



HEY, I'M AWAKE:

A practical guide for navigating your
spiritual awakening with dignity, grace and
clarity

by

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You think of yourselves as humans searching for a spiritual awakening, when in fact you are spiritual beings attempting to cope with a human awakening. Seeing yourself from the perspective of the spirit within will help you remember why you came here and what you came here to do.

- The Group



Introduction

This guide isn't *fundamentally* about energetic frequency patterns, DNA upgrades and activations, or dimensions and densities. It isn't *fundamentally* about the planetary grid, intelligence fields, photons, gamma-rays, solar flares, the galactic core, timelines, or the human relationship with our extra-dimensional family. This guide presumes that you already have a semblance of an understanding about the mechanics of the shift of consciousness on the planet, and expanding dimensional realities. Since the flowering of consciousness is felt at the level of the individual, since the awakening of perception is a very quotidian sort of thing, and since it all has to do with the actual lives we live every day, this guide is more about how to navigate our individual awakening process with dignity, grace, and impeccable clarity.

Spiritual awakening isn't something we do in our sleep (though, of course, we do in fact accomplish a lot in dream state). Spiritual awakening is a process of navigating our waking life with new levels of awareness. It is the process of being in relationship with everything around us, but doing so from an upgraded – and *expanding* – inner control panel. Our individual changes in frequency, and thus changes in awareness and perception, can be likened to us receiving a new control panel for our lives. And it takes some getting used to.

Do you remember when you got your first smart phone? Maybe the touch screen and sliding images were a little bit much in the beginning (It was for me!). But in a little while, you got the hang of it. You learned to develop a facility for the instrument you were using. And as technology continues to develop – sort of almost mirroring the rapidity of our inner upgrades in consciousness, we will have to continue to adjust. To extend the metaphor a little, we can compare our inner awakening process and the flowering of our consciousness to the experience we have with our devices. Our apps require constant updating – and the time between updates gets progressively shorter and shorter. Individual spiritual awakening, in the context of energetic shifts that are affecting the planet *as a whole*, is very similar, except that the impetus for upgrades becomes things like astrological-frequencial alignments.

We are integrating new frequencies at a very fast rate, and our bodies have to adjust. We have to become experts at integrating new energies, and managing our *outer lives* in practical, grounded, clear, impeccable and dignified ways.

The other aspect of this is that we are kind of catching up with the expansion of our Inner Beings. A big part of the reason why spiritual awakening can be so challenging and so confusing is that we are actually getting on board with the parts of ourselves that are the *most* expanded. *Except we don't know that.* It isn't so much that events are *causing* us to adopt new frequencies, or to raise our vibrations. It's more that *our conscious awareness is learning to function at our own higher dimensional levels.* It's more of an integration. As an example, the spiritual awakening process has thrown our intimate relationships into sharp perspective. Many of us have been experiencing the dissolution of our relationships. It's not so much that the dissolution of our relationship is *causing* our spiritual awakening. It is more that it is *catalysing* the integration of our conscious awareness with *where we already are, at the most expanded level of our being.* We are calling ourselves to ourselves.

The difficult and most challenging parts of our spiritual awakening, when our lives are upside down, represents our intrepid, trailblazing souls asking us to get on board with our own expansion. Your soul – your inner energetic core, is stronger, and far more dynamic than you realize. *You – the totality of your being* – is far stronger, alert, alive and dynamic than you know. *You* might shake you up a little, but *You* know you can handle it.

You know you can handle it, but sometimes you are not so sure about it all. I wrote this guide for you.

The question of "Other People"

There's a *reason* why you have been attracted to the level of information you have been attracted to. Your higher levels are calling you, nudging you to wake up to what you *already know*. There's a reason why terms such as "dimensions", "densities", "DNA", "frequency", "timelines", "probabilities", "simultaneous time", "crystalline", "Christos-Sophia", "miasma" "Annunaki" "Universal Time Matrix" and "lightwork" are in *your* vocabulary. There's a reason why they have become part of your conceptual bank and understanding. You are meant to be a trailblazer in terms of the levels of awareness you hold. Others are not engaging with the kind of information that you are attracted to because they are not *meant* to at this time.

