



Module 3

SPIRITUAL AWARENESS

Awakening. Soul Fusion. Navigating it.

‘Living Heaven on Earth’

CHILLS... We're at 'that' moment, when our spiritual knowing begins to shift into a deeper level of spiritual awareness...and things start 'clicking' into place!



Our Next Step Together...

We've built a foundation of understanding around the Soul and established a solid spiritual practice, now we step into spiritual awareness.

- ✓ Explore the concept of 'awakening' from the perspective of fusing the spiritual and physical selves to live awake as 'Heaven on Earth'.

Learning:

THE FUSION

There's a moment – a phase actually – that we come to on our spiritual journey, where we begin shifting from personal development & mastery to spiritual development & mastery. A key part of this shift is letting the ego crumble completely and creating the space for our soul to 'fuse' with our physical body...Soul Fusion.

In Module 1 we learnt that spiritual awakening is the 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 continues to unfold throughout our existence (life & beyond) until we once again merge with our full knowing or awareness.

Now, I may have left the impression that full enlightenment, awareness or Oneness is something that can only take place once we have left the physical plane and are once again merged with our spiritual self. I'm going to pull you deeper here into the possibility of re-uniting with and fusing our spiritual Self with our physical self *while* we are on the earthly plane.

As an aspect or offshoot of the Divine, we are here in this 3D reality to experience the physical and, ultimately, to awaken our Higher Self (or Christ Consciousness) so it may descend into our Being to live as 'Heaven on Earth' – to live 'consciously' while exploring the wonders and the beauty of the physical experience – and to actively or *consciously* pursue our soul's growth.

This experience of 'Heaven on Earth' happens with a focused intent. This path is not for the faint of heart. There will be moments and phases of questioning why we're headed down this path coupled with moments of awe inspiring beauty, wonder and humbled gratitude.

Fusion of the Soul

We are seeking to experience a fusion of the spiritual Self (Soul, Higher Self, Oversoul) with the physical Being. Rather than slowly work through our soul lessons in various lifetimes and from various perspectives, we are offered the opportunity to bring up, heal and move through the wholeness of our earthly incarnations, experiences, karma and soul lessons at once.

It's from a state of complete surrender, trust and faith that all aspects of our Self or Oversoul are fused back into Oneness and embody the ability to live as Heaven on Earth. From this state of Being, we can shift into a deeper, more empowered place of guiding & impacting humanity & Earth on it's awakening journey.

It's a shift from personal growth to humanity's growth.

How Do We Do This?

Fusion takes place from the conscious intent as we cleanse our thoughts, emotions, feelings and physical Being to vibrate at a higher 'spiritual' frequency.

We can assist this process through three steps:

- ✓ Cleanse our 'Vessel' so it's crystal clear
- ✓ Recall & integrate all aspects of our 'Self'
- ✓ Ignite & fully embrace our spiritual senses

Our focus in this module will center around the initial step of cleansing our vessel.

Cleansing Our Vessel

In order for our Oversoul to embody this physical reality, we must cleanse all 4 levels of our being or 'vessel' to make space for the vibration of Spirit to exist in harmony with our earthly Self.

What exactly does this mean? Let's begin by exploring and developing an understanding of vibration and the Universal Law of Vibration or Frequency.

