



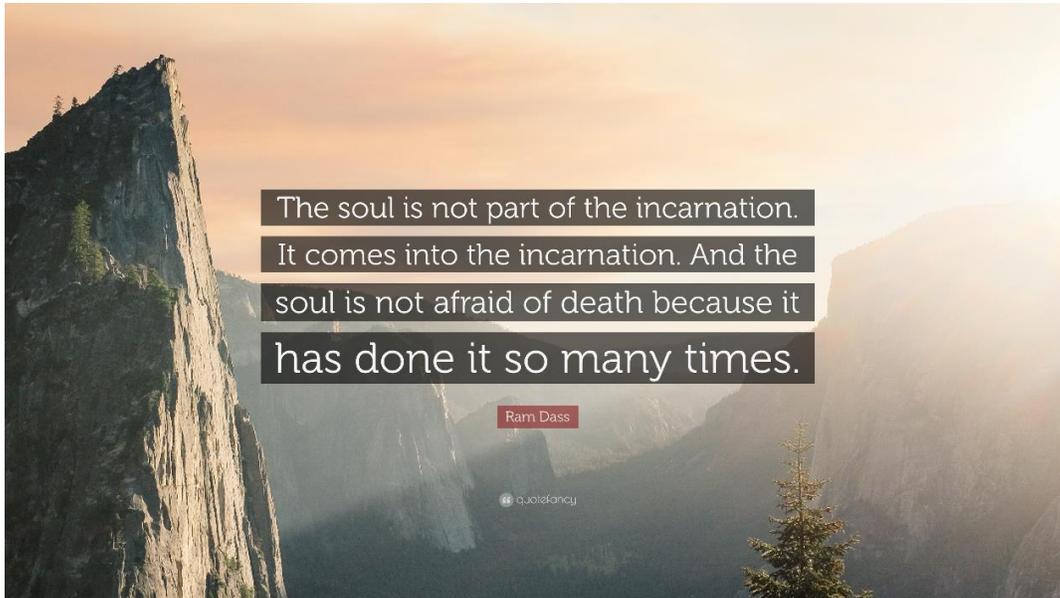
Module 1

SPIRITUAL AWAKENING

Physical, Spiritual & the bits in between

“life’s deeper meaning”

AND IT BEGINS... Here we are – on the precipice of awakening to a deeper spiritual connection and clearer understanding of your soul journey! ~ SIGH ~ Oh the places we shall go!! And...it begins!



Our Next Step Together...

As we embark on this next phase of your soul journey, we begin with a deepening of your perspective...

- ✓ In order to experience the spiritual world, we must first hold an understanding of what spiritual is. It's from this foundation that our spiritual sight begins to open up.

On the following pages, you'll find a 'Learning' section as well as 'Tools' designed to guide you in deepening your intuitive connection.

- Answer each set as truthfully as you can – paying specific attention to your intuition (first thing that comes to mind – before the 'judgement' or self doubt!)
- There is no right/wrong or good/bad...there just is what is (so take a deep breath)
- Take your time...set a timeframe for yourself and stick to it to keep you focused. Complete only as much as you can in that timeframe and then come back to the next task at a later time (ex. 15 min each morning)

Learning:

AN OVERVIEW OF LIFE

Here we are, in this life. Is it happenstance that we're here? Is there a larger purpose and reason for our existence? And, if so, how do we tap into this and begin living according to this higher purpose?

We exist as a physical human being...we feel, think, do, say and Be according to the unwritten 'rules' and 'expectations' that exist in the physical world around us. Without much thinking about it, we fall into working to earn money, which leads to a home to live in, activities to enjoy and food to nourish and sustain our bodies. But, somewhere in there, we begin to feel like maybe there's...*more*.

The 'more' in life is often elusive, evading our attention and our pursuits. And, over time, as we pursue creating a family, traveling the world, becoming 'more'...we begin to notice that there are patterns in our life – which cause us to wonder 'What's that all about?'. Patterns in not just the seasons, the tides and the moon cycles but also patterns in our behaviours, our experiences and our challenges.