Part of walking this path with dignity, clarity, impeccability and grace is honouring yourself for where you are, and honouring others for where they are. This is not patronizing, airy fairy nonsense. If you know that the souls of others are *just as* dynamic as yours, if you know that their existence is filled with the same sublime, flawless logic and purpose that yours is, if you can trust *their own higher levels* to know what is appropriate for *them* to explore in this reality at this time, if you can trust them as an extension of the same stuff, the same Source that you are, then you will honour them, and you will not *need* them to validate where you are. No one needs to validate anyone else's existence. You honour the choices of others who are creating their own realities and experience, just as you are creating yours. Accord to *others* the dignity of being human; the dignity of being a creator.

The "other people" question can be very tricky. "What if my family doesn't believe what I believe?" "What if my friends don't believe what I believe?" "My family doesn't respect me." "My friends think I'm a real space cadet." The short, completely honest answer: it doesn't *really* matter. You will best serve yourself when you release the demand that others in your life be how you want them to be, or how you think they should be. The funny thing about this is that the more you expect others to respect and validate your beliefs, or find them *at all* interesting, the more you hold yourself in resistance to your own expansion. You actually hold yourself in resistance to the vistas of consciousness that you can expand into, and the gifts Life wants to bring to you, when you are asking the people in your life to be any different than they are. Being a trailblazer with your awareness means that it is very likely that you will explore vistas that others around you have not [yet] explored. It means you are, in many senses, here to *lead*. You are not *here* to be led by others – and insisting that others validate your perceptions is asking them to lead you, when that is, quite simply, not their role. It isn't anyone's role.

Furthermore, all that resistant, "pushing against" energy that is required to bring people on board to your beliefs creates its physical counterpart in your body. Decoded: quite simply, you will, unfortunately, [eventually] make yourself ill by investing so much in an uphill struggle for respect, validation, and approval.

Working with the Body

As your perception expands and you integrate higher and higher levels of information, you must allow your body to do its own integration. In compartmentalized linear thinking, we feel that thoughts and ideas belong only to a non-physical, non-3D, nebulous realm, somewhere in the ether. Thoughts are thoughts, and the body is the body. Not quite. *A significant aspect of the awakening process involves discovering information that is difficult to hear, which stretches the limits of your ordinary perception so much that it becomes uncomfortable to witness.* You experience a palpable sense of discomfort in your body. Part of gracefully navigating spiritual awakening involves giving your physical body ample resources to work with in order to help you manage the new levels of information you have.

Pay attention to *how much* information you are able to integrate at one time. Do not overdo it. Spending time in nature, particularly after interfacing with challenging information, can be really very soothing, and is quite frankly, essential. Nature reharmonizes and rebalances your energy field, and assists the body in working with you to help you manage your new perceptual awareness. Allow your physical body to become your ally. Drinking lots of water is also really helpful, as is engaging in physical activity. Physical activity, such as yoga, allows us to *move energy through the physical body efficiently and effectively.* It allows us to run frequency through our physical mechanism. The great thing about a consistent physical practice is that it takes us out of the mental, thinking body. Bypassing the mental body through physical practice actually allows us to more effectively absorb information (ironically, thinking *more* about things can often undermine our purpose). What tends to happen in the awakening process is that many of us become "top heavy." Our focus remains with our 6th and 7th chakras – which have to do with higher-level perception – and we neglect our lower chakras. I have been guilty of this many times!

Do you have a garden? Access to a park? Make spending time there a priority. A little a day, a little every other day.

Relationship Changes

As mentioned before, the process of spiritual awakening throws all of our relationships into very sharp perspective. The changes in your energy WILL be reflected physically, as your physical life is the outer reflection of your own inner states of consciousness. Relationships are very significant indexes of the status of your own frequency and awareness.

You might find yourself losing interest in some relationships. Because the awakening process is not *neat* nor is it *linear*, you may have found that even *before* you consciously began to participate with your awakening, or even *knew* or understood the larger context of awakening/planetary shift, your relationships began to change. People began to exit your life, (sometimes at an alarming rate), and you began to divest yourself of particular relationships. This was a sort of "preparatory" phase. If the dissolution of particular relationships did not go well, it is good to forgive yourself, forgive others, release any grievances that you might have held, and understand that these events and people served as catalysts of your own evolution. Very often, in the "pre-conscious" stage of spiritual awakening, these relationships signal where and how we have been adopting behaviours that undermine our true expression. What is really happening here is the letting go of the "false self". These events invite you to take stock of who you really are, and who you *want* to be.

