

Your Journey to Spiritual Awakening and Wellbeing

We are all on a spiritual journey, whether we realize it or not. Within our human experience our souls are growing in wisdom and ever-increasing levels of consciousness. Life, however, is filled with challenges and can be overwhelming at times. You may feel like you are disconnected from Divine Source. Going through the motions of work and everyday life becomes tedious and meaningless. You may feel a deep longing for spiritual healing, a desire to understand the true nature of your being and to live life with a greater sense of purpose and well-being.

A spiritual journey is a search for the relationship between yourself and a higher power. Your spiritual awakening is a process of going beyond the veil of this physical world and discovering your interconnectedness with all things.

You will tap into spiritual guidance that can open the door to a more expansive reality of universal truths. This journey to self-realization will help you identify your core values and to let go of the beliefs and behaviors that don't serve your highest purpose.

Don't wait to start living. Discover how spiritual mentoring can help you to develop your powers of intuition, respond to your heart's desires, nurture your soul and live with creative purpose.

The Stages of Spiritual Awakening

Stage One: The Wake-up Call

The wake-up call could come in a number of ways. Frequently it comes on the heels of a personal crisis or unexpected life-changing event. This may include illness, loss of a loved one, divorce, or financial downfall. It may also appear in the form of unrest or a general dissatisfaction with one's life. It may bring you to your knees or it may shock you in some way.

In this stage you become aware that something is missing from your life. You may feel you have no sense of purpose, no connection with life. Your soul is longing for wisdom and inner peace. You've lost sight of who you are and what you want from life. There comes a time when you question your conditioning. Who are you trying to be? Who are you trying to please?

Stage Two: The Search for Meaning

You search for the answer to the all-important question, “Who am I?” Your thirst for knowledge takes over and you seek out reading material, spiritual teachers, like-minded individuals, classes and workshops. You are a sponge and can’t seem to absorb enough information. You are feeling called to open the portal to the mystery, to gain an understanding of something that is greater than yourself. You seek to have a deeper understanding of relationship.

Stage Three: The Journey

The journey is typically a bumpy road with hills and valleys and twists and turns. You may question the direction of your new journey or become overwhelmed with the amount of information available to the spiritual seeker. But you sense a shift in consciousness and you persevere on your path to self-discovery and higher truth. The portal is opening, but the climb to the top of the mountain seems long difficult. The more you can engage and be present in the journey, the more powerful your experience will be.

Stage Four: The Abyss

It is virtually impossible to embark on a journey of spiritual evolution without going through the dark night of the soul. This is a time to identify your greatest fears and your perceived limitations and regrets. How have you allowed your story to define you? What part does ego play? What are you willing to let go of? What are you willing to risk? How can you express your authentic self in the same world in which you were lost? You may experience deep emotional energies surfacing as your body, mind and spirit make the shift to a higher vibration. This stage signifies the “undoing.”

Stage Five: The Awakening

The awakening is similar to a state of enlightenment. It involves a sense of higher purpose, of spiritual guidance and grace, of being present, and of balance. You begin to recognize the interconnectedness of all things and the presence of God in all life forms. Tapping into the wisdom of your higher self, you realize that your perspective and your priorities are shifting. Your true nature comes to light and you discover that peace and happiness are a matter of choice and can be found only from within yourself. You learn to love yourself, to forgive, and to be accepting.

Stage Six: The Integration

At this stage you have let go of old patterns and behaviors that no longer serve you. There is a desire to live in the present moment and to integrate your expanded spiritual consciousness into your everyday life, through your thought processes, your behaviors, the way you react to life's challenges and the way you treat other people. Your desires and goals are aligned with your sense of purpose.

Stage Seven: Living with Purpose

Your attachment to physical things falls away and you recognize the extraordinary in the ordinary. An expanded level of consciousness allows you to see the divine in all things, to see the synchronicities in the events in your life. As life begins to flow more easily, you experience a greater sense of inner peace as well as a desire to be a positive influence in the world. Your soul's purpose becomes the expression of your authentic self in everything you do.

Spiritual Mentoring

Many individuals get lost in the maze of the journey of life. As your spiritual mentor, I will help you through a thoughtful, step-by-step process to identify your current situation, your dreams and desires for greater spiritual meaning in your life, and your goals for spiritual well-being. Together, we will identify any fears, beliefs, and behaviors that have keep you feeling stuck. Imagine opening up to the world of spiritual guidance and connection? We will begin with a program that includes six one-hour sessions. Additional sessions can be added if needed. You can begin today to realize the true nature of your being and to live life more fully in the light of spiritual awareness.

For more information, or to schedule your first session, email Diane at:
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