



Spiritual Awakening; Personal Transformation





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Spiritual Awakening, Personal Transformation

Spiritual awakening and enlightenment has been part of traditions and practices of different religions. Spiritual awakening is a religious experience where the person who is enlightened has had contact with the divine and supernatural.

Enlightenment is subjective since it is predicated on an individual's perception and understanding of divinity and religion. It is also something which other people who do not share the same views may perceive differently and sometimes frightening. Even though, different religions have different understanding of the divine and Supreme Being, awakening experiences seem to have some commonalities.

Different religions and traditions share a number of things in common regarding spiritual awakening and other religious experiences. It includes that the supplicant detach from the world and seek fellowship with God as they understand God. After the awakening experience the person would have deeper connection to the world. They would also attain innate knowledge and understanding of the world and other people.

William James in *The Varieties of Religious Experience*, states that a spiritual awakening brings certainty and insight to truth which is unfathomable by usual sensory and intellectual means. The experience can change the outer behavior, attitude, character and outlook of the person who experiences the awakening.

For example, people who have a spiritual awakening would experience sudden waves of emotions. Food intolerances and allergies also develop. The senses are on a high and can be extra-sensitive. Some traditions say that because the human mind and body is opening to the divine and the spiritual, it gets more sensitive. Getting more sensitive means that the body can have lower tolerance level to some things compared to how it was before the experience.

Enlightened people would see vivid colors and glittery particles around living things. Some even see shapes and colors with their eyes closed. Hearing is also enhanced. But some have said that they experience a decrease in hearing since they would hear other different kinds of sounds and have difficulty identifying the different sounds. Smell, taste and touch are also enhanced. Which is why, some would have sensitivity to food and smell. There would also be moments when the awakened person would feel a sudden rush of power. Some people say that they experience hotness running from their head to toe, while others say the feeling was cold.

To be certain, the transformation that a person undergoes upon a spiritual awakening depends on how they see and understand divinity and religion. Not all of these personal transformations happen to everybody who has experienced enlightenment. In some religion, some of these transformations are not acceptable while other traditions and religions would deem certain transformations essential in order for the experience to be considered valid.



Religion and Spiritual Awakening

Religious activities are not the only means of experiencing spiritual awakenings. It can also be experienced through peak experiences, life and death situations, paranormal or psychic experiences and near death experience. Some people who have experienced spiritual awakening say that their experience – be it physical, mental, emotional or spiritual – were difficult. But they also say that the experience, even with its turmoil and difficulty, was worth it. Some have described it as blissful. The awakening experience is a personal transformation and the awakened can experience different changes in their actions, habits and way of life.

The spirituality of the self through spiritual awakening refers not to the religion of a person but to the understanding or awareness of who you truly are, a “fearfully and wonderfully made” creation of God. When you start to seek and find and establish a relationship with the divine, the realization of the meaning and significance of that is a life-changing experience.

Various religious beliefs have their own versions of spiritual awakening. Most are rooted in their own sets of religious doctrines and principles. Some come to spiritual enlightenment through meditations and self actualizations. To them spiritual awakening is the removal of whatever layers or walls that hide our true selves. It is having the experience of peace and fulfillment.

In some religions, spiritual awakening is the pre-requisite to spiritual healing. If spiritual awakening is the finding of your true self, the spiritual healing is the part where you receive the positive physical, emotional and spiritual elements and use them to live a happy, healthy, and fulfilling life. There are religions that suggest or even require people to accompany spiritual healing with prayers and going to their church. They insist that prayers will provide or reinforce the guidelines needed to reach and maintain spiritual awakening.

For Christians, spiritual awakening is also attained upon realization that “all have sinned and fallen short of the glory of God,” and then to repent. They have this enlightenment that God is the only true path and going back to him and being faithful to the doctrines of the Church is the way to spiritual healing and spiritual awakening.

Now those who are far less attuned to religious influences believe that spiritual awakening can be achieved through meditation – that through meditation, healing, inner peace and serenity are attained. But simple meditation is only a step towards spiritual awakening. People who have experienced awakening through meditation believe one has to go much deeper into the process to achieve spiritual awakening.

Religion and spiritual awakening are connected but depending on the religion as well as the approach and techniques, the interpretation of spiritual awakening varies. But one thing is certain, achieving spiritual awakening results in having a positive outlook in life – a desirable outcome which makes living in this world a happier experience.



Spiritual Awakening, Knowing the Signs

Perhaps among the more obvious signs of awakening is having a certain level of calmness. People who have awakened spirits have proven to be more focused in attaining their goals. They seem to have reached a degree of calmness where experiences, memories, events, issues, problems, and even desires are no longer causing confusion and interruptions. It's as if every distraction has been set aside and stored away resulting in seeing a clear path, just like the song: "I can see clearly now, the rain is gone, ... Gone are the dark clouds that had me blind." And it's as if the awakened person can too affirm that "it's gonna be a bright, bright, sunshiny [life]," and made a choice to live as such.