Somewhere in the midst of these patterns, is a moment of recognition – where we begin to consider that maybe we're meant to be learning something from all this 'repetition'. It's within this moment that knowingly or unknowingly we enter into an ongoing phase of spiritual 'awakening' and 'enlightenment'.

SPIRITUAL AWAKENING

Our natural way of 'being' IS spiritual – however, we lose our knowing of this upon entering into a physical life. We go through a 'forgetting' so that we may fully experience the challenges and pleasures of life here on Earth. So, contrary to our beliefs, physical reality is actually the piece that is 'out of the norm' for us.

Spiritual awakening is a natural process of becoming 'aware' of the duality that we've bought into – an awakening to our true, spiritual nature and our oneness with it. It is not a one-time 'event' that happens and then we're 'done' – rather, it's a process that is ignited and then

Deepen Your Intuitive Connection Mentoring with Jackie Harray continues to unfold throughout our existence (life & beyond) until we once again merge with our full knowing or awareness.

The process of spiritual awakening is a gradual enlightening, where we become aware of a concept, learn and grow through it, then master and teach it. The term 'enlightenment' refers to the letting go, shedding or 'lightening' of our physical load.

As we become aware, we let go of the fears, beliefs, habits and emotional & mental patterns that have kept us unaware, stuck in struggle and resisting ease.

In lightening our load or burden, we free ourselves up on all levels (physical, mental, emotional, spiritual) to evolve in our understanding, embrace advanced teachings and deepen our intuitive awareness. In addition, the letting go actually causes the frequency or vibration of our physical body to rise or increase.

We begin gradually 'ascending' and moving towards enlightenment.

So why does physical reality exist – why DO we come into the physical world – what's the point of it all?

Physical Reality

Physical reality is a *sensational* experience – not just sensational as in 'awesome', but sensational as in we're given the perfect combination of sensations to allow us to physically experience the depth of our Being. It's this depth and expanse of sensations (feeling, sensing, seeing, hearing, touching and smelling) that create an 'experience' very different from what we experience in the spiritual realm.

Physical reality is a sensational experience

On the spiritual plane, we experience full knowing of our divine nature – there is nothing but love, content and happiness. It's from a desire to fully understand our true divine nature, that we separate from our 'knowing' and descend into 'unknowing' so that we may gain a full understanding & appreciation for the beauty of 'life' by knowing and experiencing it's *opposite*.

On earth, we're given the ability to experience each of the feelings and emotions along a continuum – to understand the full range of grief – sadness – despair all the way to pure happiness – joy – gratitude. It's this broad understanding of a 'knowing' that creates a deep reaching appreciation and gratitude.

It's our complex cataloguing of experiences in life that prepares and focuses us for our higher spiritual pursuits and purpose. When we 'struggle' or feel pain deeply, we remember it easily and develop a depth of compassion, empathy and desire to learn, master and create solutions around this topic – it's the creating of a passion and a desire that are necessary for our higher purpose.

So, we can and do choose to come into a physical existence – to take on a physical body as a vehicle to broaden and deepen our understanding of Self.

Our physical body is a **vehicle** we use
to deepen our understanding of Self

Incarnation

Do we live just one lifetime? I guess the question is, are we eternal or mortal beings? If we believe that we are a physical body, then yes, we live just one lifetime. If we believe that we are eternal spiritual beings, then life becomes expansive and full of possibility to live not just multiple but an infinity of lives (if we so choose).

If we look closely, we can observe the process of reincarnation all around us. From nature's cycles of growth, flowering, seeding and decay to the cycles of the moon & sun, the seasons and the weather. Cycles, patterns and reincarnation exist effortlessly all around us. Why would we be any different?

