

55 SYMPTOMS OF SPIRITUAL AWAKENING



AND WHAT YOU CAN DO



Welcome to the Great Awakening!

We are in a time of massive, monumental changes. We can call it crisis or upheaval, but in reality, it is an Awakening, a huge paradigm shift. Increasing awareness that both facilitates and accelerates the expansion of consciousness into an entirely new future that we have the power to create -- for ourselves, and for our planet.

If you've been wondering 'why' you feel physically, mentally or emotionally challenged without any particular reason or cause, it could be because you're experiencing the very 'real' effects of ascension.

As the Earth changes frequency during the Great Awakening, the physical beings living on her surface must vibrate at the same frequency in order to exist (or survive). Since the Earth's frequency (the Schumann Resonance) is rising, so must we.

We have a big acceleration happening right now as we move into a new state of being. Many mystery ailments go misdiagnosed or medicated into suppression (which typically causes disharmony in another area; that energy has to go somewhere). As always, check with your health professional if you are concerned.

There are many environmental, lifestyle, spiritual and DNA factors involved in how and why people experience the process. For some, the symptoms are a sign of progress; for others, these symptoms are a burden. It completely depends upon the journey you desire.

This is the guide for everyone wishing to better understand what is happening at this time and what they can do about it.

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The advantage of being aware of changes to your energy field before your physical body is affected (in a possibly painful way) is that you get to make LIFESTYLE CHANGES as and when you're directed to. You then are not ignoring your change instructions and are not making them when it's too late and your physical body is crying out for assistance. Accept your energy changes as they happen and you'll have a much more enjoyable, smoother and rewarding experience of ascension.

1. Headaches, migraines - fuzzy head - your brain is forming new neural pathways. You're creating 'new thought paths'. The more you accept newness without resisting, the easier this process will feel. Drink lots of water and rest during major cosmic events.

2. Spiritual Flu - Even though you have flu like symptoms, you're not actually 'physically ill'. It's more of an energetic sickness that passes over 24-48 hours. It can often feel like a 'spiritual fire' is rising within you - cleansing and clearing any toxic energy in your cells and bringing them up to a higher, finer vibration.

3. Dizziness - This can happen around big cosmic events like solar flaring, eclipses and super moons. Ground yourself by going barefoot on the Earth is recommended.

4. Ears receiving high-vibration sounds - This will sound like a tuning fork being struck in one ear or the other. A high pitched vibration sound slowly tunes in and then out. It doesn't hurt and is random (this is not the same as tinnitus). Ear downloads are the way that high vibration information is absorbed by your energy body. Everything is energy which means all is sound. You're receiving instructions on your next steps. You may not be able to decipher what the messages mean. Just pause, allow them to absorb and say, 'Thank you'.

5. Thymus fluttering, sometimes felt as heart palpitations - Your thymus gland is your gland of spiritual awakening. It's shaped like a butterfly and sits over the sternum in the middle of your chest. You can tap it with your two middle fingers to ground yourself as it flutters, when you're growing in spiritual awareness. It can often be mistaken for feeling like your heart is palpitating or skipping a beat. This feeling comes and goes, particularly when your heart and 'high heart' (the energy centre of the thymus) are expanding. The vagus nerve which runs down the side of the neck is also linked into the heart and when stimulated (as your neck becomes tight, perhaps from resistance to your incoming life changes) this can also serve to awaken the heart energy field and cause an expansion (fluttering) of consciousness.

6. Blurry eyes, sore eyes, eye ticks - Your eyes can become inflamed and sore when life is changing very quickly before you. Your third eye may be developing, as your inner sight expands and your intuition and psychic abilities - telepathy grows. Rest your eyes frequently by closing them and being still. Gentle breathing meditation assists.

7. Waking up between 2.00 and 4.00am - This is the hour of the night when energy is still. You can clear much from your mind, if you awaken during this period. You're more receptive to messages. Wake-up, meditate, write down your thoughts, then when you go back to sleep, it's likely you'll have prophetic dreams (dreams with important messages that you'll remember). Some people may even astral travel after going back to sleep - i.e have an outer body experience and be conscious of life continuing on, outside of the physical body while in the dream state.

8. Sore muscles and joints - This can be caused by old, toxic energy leaving your cells. When powerful planetary alignments take place, it's important to MOVE your body to assist in the assimilation of higher vibration. If you do not, energy can become stuck and cause painful muscles and joints. Magnesium baths also help.

9. Heat rising in the body - Similar to 'spiritual flu', this can often occur 'early on with some regularity' during your awakening journey. Rest and drink lots of water when this occurs, as it will pass and reveal greater awareness and a clearer direction when complete.