When your awakening process begins to become more conscious, you may become acutely aware of the chasm between the things you are interested in and the things that your friends, colleagues, and partners are interested in. (If you need to, go back to the previous section titled "The question of 'other people'") to gain some more perspective on how to deal with this). Without judgement (you'll know you're not in a place of judgement when you're not "all righteous" and indignant about it), it is very helpful for you to honestly evaluate whether spending time with certain individuals in your life is augmenting or diminishing your energy, perception and awareness. You may very well find that you are no longer interested in having certain kinds of discussions. Things that used to be entertaining are no longer compelling. *Do not* chastise or indict yourself for not having the urge to participate in certain relationships and activities in the way that you used to. Navigating this gracefully means that you will have to love and honour yourself exactly where you are.

You may also find that you renegotiate the foundations of particular friendships and relationships. Your changing energy field necessitates the restructuring of certain interactions. Partners, parents or friends may

initially reject, or even be angered by your lack of participation with the old order of the relationship. You may have previously shown up in this relationship in a way which undermined your personal power. Again, do not chastise or indict yourself. Know that you are now showing up in the relationship from a more honest and more authentic place which is representative of the truth of who you are. Understand too, that as you hold an energetic stance of self-honesty, self-respect, *and kindness* toward your friend or parent, and as you selectively attune yourself to the highest and most positive aspects of their personalities, you will, unbeknownst to them, initiate interactions of more ease. You will have single-handedly changed the energetic basis or frequency of the interaction from dis-ease to ease. You don't need to demand *of them* that they understand you, or that they be on board with the "new you." You are awakening spiritually for a reason, and one of the benefits of being more awake is the ability to more easily cultivate a sense of spiritual maturity.

Because you know you are a powerful magnetizer of realities, invite your Higher Mind, (or whatever framework it is you use in your own individual spiritual practice) to help you attract some wholesome, enriching friendships and relationships. *Intend* to find people who augment your life. *Get creative*, and give yourself instructions before you go to sleep to explore, in your dream state, the probabilities in which you enjoy uplifting friendships and relationships. Intend, before you sleep, to *plan meetings* with new friends. Most of all, be aware that the friendships and relationships you want *are there* – and *expect* them to arrive. When you order something at a restaurant, you are completely relaxed about your meal arriving. Do the same thing here. Order up your new life with ease.

Life Path Changes: When Nothing Goes Right, Go Left

As always, our conscious minds are the last to catch up with what's really going on. You may try to go in the same direction career-wise, falling back on the old order of your life, because your conscious mind doesn't know better (yet), and really has no clue about the magnitude of the energetic changes that are occurring within you; it has no inkling that you are, at subterranean levels, beginning to answer the call of your higher dimensional aspects. You may try to pursue the goals you've had for a long time, and things may not "work"; nothing will go "right". This is one way in which your soul attempts to get your attention. At times you will be able to hear the message from your soul, at other times you will doubt

it. You will experience moments of fear as the paths that previously lay before you begin to disintegrate and dissolve. As it becomes more challenging to continue to swim upstream, and to resist the current of where your life is leading you, it *will* eventually dawn on you that there must be a higher logic and order to the unfolding of your life. See the humour in this. See the humour in the fact that you (at the level of your ego, and who you *think* you are on a conscious level) are the last one to get on board with your own changes. Sorry – but your soul, your Inner Self, your Higher Mind makes the executive decisions(!). You're 'just' the front man. Buuuuuuu...you have a really really important job. You steer the ship. You determine how you'll travel on the journey. You determine how graceful your journey can be.

As you begin to cultivate a greater level of trust, you will begin to relax, and to flow with the current that the higher levels of your being have set into motion. You see, you're the you that you know, but you are also your Higher Self. It's all you. As your life path and overall direction seem uncertain, *know that you are in the process of shifting gears*. You are shifting into more alignment with your own being. Trust Your Self. Trust the parts of you that know why you are here, the parts that made the executive decision to live this lifetime; trust your own shrewdness and astuteness. Ask these aspects of yourself to work with you.

Nothing that you really want is upstream. If it feels like striving, and pushing and fighting, and trying to "make it work", then that's your signal that your Higher Mind isn't focused there. You're not really focused there. Those opportunities and dreams you think have passed you by, the things that didn't work, are making room for you get on board with the vision of your Higher Self. Things didn't work because some external force "out there" – benevolent or not - put blocks in your path. Things didn't work because you have a higher, more joyful, more feel-good, more aligned vision for yourself and you know deep within you what you want. You are stepping into a life which frequentially matches your energy, and who you are becoming. When your ego freaks out (which it will, again and again, until it gets comfy with the idea), remind it of this.