If we were to define reincarnation, we might say that it is the re-birth of energy (which follows the scientific understanding that energy can neither be created nor destroyed). Regardless of what aspect of life we study, life is a pattern of change, growth, transformation and evolution...of reincarnation and rebirthing of life energy.

*"It is not more surprising
to be born twice than once,
everything in nature is
resurrection."*

~ Voltaire

The Process of Incarnation

In between lifetimes, we spend 'time' cleansing our 'Being' of the negative and heavy energies that we've accumulated from our experiences on the Earth plane.

We go through a 'review' of our life, acknowledging where we embraced, learned and mastered our soul lessons – where we embodied the highest soul lesson of 'love' (and where we did not). This review takes place with our Soul Guides to better understand how, where and when we might seek to incarnate again in order to advance in our soul growth.

When we choose to re-incarnate, we go through a planning process with other members of our soul group, our Angels and Guides. We choose the soul lessons that we will focus on and the

type of body, challenges and life that will best serve the purposes of learning and embodying those lessons.

- Yep! You got it – we ‘choose’ the type of person that we will be right down to the how big or small, strong or frail, abundant or restrictive our body ‘vehicle’ will be.
- We also choose how much of our ‘soul’ will energize this body (%). So, some people naturally have a higher energy level than others (it’s meant to serve the specific purposes that the soul is here for!).

We choose our body, our challenges and our life.

(I guess there’s no blaming from here on out!)

We also spend time coordinating with members of our soul group and other groups to create experiences that will (hopefully) lead to us achieving our desired outcomes & soul growth.

- For example, if I desire to experience and deepen my understanding and knowing of ‘joy’, I may plan a series of events that will guide me to become
 - 1) Aware of joy
 - 2) Deeply appreciative of joy
 - 3) Creative in how I give and teach joy to others
- As a part of this ‘plan’ I may coordinate an ‘incident’ (ex. Traumatic incident of someone attacking & yelling at me) with another soul to ignite the:
 - 1) Feeling of sadness, confusion and loss of joy
 - 2) Willingness to learn, grow and step into a soul journey in order to re-find my joy
 - 3) Freedom to step out of the path that I’d committed to and onto a new life path that will lead to my higher purpose of deepening and knowing of joy in my life

Now, from an ego or surface level perspective, one may view such an ‘incident’ as wrong, bad or negative; however, from a soul perspective, such an incident is actually supporting both souls on their path of awakening.

For one soul it may have woke them up to just how intense and scary they can be (& the consequences for that action...potentially leading to an awakening & willingness to become more patient, kind and understanding) while for the other it has awoken them to an awareness

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of something other than joy and the desire to figure out how to ignite & create joy for
themselves and others.

When another person makes you suffer,
it is because he suffers deeply within himself.

(He does not need punishment; he needs help.)

~ Thich Nhat Hanh

So, life is pre-planned in a sense, yes, but overall, we have full freedom whether we choose to embrace our soul lessons or to 'look the other way'. Day-to-day life is at our own discretion to create and enjoy as we please, the long-term intentions for our life, however, are gently guided by our own placing of 'trigger events' along the way (people, incidences, awareness) to assist in our 'awakening'.

Soul Lesson:

Our pains and struggles are meant to guide & focus us in on our soul path – to create passion, motivation and purpose – to align us with our higher purpose & calling in this life.

Tool #1:

ACKNOWLEDGE & REFLECT

1. When you reflect on your life, what are the ‘moments’ that have been meant to ignite or awaken your awareness, passion or purpose in this lifetime? Identify 2-3 experiences and briefly describe them.

2. How traumatized, feeling abandoned, or holding resentment, anger, blame or being wronged were you initially as a result?

For each incident, indicate your level of trauma (1 – no trauma/anger at all; 10 – deep, overwhelming trauma/anger) Ex. 7/10

Incident #1 _____ /10

Incident #2 _____ /10

Incident #3 _____ /10

3. In hindsight, what shifted or changed in you and your life after this event?

How did you look at life differently? Did your approach to life, people, situations, career, money change?