10. Dropping objects, clumsiness - This tends to occur when your paradigm has been challenged and your old ways no longer serve you well. You're being guided to change your ways, to focus more in the moment and not get distracted by too many things at once.

11. Anxiety - Many 'Empaths' and sensitives may feel anxious because of the lower-level (often negative) energy that they pick up and absorb from others and a toxic environment. If you are sensitive to other's energy fields, being aware of your abilities is key. Pull your awareness in closer to your own energy field, rather than extending it out to meet others. Look after yourself by focusing on what you love.

12. Loss of memory - This often happens when you grow in self-awareness. You become more interested in 'the moment' than you are the past. You may not even remember (at a glance) what you did this morning, You'll need to slow down your thinking in order to recall. High-vibration energy keeps you in the moment where all-power and potential exists.

13. Insomnia - This can happen when there is a lot of change stirring within you and you're unsure of what to act upon first. Your Ego-Mind is over-thinking and over-processing potential problems and solutions. It's during sleep that the release valve on your day is set off. Try meditation before sleep.

14. Higher expectations of yourself and others - When you wake-up and ascend in consciousness, you desire to act with authority, integrity and spiritual excellence. This means you expect more from yourself each day and ultimately from those around you too. You'll put pressure on yourself and others. You'll come to learn that we are all at different levels of evolution and so over time, the expectations you have of others will dissipate. Instead you'll apply your own changes (to yourself first and foremost) and then see them 'naturally' affect change in others.

15. Relationship strains and changes - Ultimately as you elevate in awareness of who you truly are as a spiritual being on a human journey, your relationships will shift (until you come to be in the company of others who are vibrating at a similar frequency). Those close will feel that 'you've changed' because you have. Awareness reveals the truth within - no more pretending. You've taken off the mask. This means you'll need to go through a period of time where you're either explaining yourself and your truth to others, seeing if they'll come on board and grow along with you, or choose to move away. Some relationships can continue and deepen, while others will need to be conducted at a distance or not at all.

16. A growing need to break free - This can be accompanied by many of the physical symptoms. If you've been off purpose for too long, you'll feel the desire to change everything at once to be free of old restraints and ways. Take practical daily steps, as you see fit. One step at a time towards positive change can make a huge difference (and put you at ease) in your desire to be free.

17. Career dissatisfaction - This goes along with a desire to break free. As you become aware of your new reality, the dissatisfaction you may feel in your career or work can increase. This is because you have a growing need to 'be on purpose' and if you feel your talents and skills are not being utilised in your work - then you may want to change to a path that does uplift you and bring greater reward and satisfaction. Some people, may realise that their current career is right and they just need to be more of themselves within it. While others will need a complete career change.

18. A strong desire to find meaningful purpose - This goes along with a desire to break free and can also include career dissatisfaction. One of the great consequences of ascension is the urge to move you onto your purpose for incarnating on Earth in human form. It can become an insatiable urge to remember who you are and why you're here.

19. Lethargy - This can occur when you're not treating your physical body well during periods of pronounced energy shifts. Ensure that you address your diet when in ascension mode and consume high-frequency (fresh, plant based foods) and drink lots of filtered water - limit processed foods (although many will over-consume these in an attempt to feel good). Also, ensure that you move your body daily and practice applying what you're discovering about your reality each day. Action moves lethargy.

20. Some need less sleep - Many will be so awake, excited and inspired that they continue to need less sleep. Follow your individual call. You know what's best for you.

21. Greater empathy and compassion - As you deepen your ascension process the energy centre of your heart will expand and create a greater field of compassion around your physical body. You'll more easily feel what others feel and pick up on energy from your environment. Tears and emotions can be strong, usually during heightened periods of cosmic activity. Use what you feel and pick up on to be kinder to yourself and affect positive change in your own life - first and foremost.

22. Changes in eating habits - It's hugely common that once you begin to awaken, you feel the intuitive urge to clean up your diet. Follow your personal calls to change your diet, as you see fit. You may experience strange cravings and odd food choices. You may not be as hungry as you used to be. Or hungrier. Food intolerances, allergies you never had before may suddenly arise.

23. Shifting friendships and rifts can grow within families - This goes hand-in-hand with 'relationship shifts and changes'. Family and longstanding friendships (in particular) will notice changes within you, when you begin to awaken and grow. They'll say, 'You've changed'. You have! They may take issue with it, as they want the 'old you' back - particularly if they haven't woken up and/or have no indication that they will - you'll be challenging them. This can often be one of the most difficult ascension symptoms to assimilate, as you feel long-standing loyalty to family and friends. However, there is no going back once you begin to ascend. Each of us has to decide how we choose to interact with family and friends who are no longer in alignment with us. Some go quiet, and plan a path away from old influences. Some try and change those around them (this may or may not work, as all souls have free will). And some may accept that a new path awaits them - which will bring in new friends and possibly means a changed relationship with family, meaning little or no contact. Each of us will walk a different path. All is well, as we choose what best suits.

