest:** During this phase, you start attending spiritual center of worship, reading sacred tax or doing research on other religions. Many religions provide us with a perfect place to start until we can stand on your own two feet. For instance, the noble eightfold path in Buddhism outline steps toward perfect peace (Nirvana).

**Integration:** During spiritual awakening journey light is to shed on the wounds within your soul to seek healing, as these wounds are revealed, you will feel support through the form of traditional therapy, spiritual guidance, coaching services and spiritual healing practice.

AS you seek healing and guidance, you are clearing out negative thoughts pattern and making room for divine knowledge and wisdom to blow through healing help to shift into a new paradigm and alleviate your conscious mind.



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**ONENESS:** Oneness with universe is beautiful practice, overtime many great teachers have come to this wisdom, some of them must include

Jesus, Gautama and Lord Krishna. Their personalities had an influencing effect on mankind. They create a history and how to love mankind.

### **Types of spiritual experience**

- **Transient:** The experience is temporary and the individual returns to a normal frame of mind.
- **Ineffable:** the experience cannot be adequately put into words.
- **Noetic:** the individual feels that he or she has learned something from experience
- **Passive:** experience without conscious control.

### **SIGNS OF AWAKENING:**

Whenever we think about awaken people, the name come to mind, like mahatma buddha, Mahavir and Jesus. These inspiring figures might lead you to believe that being awakened is being perfect.

- **Observing Your Patterns:** one of the first signs of awakening is noticing. You may be going through life on autopilot mode without giving much thought to who you are, what you want and why you are here. Having these questions; pop up is like turning on a light in a previously dark room. The first step in growth is always the awareness of the present moment followed by an impulse to change something.
- **Feeling A Sense of Connection.** Connection comes from shared humanity; it starts when you are taking interest in your community you might decide not to eat meat you feel connected with planet.
- **Letting Go Off Attachment:** you may define yourself by the car you drive, the shoes you wear, what you eat and with whom you spend time. Think about your true self. Over the years, you take on beliefs or descriptions about yourself based on what your friends, the media, even these sciences tell you. Every layer is another bit of fabric. Once you become aware of the veil, it becomes transparent.



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- **Finding Inner Peace:** think of inner peace as being unflappable. It doesn't mean that things will not go wrong in your life. It just means that when things do go badly, you are not on an emotional roller coaster of anger, frustration or despair. The Dalai Lama describes inner peace like stubbing his toe he still experiences an emotional charge. But it is fleeting. Inner peace is like a magnifier of positive emotions and a wet blanket over negative ones.
  - **Increasing Intuition:** spiritually awakened human beings seem more apt to connect with his energy on a regular basis
  - **Having Synchronicity:** Along the same lines as intuition, there is that feeling that the universe is conspiring to make something happen.
  - **Increasing your Compassion:** Empathy is your ability to feel what others are feeling to try on a new perspective. Compassion is an action that is inspired by your empathy. it literally means to “suffer with”. Awakened person notices both a more all-encompassing empathy and a more action –oriented compassion
  - **Removing fear of death:** A wise teacher, Barry Kaufman once said that all fear is really a fear of death. All fear decreased generally as an individual became more awakened. This might be due to the lack of attachment.
  - **increasing Authenticity:** with awakening ones show more confidence and a deep sense of self-worth.
  - **Flourishing:** awakened people have a level of well-being that seems to be more consistent. There is a mind and body connection which translates to people who are happier are also healthier.

### **Path of Spiritual Awakening**

The journey of awakening is not so simple, but it is complex and painful. Some stages are very painful. The pain is due to the heightened of awakening. During the process of awakening the person has to go through a lot of changes as the caterpillar goes through a lot of changes and pain before converting into a butterfly.



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## **STAGES:**

### **One – The Beginning**

This is just the **beginning of your spiritual journey where you start questioning everything around you**. As you start the journey towards spirituality, it is natural for you to slowly clear out things from your life (habits, relationships) and make room for the new ones. You may get a feeling of despair, frustration, and loneliness like something is missing yet you don't know what it is. Don't worry, it's okay to feel this way because it's all part of the process.

### **Two – The Darkness**

While in this stage, you may feel as if you were dying. In a way, you are – the old you die and a new you are born. The second stage is also known as spiritual purging. It is the stage where your soul brings everything that should be cured to the surface. It is by far the hardest stage to go through because you may feel that life is pointless and that you don't belong anywhere in this world. While it can lead to depression, it can also function as a path to personal fulfillment because once you've hit rock bottom the only way to go is UP. This might be a stage when you need support, so it's a good idea to check out online therapies that can help.

### **Three – Curiosity**

The moment you've made it through the darkness, you slowly embark on a journey of self-awareness. Writing, art, spending more time outdoors, and doing things you've never done before, are all very common behavior changes. You might even change your circle of friends because you felt like you were in a rut with your previous group of friends and will now feel a tendency to choose friends that share the same beliefs as you do. This stage is also called the sponge stage because just as the sponge absorbs water, you absorb new ideas and beliefs. Slowly but surely, you are becoming spiritually awake.

### **Four – Rebirth**

The name of this stage derives from the Japanese Buddhist term “satori” – awakening. Before this stage, confusion and inner struggles persist. But now, you've finally discovered your true self. From this stage onwards your soul feels light, and you become more alive.

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### **Five – Soul Growth**

If you thought that you've already reached spiritual enlightenment, you still have a lot ahead. The fifth stage is probably the longest. It may take months, years, or even decades to get where you want to be. Here, the soul is growing, and you implement new rituals and routines that help your soul thrive. The goal here is to follow your intuition because it will always lead you in the right direction.