How about your mindset? Compassion towards others?

Implementing:

NAVIGATING OUR AWAKENING

It's one thing to initiate our spiritual awakening, it's entirely another thing to navigate it all. On the following pages you'll find tools to take your understanding of spiritual awakening and begin working *with* it – to assist yourself in actually moving through and navigating your awakening with ease.

Symptoms of Spiritual Awakening

Spiritual awakening begins with a moment or series of moments of becoming aware of there being something more to life than what we're experiencing. As this awakening deepens in intensity, our spiritual body begins to increase its vibration or frequency and 'lighten' or 'ascend'.

In order to do this, our physical body must lighten itself by clearing out heavy energies (old emotions, fears and beliefs), toxic foods and viewpoints/habits and restructuring itself to increase its vibration and maintain alignment with the spiritual body.

Whether we willingly embrace and surrender to our 'detox' or not, our body will naturally fall into its own detoxification process. So, we can expect a number of symptoms to go along with our spiritual awakening. These may show up through our behaviours, our mental perspectives, our emotions and/or our physical body.

Some Common Awakening Symptoms

1. Sudden development of skin conditions

In order to raise its vibration, our body rids itself of toxins (emotional, mental, physical) through our physical body. This may show up as the sudden development of acne or pimples (where we don't normally or have never had acne), blister-like peeling along the palms of the hands and wrists, psoriasis on the scalp, feet and legs, hair loss & thinning of the hair, etc. These conditions may disappear as suddenly as they appeared and may last only a couple of days up to several months.

2. Flu-like symptoms

During major restructuring of our energy system, we may fall into a deep, sudden flu-like state. Literally, it may set in as quickly as 5 – 15 minutes, putting us straight to bed to sleep through until the following day.

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When our body is going through a restructuring, all of our resources are being directed to the changes and a massive decluttering takes place. In order for this to happen efficiently, our physical body practically shuts down to allow for the changes to take place.

3. Exhaustion and lethargy

Exhaustion and lethargy generally happen when we resist the changes that are taking place.

Go easy on yourself. Just simply pay attention to how your body is feeling. Trust that if your body is exhausted, there's something going on and it will happen more efficiently if you embrace it and surrender to it.

4. Buzzing, tickling or goose bump sensations on the skin

As we open up and become more aware, it's typical to begin to feel and notice sensations that we maybe didn't notice or experience before. When we begin letting go of 'not believing' in things beyond the physical, the blocks or barriers to experiencing spiritual sensations are removed. Burning in the scalp, buzzing in the hands, fingers, scalp. Ringing in the ears. Tickling sensations along the skin. A wave of goosebumps or a rush of energy passing through the body.

5. Sudden aversion to certain foods/cravings for certain foods

Our body is in constant communication with our spiritual body – so, trust that if you're suddenly unable to eat certain foods or are craving foods that you don't normally enjoy, there's a deeper reason for it. It may not logically make sense, but it may be necessary all the same. Food allergies. Craving dark chocolate, fresh fruit and vegetables or lighter foods. Losing our enjoyment of certain foods (coffee, meat, bread, dairy, other). As we awaken, we naturally become more in-tune with our bodies' needs and desires.

So, if our physical body is actively seeking to support our spiritual awakening and ascension, it stands to reason that there are likely numerous ways that we can assist ourselves in this process. (Know this, regardless of whether we choose to actively assist ourselves or not, the body will fall into alignment and be 'pulled' to align with the ascension of the soul.) In refusing to let go of old patterns, habits, beliefs and ways of being, we only serve ourselves to struggle physically.

We can decrease the impact or manifestation of physical dis-ease and dis-comfort by listening to our body, observing it for changes, cravings and 'rejections' and implementing changes to support its natural cleansing process.