24. Increased telepathy and psychic powers - As your inner sight opens and clears (your third eye) your telepathic abilities (sending and receiving energy messages on the spiritual planes) will naturally increase. What you focus on can manifest at lightning speed, for positive or negative effect. So, being self-responsible for how you direct yourself is key in 2020 and beyond.

25. Noticing double/triple digit numbers - The SIGNS - Number sequences will begin to jump out at you. Spirit resonates with the language of numbers. Numerical sequences form the matrix of reality. When you see them in uniform sequence i.e 11:11, 2:02, 3:33 etc. these become markers, serving to wake-you up and point you in the direction of higher consciousness. When you see a number sequence, simply pause - take note and say, 'Thank you'. Then go about your day and wait for further instructions to drop into your awareness - as they will.

26. A thirst for ancient, esoteric knowledge - You may find that answers call from our ancient past. You'll begin searching for buried truths that mainstream archeology dismisses. An interest in ancient technologies, practices and connections with the stars will call. The ancient Egyptian, Syrian, Mayan, Indian, Aboriginal and ALL indigenous cultures will appeal. Dive in deep and love what you find.

27. Meditating, taking up yoga or healing arts - This goes hand-in-hand with a change in diet and all of the other ascension symptoms. You'll feel your physical body changing (bringing in more light) and as a result you'll feel the urge to practice exercise and healing techniques that help you to master your energy flow. These practices can accelerate your spiritual growth.

28. A need to take action - Where you've been sitting back unsure or unmotivated, once ascension begins you'll likely feel the need to move and be active along your path. Some people may want to tackle many changes all at once. Go at your pace and apply what you know. Walking your talk is imperative to being grounded and authentic when embracing your expansion.

29. Tears flowing - overly emotional - This occurs in line with the heart field expanding and your empathic skills developing. This means that water is flowing in your physical body, cleansing and clearing old, stuck energy in the process. It can be a very positive sign. If you become overly emotional, you can ground yourself by stepping outside barefoot into nature and allowing the outdoor energy flow to naturally reset you.

30. Increased self-awareness of your old patterns - As your consciousness grows, so does your ability to reflect and make self-responsible determinations of where and how you've developed repetitive patterns because of choices you've made. With considered insight comes the ability to consciously choose and shift your patterns to a higher energy flow. You do this with daily action steps.

31. Vivid dreams - This goes hand-in-hand with waking up in the early hours. Much learning is conducted through the dream state. You'll also be cleansing and gaining clarity on past situations and future visions. Keep a notebook near your bed and write down whatever you can remember, as soon as you wake, before it slips from your consciousness. There is much to learn from dream states. Focus on the 'feelings' in your dreams, They tell you everything.

32. Being hugely creative and inspired - With a higher vibration being channeled through you, creativity surges. You could find that you're constantly being inspired with new ideas. I suggest that you implement your ideas - one at a time. Try them out and act on what you receive. Soul loves it when you apply your direction. Not applying your creativity can result in pent up energy stifling you.

33. Sinuses running / increased sneezing - As your third eye (the awakening pineal/pituitary gland in concert with the heart) comes on line, you could find that your sinuses run - and you could also experience sneezing fits. This is a clearing of the third eye.

34. Stomach irritation and irregular bowel movements - As old energy and lower vibration moves through your physical body, you could notice that you 'let go' with increased movement in your stomach and bowels. You quite literally can either release a flood of old energy via the bowels or resist it leaving and then feel constipated. Water helps to clear you, as does rest. This usually passes after a day or two.

35. Lower back issues - Issues of feeling supported (or not) often play out in our lower back, specifically where finances are concerned. You could find that as you change and others around you do not, you could feel frustrated and burdened that you're all out on your own. This is often when backs can seize up - because you feel unsupported and can manifest this feeling in your back - which supports your body. Tell yourself that there is plenty of support all around you and that you're truly capable. Lie on the ground, outdoors (or against a tree) for great healing relief.

36. Upper back pain or itching between the shoulder blades - Right in between your shoulder blades can become very tender as you further develop your light body and energy field. This can cause a tightness and itching in the upper back area, as well as a heaviness in your shoulders.

37. Sore neck and shoulders - You could find that your neck becomes stiff (extending down to your shoulders) when you're not accepting the new information and higher vibration coming down into your physical body. Be flexible and allowing of change. Recognise that there are many ways to achieve your goals. Practicing openness and dropping fear of the unknown will assist. Challenge yourself daily.

