



13 Signs

you're experiencing a

SPIRITUAL AWAKENING



The process of Spiritual awakening and development varies from person to person. This short guide is a reference point to help you identify why you may be feeling, seeing & sensing some new things lately! Enjoy the process, and stay connected with fellow Spiritual seekers who can relate to what you're going through. For more support, visit:

earthschoolcommunity.com

1. Knowing: You feel a heightened sense of intuition. You're not sure how you know something, but you just do.

2. Guidance: You feel "nudged" to do something and see what happens. Maybe you're prompted to pick up a book, drive to a certain place, or talk to a stranger but you don't know exactly why.


3. Physical Symptoms: More frequent headaches, dizziness, light headedness, losing your balance, ears ringing, new sensations in the body, or extreme changes in appetite and sleeping patterns.

4. Sensitivity: You become more sensitive to energy - the way you *feel* around people, places and things. You're picking up on the vibration of everything around you and it effects how you feel - for better or worse.

5. Seeing things - you begin to notice flashes of light, orbs out of the corner of your eye, things seem brighter than ever before.

6. Feeling a little "crazy," asking yourself questions like "Am I really me, or am I everyone?"

7. Experiencing deja vu often, feeling like you've been in a certain moment, or had a certain experience before.



8. You enjoy being alone because you don't feel lonely. You have a knowing that you are never truly alone - that you're connected with the Universe or Spirit.

9. You experience an increased sense of love, compassion & connection - even for people you don't know, animals, plants, and Mother Earth.

10. Synchronicities increase - you experience meaningful "coincidences" and moments with people who seem to show up in your life out of nowhere.

11. You may become more sensitive to certain foods, as well as sugar, caffeine or alcohol. Your body doesn't tolerate them like it used to - or you just don't crave them as much.

12. You're able to see your life from a "zoomed out" perspective. You can begin to observe your thoughts, actions and circumstances as if you were watching them unfold in front of you.

13. Noticing repeating numbers or specific numbers that show up over and over again.