Steps to Support Our Awakening

1. Surrender

Surrender to the process – you're here – you're in it! Let go of what you thought 'should' happen and start embracing what IS happening. If your body is refusing or reacting negatively to certain foods or habits, then let them go. If you've lost interest in certain activities, friendships or pursuits, then let them go. If you're exhausted, feeling sick or lacking motivation, let go and surrender. Trust that your physical

body is doing its best to let you know what it needs in order to cleanse and lighten on all levels (physical, mental, emotional, spiritual) to align with your soul growth.

2. Assist the Body in Cleansing

Assist the body in eliminating toxins and cleansing by:

- 1) **Drinking plenty of water** – toxins are eliminated through the urinary system, the sweat glands and/or the perspiration glands as well as through crying. These processes all require water.
- 2) **Physical Activity** – there's no need to go 'crazy' but be aware that a certain level of daily activity gets things moving through your body (blood, chemicals, sweat, etc). Regardless of whether it's a 20 minute walk, an intense cardio workout, or a relaxing Hatha Yoga session, activity will assist your body by getting the fluids moving, which in turn helps your organs and systems process toxins and cleanse the body.
- 3) **Mental & Emotional Processing** - talking, writing, journaling, creativity, dancing, deep breathing - self reflection in any form will assist your mental and emotional bodies in acknowledging, healing and letting go of beliefs, trapped emotions and patterns of thinking that are ready to be released on the cellular level. (What we release on the cellular level will wash out through the physical body.)

3. Balance Your Life

Seek to bring balance into all areas of your life. It's not about 'going crazy' with it all – moving to a monastery, meditating for 6 hours a day or completely changing our diet...

It's about simply seeking to 'tweak and adjust' the various aspects of our life and our habits. Noticing when something feels 'off' or out of balance or unsupportive to our body and then adjusting it to bring it into balance.

Tool #1:

SELF CHECK-IN

Instructions: Some common symptoms associated with periods of spiritual awakening are listed below. Place a check beside any answers that apply to you.

1. Skin Symptoms

- Sudden development of acne or pimples (when you don't normally have)
- Sudden extreme fatigue or exhaustion (that disappears as quickly as it came)
- Sudden blistering/peeling on the palms of the hands (lasting weeks to months)
- Peeling of the skin on the instep of the feet
- Sudden appearance of visible scars on the skin
- Sudden development of psoriasis on the hands, lower legs, scalp and/or feet
- Flu-like symptoms (aching, fever) lasting up to 3 days

2. Appetite Symptoms

- Sudden aversion to certain foods that you've always loved (coffee, meat, alcohol, etc)
- Cravings for certain foods that you don't normally care for (dark chocolate, fruit, vegetables, tea)
- Loss of appetite altogether (where normally you love food)
- Increase in appetite (where normally you don't care for food)
- Noticing flavours or smells that you've never noticed before with certain foods

3. Energetic Symptoms

- Buzzing, tickling, brushing or burning sensations on the skin & scalp
- Rush/wave of energy or a shiver that passes through the body
- Deep chill that sets in (suddenly disappears 15-20 min later)
- Ringing in the ears
- Your voice sounding disembodied or robotic (lasting up to 30 min)
- Unusual 'ticking' sensation in an eyelid or muscle

4. Emotional Symptoms

- Desire to spend time alone – loss of desire to socialize
- Intense desire to learn – insatiable appetite for reading
- Feeling alone or isolated
- Feeling like no one understands or 'gets' you anymore
- Deep love for nature & feeling connected to it (like never before)
- Feeling deeply sad
- Deep empathy towards others (where normally you don't)

- Feeling 'rocked' by recent events or tragedies (that normally wouldn't bother you)

5. Mental Symptoms

- Waking up at 2-3-4am and finding yourself unable to get back to sleep
- Vivid dreams with vivid or emotional experiences
- Waking up full of an idea or a knowing, having to get up and write the details down (without really thinking about it)
- Finding yourself suddenly experiencing a dream-like memory or imagining of another place and time that brings strong emotions to the surface (while you're awake)

Review Questions

After reviewing and reflecting on the symptoms of spiritual awakening, where have these symptoms been popping in & out of your life? Is there an incident or moment that ignited them?