38. Wanting to be on your own - Many feel the need to cocoon off from others and their old way of life. This incubation period helps us to know ourselves without distraction and can be vital to your spiritual growth. If you live or work with others and cannot be on your own, you may notice that you become emotionally and mentally distant. Be aware that they may not understand. Explain that you just need some quiet time to go within. Allow others to grow with you, if they choose.

39. Growing in personal power - You'll begin to feel more confident in who you are (all of you) the more that your consciousness grows. Authenticity flows, as the person you are on the outside is a direct reflection of who you are on the inside. You move into alignment, act with integrity and higher consideration and respect for yourself and others. This is personal power.

40. Feeling that everything you've ever known has been a lie - As your awareness grows and you reflect deeply on your past, you could feel that everything you've ever known and/or have been taught has been a lie. It's not a lie, it's just that you haven't tapped into the wholeness of multi-dimensional reality. Rather than becoming angry or frustrated, you can become excited instead. Your growing awareness now means that you can see how your 'will' and choices direct your life. You now become responsible for where you take yourself in life and that equates to personal freedom and equals personal power.

41. Bouts of euphoria - followed by feeling low - You may experience bouts of being on a high, followed by days when your energy feels lower. These lower periods are the 'assimilation' periods. After growth, you need to stabilise and allow yourself to rest. It's just like working out a muscle with weights. You push it past its limits, then rest and during the rest period (the low) it grows stronger. Spiritual growth (ascension) works in exactly the same way. So, on slower days - you're not really low, you're just assimilating your changes and growth, before getting ready to expand again.

42. Shortness of breath - Along with heart expansion, your lungs are taking in greater capacity for life. And so, you could find that as your energy field grows, you experience a sporadic shortness in breath. Deep breathing, right down into your belly (in through the nose and out through the mouth) assists with a more even breath - of the in and out flow.

43. Intense energy - Episodes of intense energy which make you want to leap out of bed and into action. Followed by periods of lethargy and fatigue. The fatigue usually follows great shifts. This is a time of integration, so give into it.

44. Power surges - All of a sudden you are heated from head to toe. It is a momentary sensation, but uncomfortable. In contrast, some people have felt inexplicably cold. You may even experience waves or currents of energy rolling through you. Sometimes the energy seems so intense when it first comes into my body that you may feel a little nauseated. Breathe through the sensation and rest if you need to.

45. Looking younger - 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 all of life more. You begin to resemble the perfect you that you really are.

46. Events that completely alter your life - 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 you cannot ignore. Forces that cause you release your attachments. Forces that awaken your sense of love and compassion for all.

47. A perception that time is accelerating - It seems that way because you have had so many changes introduced into your life at an unprecedented rate. The number of changes seems to be growing.

48. “Teachers” appear everywhere - with perfect timing to help you on your spiritual journey: people, books, movies, events, Mother Nature, etc. Teachers may appear to be negative or positive when you are trapped in polarity thinking, but, from a transcendent perspective, they are always perfect. Just what you need to learn from and move on.

49. You move through learning rapidly - You sense that you are “getting it” quite readily. Deal with whatever comes up with courage and you will move through your personal issues rapidly.

50. Harmony with seasons and cycles - You are becoming more tuned to the seasons, the phases of the moon and natural cycles. More awareness of your place in the natural world. A stronger connection to the earth.

51. Electrical and mechanical malfunctions - When you are around, lightbulbs flicker, the computer locks up, or the radio goes haywire.

52. Increased synchronicity and many small miracles - Look for more of these. 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. That’s when you begin to experience daily miracles.

53. Integration - You become emotionally, psychologically, physically, and spiritually stronger and clearer. You feel as if you are in alignment with your Higher Self.

54. Uptick in manifestation abilities - Physically manifesting thoughts and desires more quickly and efficiently. Monitor your thoughts. Thoughts becomes things. Be careful what you ask for.

55. Left -brain fogginess - Your psychic abilities, your intuitive knowing, your feeling and compassion, your ability to experience your body, your visioning, your expressiveness all emanate from the right brain. In order for this side of the brain to develop more fully, the left brain must shut down a little bit. Normally the left-hemisphere’s capacity for order, organisation, structure, linear sequencing, analysis, evaluation, precision, focus, problem-solving, and mathematics dominate our often less-valued right brain. 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 spaciness, being scattered; losing interest in complex information; feeling bombarded with words and talk and information; and a reluctance to write.

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 kinesthetic forms of expression. You may 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. (check out our book: [Divine Union](#))