

Awakening – 1.0

When you experience adversity in your life, and in particular, when you lose your loved one, your whole world changes. You begin to see life differently and from a whole new perspective. You begin to realize that there is so much more to life. That your time here on earth is precious and that you need to make the most of it and live life to the fullest. This is something that is sometimes difficult for others to understand because they have not gone through life events that have led to this awakening. The day-to-day tasks that you got caught up in previously, no longer seem that important. You begin to open up to wanting to have new experiences, to have Fun, and to begin to find Joy again. You begin to build a relationship with yourself; where you are coming to know the fullness of who you are and stepping into a deeper understanding of the greater aspects of life.

This awakening, though, does not happen all at once. It is not like a switch goes off and you are, all of a sudden, seeing life completely differently. It is usually gradual, and you begin to realize that you are looking at things differently. And seeing things through what can seem like a new set of eyes.

The awakening process can be like a re-birth into your new life. And into the discovery of who you really are. It is the Awakening of your real nature. You begin seeing with clarity and realizing the truth of your existence.

You are aware of these concepts when you are born, and you hold onto them when you are a child. But over time, you begin to be influenced by the people and your culture around you. Eventually, you lose touch with the fact that you are a soul, a spiritual being, who came into a physical body. You are influenced by the adults around you in your life, who according to them, know what is best for you. You develop a

personality and begin to take on various roles that you play in your life. You identify so much with the roles that you play, that you begin to lose sight of the fact that you are a soul and of the bigger picture of life. You forget who you really are and what it is that you came here to do. The good news is that you can awaken from this. Your loss and the adversity that you have gone through, can help to create transformation in you. It can be the catalyst to re-boot you and to shake you awake again.

The first time that I remember experiencing this, was after the passing of my mom in 2009. I felt like I had opened up to a whole new way of thinking and being. It took me awhile to realize the transformation that I was going through. I was amazed at how much differently I was beginning to look at life. And how my outlook on so much had changed. Looking back, it was an amazing experience. I felt so much freer and lighter and so much more connected. My awakening and awareness continued from there as I kept growing and expanding. Then when my husband passed in 2015, I received another huge shift. This transformation took me to an even deeper level. I am very grateful to my mom for being the catalyst that started the awakening process in me. I do want to say, though, that this was my experience that I am sharing. We are each on our own path, so yours will be different. There is no right or wrong. We just want for you to recognize that your world is changing around you and that you have begun the process of awakening yourself.

The concept of awakening is similar to when you are dreaming at night. Waking up is the only way that you realize that you were dreaming. When you wake up, you are in a completely different world. You feel like you are doing the same thing when you Awaken. You feel like you are waking up. That you are stepping into a completely different world.

Even with this, please keep in mind that awakening is a process, and you go through many layers and levels. The more you open up to new ideas and concepts, the more awakened you will feel. And with each layer you go through, you sometimes look back and wonder, how did I not see life in that way before. So, it is a continual process, and as you deepen your understanding of the ideas and concepts, the more awaken you will become.

Once you awaken, you will see more and more transformation taking place within you. You will continue to grow and expand. You will continue to become more and more awake. You may even have multiple experiences where you feel like you are waking up.

Just by being here on this journey with all of us, means that you have begun the process of awakening. You are on your path to discovering who you really are and creating a significant relationship with your inner self. These are transformations that can take place in you when you experience loss or other adversities. Sometimes, we just need to be opened up to it in order to recognize it.

Most of those around us have not experienced this in their life and a lot of times they do not understand the concepts and ideas. And that is okay, that is the path that they are on and that is where they are supposed to be. There is no right or wrong. But do not let them deter you from your path that you are on. Continue to follow your heart, your guidance, and what feels right to you. This is your life to live, and you have to follow your path, the path that resonates with you.

Awakening involves shifting your perspective to begin to see who you are outside of your physical body. And who others are outside of theirs. When you can make this shift, you can discover that there is something much greater that is available to all of us. If you can grasp this concept, you are able to look beyond what everyone else sees. You realize that you and everyone else is so much more. That there is Divine intelligence behind every life form in the Universe.

It is about connecting to who you really are, Understanding the concept that you are not a body with a soul, but that you are first and foremost a soul. A soul that while in the physical realm has a physical body.

You begin to realize that there is a spiritual presence around you at all times. That it is available to you and a part of who you are. You can refer to it by any name that you like, they are all interchangeable. It can be God, Spirit, Source, Divine, Universe, Higher Self, Inner Guidance, Love, plus numerous others. What you refer to it as does not matter, it is your connection to it that matters.

Awakening this connection can have a significant impact on your life. You are becoming aware of the fact that you can co-create your world and your life with Spirit. That you have the power (are now empowered) to take control of your life instead of life just happening to you. You begin to experience and create your life instead of being an observer.

When you awaken, you can begin to discover who you are. You can choose for yourself how you want your story to unfold. You begin to take time to live in the moment and savor all that life has to offer. You begin to step into living your life to the fullest.

You are a completely different person because of the experience that you have gone through. This journey is a new beginning. A perfect time for you to awaken. You have the ability to expand your wings and fly. On this journey, you get to decide what you want. What kind of butterfly do you want to become? You get to decide not only what you want to create, but who you want to be and what you want to be doing.

Things that were never available to you before, suddenly become available. You are waking up from the inside out. You stop sleepwalking through your life. It can, also, feel like you are coming home.

We want for you to awaken as well to understanding the significance of who you are. That you are a magnificent being. That you are making a difference in this world just through being here.

We are wanting for you to expand, to explore the possibilities that you may have never even thought of before. You are now on the path of awakening to who you really are.