### **Six – Surrender**

You've already done much internal work and you live in balance and harmony like never before. At this moment, the missing piece of the puzzle is to finally let go of the person you thought you should be to be who you are. In this phase, you'll let go of everything that is holding you back. By this point, you are deeply aligned with your true self and the only thing left to do is to allow your true self to shine. You need to have faith that the Universe is working on your behalf, uplifting and guiding you every step of the way.

### **Seven – The New You (completely transform)**

The last step of spiritual awakening lies in achieving divinity, light, and love. The ego finally dies, and the soul awakens. You become fully aware of your purpose – to shine with your brightest light and serve the world.

### **Pain in Early Stage of Awakening:**

1. Pain in early stages of spiritual awakening, it is rather like your body is waking up in the morning from overnight sleep. You wake up stiff, Painful and in need of some flexing and stretching to get moving without pain “even a cup of tea helps too.”
2. Pain in middle stage: add you proceed in these days you begin the process of throwing away your old ego. It's start to try to break you down it will fight against you this can cause stress hormones to build up in the body and you may find your sleep is disturbed this is these days when European level is likely to be at its highest you will be physically tired you will also feel exhausted as a result too this pain will feel like your legs blocked venue run up and down stairs 20 times it's the pain of exercise and it burns it can also mix with the pain of anxiety and stress that being experienced too increased intuition can need to anxiety your intuition is become more humped and you picked up on things more



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sensitivity to the energy and intention of everything that is happening to you and make you more painful uneasy can lead to stress which maintained itself and then and interfere with rest and digestion human develops stomach ache and changes in your bowel habits as a result emotional blackmail from your ego these the feeling of grief which is from ours ego as it's being let go of your ego will give you all sorts of strong emotions during this time it is disappointment this aspect of awakening is very tired and painful this is going to translate fight with your ego which may you feel you are going to lose everything

Pain in last stage of awakening:kundalini which translates from the Sanskrit word means coiled snake, word coiled snake describes the energy that rests, often dormant, coiled at the base of spine. When it awakens it can cause several experiences. Kundalini energy is a lift force energy, meaning it's a major source of internal power, we all love it, but not all of us have experienced it. The kundalini shakti is only able to flow freely when one's chakras are totally clear and clean and opened. The chakras are like gates to the dimensions of perception. Revelle says nothing that for many blocked chakras do not allow kundalini energy to flow. kundalini rising is an automatic thing that happens, and it can happen under any type of spiritual discipline and style of yoga. through the practice of enriching your spirituality of inner world.

**Sign you are going through spiritual awakening.**

1. You have a feeling of freedom from the ego and from the material realm.
2. sense of resounding peace.
3. You feel love and compassion for all that antagonize you as an intrinsic part of all.
4. Your mind can witness, observe and discern.
5. All the problems and even past trauma do not have some effect on your mental setup.
6. you might feel pleasurable physical sensation like a full body orgasm but one that is more sensual than sexual.
7. You have a profound new life and new events.
8. New strength and clarity that allows many posture changes in your life without any fear your creativity serves.
9. You have a significant increase in everything you feel heat in the spine which is sign of Kandil energy is not flowing in a proper channel





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10. Youve sleeping problem that happens only when only is going to ha awaken but chakra is not fully clear.

### **How to Have a Spiritual Awakening?**

To trigger spirituality, you need to experience it practically as well as emotionally. Here's are some practices.

#### **Meditate**

Living constantly in a rush and hardly managing to complete daily tasks, you can lose touch with your inner self. It's important to take some time and devote it to yourself. No matter whether in the morning or late at night, take 10 minutes to meditate. **Only through meditation can you quieten the mind and let the soul speak.**

#### **Laugh**

We all know that laughter is the best form of therapy. But what laughter has got to do with the spiritual awakening process? Well, laughter unburdens you and takes you far beyond the influence of your ego. **It is the cure for the damage done by your ego.** Try laughing even in the darkest times because laughter triggers the release of endorphins (happy hormones). Laughing till your stomach hurts and appreciating everything that brings you joy is important.

#### **Dance**

Dance is probably the oldest enlightenment practice. It is the ultimate expression of who we are beyond our names, titles, and achievements. **Through dance, we allow our minds to be in the present moment.** For a moment we get immersed in the rhythm and the beat, fully forget who we are, and let the spirit soar. Get on the dance floor, close your eyes, and let the music take you away.

**POSITIVE EFFECTS OF AWAKENING:** \* We feel a sense of love and compassion, and there is a strong sense that we have transcended a limited state, and that awareness has become more authentic than normal. At higher intensities of awakening experiences, we may even feel that we have lost our normal sense of identity and somehow become one with the whole world. Awakening has powerful therapeutic effects. These experiences realize that the world is very meaningful, and they start realizing their purpose for coming into this world. As





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the famous psychologist Abraham Maslow noted that in relation to what he called peak experience-A single glimpse of heaven is enough to confirm its existence. A strong sense of inner peace.

Many people found spiritual awakening the most significant moment of their lives. It provides relief, joy, grace and wisdom. According to Deepak Chopra, awakening happens when you are no longer living in a world of dreams, where you filter everything through your ego and focus on the future and the past. Instead, you have almost simultaneous awareness of your individual self and the connection between that and everything else. spirituality is the soul of Indian culture, which was developed to make everything in a better state of entire mankind through awakening, a person comes out of the darkness and start living in a pleasant, enlightened state. He never regrets his past and he never gets worried about the future he understands the fact that he cannot change what has happened and even cannot alter what is going to happen, so it does not mean an awakened person become a thumb or do nothing, the answer is no it does not mean that he accept and he became effortless, but he certainly ensured that the thing which are out of his control are unless to think or act upon, so he breaks these circle and leaves in a present moment spirituality is a gift to the whole of mankind it is a precious announcement and the spiritual awaken person is purely a human that contribute to mankind and making the society in a better state.

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