Among the signs of spiritual awakening is having self control. When one reaches the level of spiritual enlightenment, they not only exercise free will but they know what bad habits need to be cast aside and choose only the right path based on proper wisdom and good judgment. They now have the awareness to know, not to entertain things that offer only temporary earthly pleasures since they often lead to suffering in the long run.

Humility and selfless love are other signs of an awakened spirit. Part of having an awakened spirit is the eagerness to learn, understand, and work for the well being of not only one's self but of others as well. Pride and arrogance are not really marks of a person with an awakened spirit. People with an awakened spirit, tend to live more in harmony with both nature and other people and they would bestow compassion and unconditional love equally on others regardless of race, nationality, culture, and the like.

Genuine happiness, having the right intuition and feelings of non-attachment are other signs of spiritual awakening. If you find any of these signs present in you when and after a session meditating, or an extra-ordinary experience it would be prudent to consider that you may have actually had an awakening experience.



What Spiritual Awakening Can Do For You

Aside from the self-transformation you get from having a spiritual awakening, there are a number of other benefits. Soul awakening and self-development leads to a balanced life. Eventually, the same balanced life will lead you to a happy and fulfilled life. This end result is awesome by itself but even the process can be quite a rewarding experience. What spiritual awakening can do for you is more than just the physical benefits. You might not see it now but when you reach that state of spiritual awakening, you'll be glad that you've gone through the whole process.



Spiritual Awakening And Healing

Spiritual healing can be a bit of a challenge to articulate in this age of modern medicine and technology. But it is difficult to ignore the fact that there is a Supreme Being, behind every existence. All around evidence of intelligence design abound.

In a survey published by USA Today on October 8, 2008, 55 percent of American adults regardless if they are agnostic, atheist, or religious, believes that there is a guardian angel or similar entity that protects them from harm. This only shows that spirituality and its acceptance has significant importance in the lives of many.

The Kabala is a school of thought concerned with the mystical aspect of Judaism. According to Kabbalistic teachings, the body is the vessel or the ship for the soul's expression and if the connection between the soul and the body is broken, diseases and disorders can happen.

In spiritual healing, it is said that physical healing depends on how the spirit of the individual heals. Spiritual healing treats not only the body, but the mind and the spirit as well. Spiritual healing can be performed through prayer, visualization, concentration process and personal spiritual realization. These kinds of methods help patients recover from illnesses or slow down the effect of illness through self-healing.

By undergoing spiritual healing with full understanding, not only can the body start its journey to healing, it could open subtle avenues to spiritual awakening in the life of the individual.



Meditation And Your Spiritual Awakening

Meditation is often visualized as an Eastern tradition where the participant sits in a circle surrounded by candles, saying mantras or humming. Currently, meditation and its benefits are recognized and are far from what we previously envisioned. Aside from the calming effects that meditation could bring, meditations are often said to be a path to awaken the spirit and start the journey towards spiritual awakening.

Meditation is used to calm the mind and relax the body. Tension, stress and anxiety can be relieved by performing simple meditation techniques. Aside from the inner peace that meditation brings, it can also improve the body's total and general health. It is also a great way of improving your concentration. There are studies that show a connection between meditation and the improved performances of athletic and sport professionals.

Health benefits of meditation include better circulation, deeper level of relaxation, increase in exercise tolerance among heart patients, regularizing blood pressure, reduction of anxiety attacks and muscle tension, relief with allergies and arthritis, and significant improvement in those recovering from surgery.

Working in the city and a highly stressful environment can take a toll on the mind and body. Meditation is about listening to the inner-self, therefore it has something to do with controlling your attention and focus. There are too many distractions these days such that it is very hard for some to focus their attention on what is important. Destructive thinking and behavior brought about by overly materialistic and fast-paced world can be flushed away by focusing more on spirituality. In this regard, meditation can be of help.

Having daily meditation not only can help relieve stress it can in the long run lead to finding your true self and determining your real potential.

The effects of meditation might not be felt immediately. At first, some might even feel a little more stress from doing something new and different or due to the addition of one more thing on their plate. But eventually as you continue to meditate on a more regular basis you will start to feel the effects kick in. It might take some time before you feel a certain level of calmness and peace but it will come. You will start to feel happier with yourself and with your surroundings. You will start finding the best out of a situation and not feeling depressed or angry all the time. You will become more patient and you can connect better with other people. Also you will find that you have a better understanding of who you are. You will find that your overall emotional and spiritual state have grown better to some extent.

I hope this has been a good read for you. I have tried to simplify the subject so it's not too complicated or too ambiguous. The truth is spiritual awakening cannot be described by simple words or a series of paragraphs as laid out here. Spiritual awakening is more than just words; it is an experience you should aspire to live no matter your spiritual path. For what spiritual awakening can do for you is more than you can hope for.

“Any method through which you can stimulate the power of God to flow into your mind is legitimate and usable” ~ Norman Vincent Peale

Blessings!

~Christiana Augustine
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