



INVITE A SPIRITUAL AWAKENING INTO YOUR LIFE

*5 ways to transform your
life by welcoming a
spiritual awakening*

How to invite a spiritual awakening and change your life!

1. Clean up-

Before you start your new journey, you'll need to de clutter your space.

Clean out your room, your house, your closet. Throw away all that no longer serves you. Remove anything that's served its purpose, just like a spring cleaning. Clear out your space physically but remember to clean out your space mentally as well. It is important to throw away thoughts and memories that no longer serve you in the trash as well! So take time in meditation, to review your thoughts and old memories and allow room for them to flow right through you.

2. Look for your limiting beliefs-

Sit in silence. Use meditation if you need assistance. Begin to process your thoughts. Let them pass you by without any resilience or judgment. Target your limiting beliefs. Which ones make you feel horrible, and which make you feel great. This is crucially important, because in order to excel, we cannot bring the beliefs that tied us down in the past.

3. Evolve your consciousness-

Engage in new relationships, communities or groups and conversations.

Learning new things and seeing outside of your perspective provides clarity, new beliefs, new understanding and a new outlook. It can show you things about yourself you didn't know and also help you along your healing journey.

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4. Be in nature-

Being outside in nature has a huge healing and energetic effect on our body, mind and soul. Take some time to be outside in nature, whether its in a forest, for a walk or simply just standing on the bare grass with your shoes off. Get away from being inside all day, coped up and isolated. Connect with the living energy source of the trees, the grass, the animals and the fresh air. There is so much to learn from the trees and the wilderness. This will help you connect to yourself and the energy source of the Universe. As we all are living beings and all connected to the same source.

5. Practice self care and learn to surrender-

It is crucial to your healing journey that you take time for yourself. To do what you love, what makes you happy, and feel good inside and out.

Make sure that you are feeding your body with what it needs. Lots of fruits and vegetables, herbs and healthy alternatives. Don't forget to also take time to move your body. Whether it be a quick walk, jumping jacks, a couple stretches, yoga, or even going to the gym if you enjoy it. This will help aid in your healing journey profoundly as you will feel better, and be a clear pure channel of light so that the Universe can work easily through you. Lastly, don't forget to Surrender. Yes, you want this spiritual awakening to happen and yes it will, but you need to let go. Allow yourself to surrender and leave it in the hands of the Universe. For this will improve the way you view yourself and your life and will give the Universe the chance to prepare the wonderful change that will be taking place in you. Don't forget, this isn't just a one-time thing, it's the rest of your life. The more you practice these steps the more you become stronger and the more you expand your consciousness.