When nothing goes right, navigate left.

The Power of Your Mind...Enjoy It

When you begin to selectively choose your reality from the awake and empowered place you are at, when you begin to use the power of your mind to determine what you are and are not *available for* – you may get some strange looks from other people. Have fun. Play with this a little. Humour is part of your inner control panel; use it to navigate your life with grace.

Someone tells you to be careful because “everyone’s getting” something that’s “going around.” Tell them that you don’t *intend* to be sick, or that, at the very least, you don’t *intend* to be in a fuss about it, because, well, things are always working out for you – sick or not sick. Watch their quizzical expression, and have a little [inward] chuckle.

When your relatives are really worried and concerned that you live in a neighbourhood which has been experiencing, say, a spate of robberies, tell them that energizing *that* probability isn’t on your to-do list today. There are some *real perks* of being a space cadet when you *know* the reality you give energetic attention and focus to is the one you bring into physical form. The unique advantage of being a space cadet is that you see and experience the delight of navigating reality with your mind. You get to enjoy things like intending to get help with life challenges while you dream, and receiving immaculate, hella synchronisitic, “hello-there-Universe” solutions during the course of your day.

Being aware of the power of your thought is *not* about pretending things are alright when they are not. Trust yourself to know the energetic difference between *not wanting to be aware*, and knowing how to *wisely* use the precious resource that is your mind. The awakening process is fundamentally about sensing your Greater Being, your Higher Levels – the dynamism of your own soul. When you begin to work with your whole self – when you invite into your day to day living the dynamic energetic essence that is you, the parts of your being that know why you are here, and what you are here to accomplish, you begin to cultivate more of a *knowingness* that you are safe. You begin to develop a relationship of trust with Life. You *know* your life isn’t “random” but completely coherent. You need not waste energetic resources on things that undermine your unfolding.

As you begin to notice how you magnetize your reality into being, you become more impeccable. You select your words, and you direct your mind to realities you prefer with adeptness, know-how, and savvy. This is

meant to be something *enjoyable*. Who said spiritual awakening was boring? What can be more exciting than being M.A.D.? (Mass Agreement Dissociation). What is more exciting than knowing that you are not bound by other people's realities? What can be more exciting than being more acutely aware of who you really are, and the inherent power you have?

Reasons to Celebrate Your Spiritual Awakening

- 1.** If you've had a spiritual awakening relatively early on in your life, consider how good it is to be awake and empowered early on. This will set the tone for the entirety of your life experience going forward. You can't "un-know" what you know. You are able to use your higher levels of understanding to live a life of so much more joy, ease and happiness.
- 2.** Because you have moved through times of adversity and challenge, you have been tremendously edified. You have earned your victories in consciousness through your spiritual initiation, and no one can take that away from you.
- 3.** A challenging spiritual initiation means that you've learned to stand on your own foundation. (You won't need to borrow someone else's).
- 4.** You know yourself better. The real you. The authentic you. Authenticity of relationships is yours to enjoy when you know the reality of who you are more fully.
- 5.** You love and appreciate yourself more. BIGGIE.
- 6.** You become far more clear, and you know what you are and are not available for.
- 7.** You have far more knowingness, and therefore, trust, in life's unfolding. You worry less.
- 8.** You are able to hold a clear energetic stance regardless of what others are doing. What others are doing relative to their own energetic alignment has become less important to your ability to be in alignment with yourself. (In other words: you are able to keep out of other people's drama).
- 9.** You have come into your power because you know *how* to use your thoughts, and your energy.

10. You step into your service and unique soul talents in a delightfully creative way!

Finally...

Thank you for being here.

Thank you for answering the call of your soul.

Thank you for being bold enough, intrepid enough, to expand your perceptions.

I hope this little guide has augmented your journey, and will help you to walk with more grace, dignity, and impeccability.

Keep going.

Keep walking.

Keep seeing.

Hey, you're awake.



If you're going through a spiritual awakening and you need some support, here are a few things you can do:-

You can...

Pick up my (free) [Lightworker Resource Guide](#). The Lightworker Resource Guide is a collection of some of my favourite content – content which will expand your mind, open your heart, and enrich your path.

[Book an intuitive reading with me](#) at taranikita.com. My **Change and Transition Reading** option might be exactly what you need to help you navigate a challenging spiritual awakening.

Join my mailing list at taranikita.com for supportive, exclusive content.

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Big love,

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