Where have you been refusing to embrace and surrender to your spiritual awakening?

What steps will you commit to starting today to assist your body?

Soul Perspective:

THE SPIRITUAL JOURNEY

Throughout history, across time, ages, cultures and beliefs, there are myths, practices and stories meant to guide and support us in walking the spiritual path. There are people throughout history who have lived and navigated their life in such a profound way that cultures have created entire religions based on their teachings and way of life and anointed or appointed them as Saints, Ascended Masters and Spiritual Sages.

Regardless of which method or practices we choose, the point is to embrace and learn a system that will support & guide us in navigating our journey with ease. For me, the system I've embraced comes from the Shamanic traditions of the indigenous people. The details aren't what's important – it does not matter what names or meanings we assign – but, rather, our understanding of what each element represents for us.

The Trinity

From Numerology to Christianity to Shamanic traditions, there is reverence, prominence and intrigue with the number 3. We enter into an understanding of our navigational system with a deeper understanding of three, the trinity, and how it relates to our soul journey.

Across time, society's have revered the number three. It is considered one of the primary numbers (1,2,3) that leads to all other numbers, a basic building block in mathematics and in architecture (triangle) and a foundational principle for the spiritual path (regardless of religion).

Three is not only the symbol used to represent a 'compass' (navigational tool) but it is also used to represent the three aspects of God (Father, Son, Holy Spirit), the three aspects of Man (Body, Soul & Spirit) and the Cosmos in Egypt (Earth, Duat – intermediate space between, Sky). It would be an understatement to say that it is the founding principle for most spiritual rites of passage.

Within our spiritual journey – at any point along it – we are met with three components or aspects that are necessary to navigate and move along our journey with clarity, ease and wisdom. It is from these components that indigenous culture and the method, visual or process of the 'Serpent, Jaguar & Condor' comes from.

The Serpent, The Jaguar & The Condor

Each of these three animals is meant to assist us in seeing our journey from a certain perspective. It is the natural qualities of each animal that provide the perspective of how to view where we're at & how to process and move through it.

As with all symbolism, it's a fluid definition or understanding – take what feels like truth for you, leave what doesn't or adjust to fit your view or understanding of life.



Snake



Jaguar



Condor

First, we use the snake as a 'symbol' for the body and to remind us that it is good and right to shed our past regularly, to allow nature to assist us in healing and shedding so that we may move through our journey while on the earth with 'beauty'. Snake is about learning, letting go, embodying the lesson, appreciating it, integrating the lessons, transforming and moving forward as a soul.

Second, we use the jaguar as a 'symbol' of the mind and to remind us to look for the roads within chaos & challenge, to seek to understand the patterns of chaos and to move without fear in the darkness (learning to see without sight). We tweak and adjust our mindset gradually in an act of ever renewing to bring about endurance, a clear mind and presence in every moment of life.

Third, we use the condor as a 'symbol' for the soul and to remind us to shift perspectives in order to gain understanding and clarity in life. Our 'soul', our intuitive sight and our connection with the Divine are ways of shifting our perspective. When we liberate & connect the spirit, we can view life from alternative perspectives, helping us to understand what is happening & what's important.

Tool #4:

RECONNECT

After learning about life's purpose, spiritual awakening, incarnation and the spiritual path, I'm feeling:

****Circle all of the words that apply to you**

Relieved

Excited

Surprised

Motivated

Overwhelmed

Intrigued

Irritated

Determined

Fascinated

As a result of understanding more clearly about the spiritual path and spiritual awakening, I am:

****Fill in the blanks**

Curious to learn more about _____

Excited to implement _____

Going to change this _____

This Week's Daily Affirmation:

I am learning to honor my _____ and let go of _____ so that I may experience _____.