

Are you going through a spiritual awakening? Ask yourself these questions to find out!

*"Awakening is not changing who you are, but discarding who you are not."
— Deepak Chopra*

Have you been experiencing strange shifts in your consciousness and wondering what's happening to you?

What is often referred to as a “spiritual awakening,” can be both liberating and comforting but also confusing and at times frightening. While on their own each of these experiences can be due to other reasons, the combination of a number of them could indicate that you are going through a spiritual awakening. If you suspect that you might be going through this experience, here is a comprehensive list of questions you can ask yourself to find out if that’s the case.

1. **The Need for Solitude:** Do you find yourself seeking more time alone, craving silence and solitude to reflect and understand your inner world?
2. **Feeling "Different":** Do you often feel out of place, as though you've changed but the world around you remains the same? That people don't understand you and your experiences? This one can be really hard!
3. **Life's Meaning:** Do you find yourself questioning the deeper meaning and purpose of your life more than usual? Trying to see the bigger picture?
4. **Dissatisfaction with the Status Quo:** Do you feel disillusioned with the way the world or society is? Are societal constructs, religious beliefs, or political systems starting to feel inauthentic or misaligned with your truth?



5. A Desire for Authenticity: Is there an inner yearning to shed societal expectations and embrace the truest version of yourself?
6. Breaking Down Structures: Are old beliefs, habits, and ties beginning to crumble, making room for growth and new possibilities?
7. Empathy and Compassion: Have you become more empathetic and compassionate, often feeling the emotions of others as if they were your own?
8. Existential Questions: Are you questioning the nature of reality, existence, consciousness, and the universe more frequently? (This could be the scariest part!)

"Awakening means you've come home to yourself, that consciousness shifted back to its original nature." – Maria Erving

9. Serving Others: Do you feel an overwhelming urge to help others, make a difference in the world, or pursue a purpose greater than yourself?
10. Mystical Experiences: Have you had moments of profound awe, joy, gratitude, or a sense of oneness with all of existence, even if only briefly?
11. Shifts in Sleep and Dreams: Have you experienced changes in your sleep patterns, or are your dreams becoming more vivid and meaningful?
12. Questioning Materialism: Are you feeling less drawn to materialistic goals and are more interested in exploring consciousness, the nature of reality, and to heal and grow?



13. Confusion and Doubts: Are you unsure about what's happening and what's true? Maybe even questioning if you are losing your mind?

14. Understanding Suffering: Have you started to view your challenges and struggles as lessons or opportunities for growth?



15. Desire to Learn: Are you drawn to spiritual texts, teachings, or practices that you weren't interested in before?

16. Attracting Like-minded Souls: Are you noticing that you're drawing or being drawn to people who are on a similar spiritual journey or understand your experiences? (You're definitely not alone!)

17. Synchronicity: Have you noticed more synchronicities in your life, where seemingly unrelated events might carry a deeper message?

"Spiritual awakening is the most essential thing in man's life, and it is the sole purpose of being." – Khalil Gibran

18. Dissolving Ego: Do you notice a decrease in your need for external validation, ego-driven goals, or desires to be 'right' all the time?

19. Heightened Intuition: Are you more aware of your intuition and feel guided by an unseen force or inner wisdom?

20. Dissolving Fear: Are you noticing a diminishing intensity of certain fears and anxieties, and instead feeling a deeper sense of trust in the Universe and the journey? (This one surely can make life easier!)

21. Loss of Interest in Gossip and Drama: Do you find yourself less interested in participating in gossip, drama, complaining, or disempowering conversations?

22. Energetic Sensations: Do you sometimes feel unusual sensations like tingling, warmth, or energy moving through your body, especially around your head, spine, or hands?

23. Changes in Diet and Lifestyle: Are you feeling drawn to change certain aspects of your diet or lifestyle, perhaps seeking healthier ways of living?



24. Decluttering Life: Is there an urge to simplify and declutter your life, both materially and emotionally?

25. Increased Sensitivity: Do you feel more sensitive to the energies around you, whether it's from people, places, or even seemingly random events?

26. Ability to Witness Thoughts: Can you more easily observe your thoughts without getting entangled in them, recognizing that you are not defined by your mind's chatter?

There are only two mistakes one can make along the road to truth; not going all the way, and not starting. - The Buddha

27. Reevaluation of Relationships: Are you reassessing your relationships, being drawn to more meaningful connections, and distancing yourself from negative or energy-draining people and situations?

28. Understanding Impermanence: Have you started to accept and appreciate the impermanent nature of life, realizing that change is the only constant?

29. Recurring Numbers or Symbols: Have you been noticing specific numbers, patterns, or symbols frequently, feeling like the Universe is trying to communicate or confirm something? (Very interesting!)



30. Re-evaluation of Priorities: Are the things that once seemed essential to you start to feel less significant, and you're now prioritizing differently?

31. Shift in Work or Career: Do you feel drawn to change your career or work to something more aligned with your values or spiritual path?



"If you want to awaken all of humanity, awaken all of yourself. - Lao Tzu

32. Understanding Non-Attachment: Have you started to understand the idea of non-attachment, not clinging to people, possessions, or outcomes?

33. Connecting with Nature: Are you feeling a deeper connection or urge to spend more time in nature and be more attuned to the natural world?

If you answered yes to the majority of these questions and recognize these signs of spiritual awakening within yourself then it's very likely that you're embarking on this path of transformation. It's essential to realize though that every individual's journey, while sharing similar universal themes, is deeply personal. Every experience, revelation, and challenge on your spiritual path is tailored to your soul's growth and evolution. This journey is a process that involves every aspect of a person and leads to a state of higher consciousness, discovering your true essence and cultivating your relationship with life, the Universe, the Source, or God.

If you wish to learn more, or have questions about awakening and the other stages of the spiritual journey, check out my website for more resources. And if you would like guidance and support on your unique path, consider setting up a free consultation call where you can ask your questions.

Having gone through most stages of the process on my own and intensely experienced all the struggles over the past 20 years, it wasn't until I discovered the right support that I truly recognized the importance and the transformative power of guidance on this sacred journey. For almost a decade now, I have been helping others on their path, providing knowledge, support, and a safe space in which they can learn, heal, transform, and evolve on their unique paths.

If you found these questions helpful, please share them with others. You can transform somebody's life!



dianavehuni.com