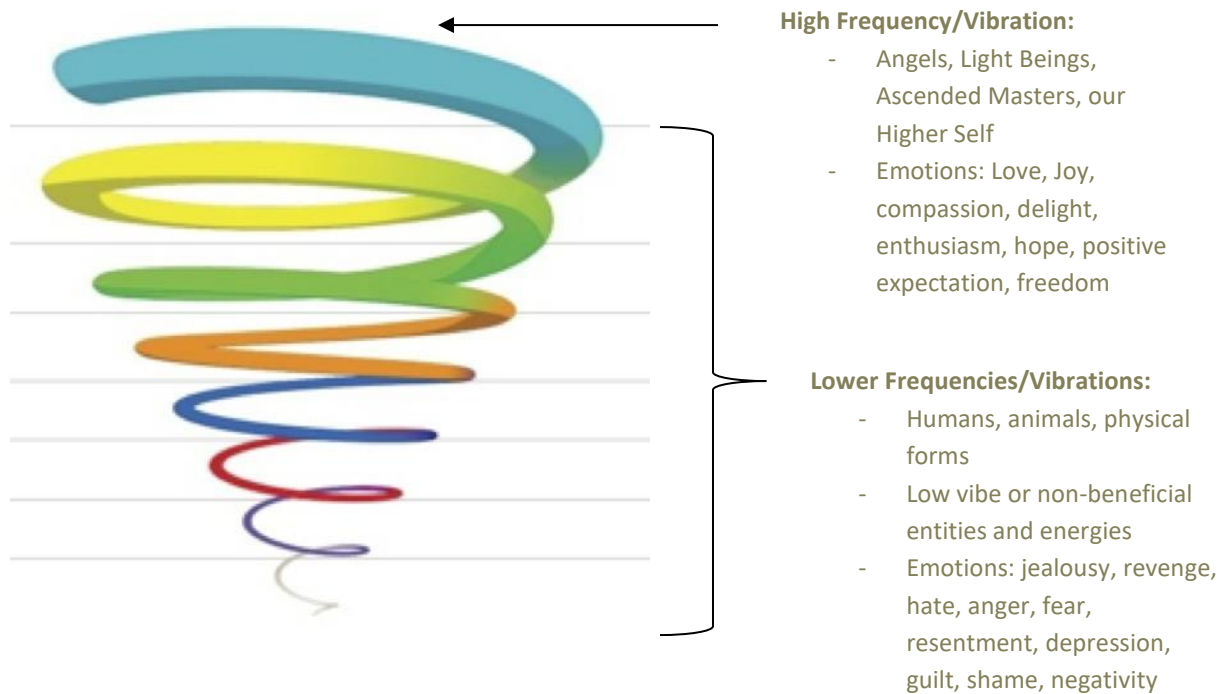
The Law of Vibration

- States that anything that exists in our universe, whether seen or unseen, broken down into and analyzed in it's purest and most basic form, consists of pure energy or light which resonates and exists as a vibratory frequency or pattern.
- Science has shown that when we look at anything (solid objects, humans, cells, water, etc) through a high-powered microscope, everything is particles of energy vibrating (quantum physics).

- 'Like attracts like' – two frequencies will move into sync or rhythm with one another given sufficient timespace. (Ex. clock pendulums will move into rhythm with one another when placed in close proximity)

Understanding Human vs Spirit

All of life vibrates at a certain frequency – from plants, animals and humans to crystals, essential oils and foods to emotions, thoughts and feelings. If we were to physically visualize ourselves compared to Spirit/Creator, we would find ourselves much denser and lower on the vibration scale.



The combination of our beliefs, thoughts, feelings & emotions make up our unique vibration or frequency.

The four levels of our Being (physical, mental, emotional, spiritual) combine to create a specific resonance or frequency that adjusts moment to moment based on what we put into our body (food, drink, exercise), our emotions, responses, thoughts and actions.

- If we are consistently struggling and fighting against life, thinking negative thoughts about ourselves, life and others, suppressing heavy, toxic emotions like anger, fear and resentment, feeding our body heavy, toxic, low vibration food & drinks, and avoiding the overall nourishment of our body, then our resonance will be quite dense, heavy and low. (Our soul is unable to reside in a dense, heavy, low vibration environment.)
- If we find ourselves fluctuating between feeling bored with life, discouraged, self doubting and motivated, however, we're navigating and working on shifting our thoughts, reactions and ways of being and paying more attention to our diet & physical health, then our resonance will be midway up the scale (however our Soul will be unable to remain connected or 'in' this lower vibration for extended periods of time).
- If, however, we consistently seek to reflect, heal, resolve and find gratitude for our circumstances and emotions, find ourselves surrendered to life and embracing what comes, feeling positive, uplifting emotions like Love, Compassion and Joy, and consciously feed our body high vibration food, drink and activity, then our resonance remains higher in vibration and more consistent, enabling our Soul to reside within our physical existence for extended periods of time.

The Law of Vibration all comes down to one thing in terms of Soul Fusion – 'we' are seeking to raise our vibration to make space for the Divine (the Divine is not looking to lower its vibration). If we wish to fuse our spiritual self with our physical body, we must cleanse our vessel, our thoughts, our emotions, our inputs so that our physical body vibrates at a rate that can accommodate or come close to vibrating at a similar frequency to that of Spirit.

When we consistently vibrate at a higher frequency or resonance, we create the conditions necessary for our Spiritual Self to descend into our body and live a physical life from a spiritual perspective.

Tool #1:

ACKNOWLEDGE

**How well are your current habits supporting your body – mind – soul to vibrate at a light or higher frequency? Work your way through the exercises below to clarify what you can do to assist your body in raising its vibrational frequency.

1. Acknowledge where you're at on the emotional scale below. Draw three arrows to indicate your 'set-point' for three points in time: 1) 1 year ago 2) 6 months ago 3) Now

Ex. 1 year ago						
Fear	Insecurity	Revenge	Worry	Boredom	Contentment	Passion
Grief	Guilt	Anger	Doubt	Pessimism	Optimism	Joy
Depression	Unworthiness	Discouragement	Disappointment	Impatience	Hopefulness	Freedom
Victim	Jealousy	Blame	Overwhelm	Irritation	Enthusiasm	Love
		Hatred/rage		Frustration		Gratitude

2. Reflect on your current habits to identify where you're supporting your self to vibrate consistently at a higher frequency vs where there are opportunities for higher vibe practices.

*Circle the option for each item (Ex. Coffee) that best represents your current practices (ex. Often)

Physical Vibration Assessment:

I drink...

Pop/Juice	never	occasionally	often	daily
Coffee	never	occasionally	1 cup daily	multiple cups
Alcohol	never	occasionally	weekly	daily
Monster/other	never	occasionally	weekly	daily
Water (daily)	1 glass	2 glasses	3 glasses	4 +
Total each Column	/5	/5	/5	/5

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I eat...

Bread	never	occasionally	often	daily
Dairy Products	never	occasionally	often	daily
Processed Meats	never	occasionally	often	daily
Sweets/Candy/Baking	never	occasionally	often	daily
Vegetables	never	occasionally	often	daily
Fruit	never	occasionally	often	daily
Total each Column	/6	/6	/6	/6

I sleep...

hours/night	2-4hrs	4-6hrs	6-8hrs	8hrs+
Quality of sleep	Restless	in & out	restful	deep
Total each Column	/2	/2	/2	/2

What are you noticing or realizing about what you put into your body? How well are your physical 'inputs' supporting a clear, high vibration?

Mental/Emotional Vibration Assessment

Activity...

TV/Internet	7hrs+ daily	5-6hrs daily	3-4hrs daily	1-2hrs daily
Being in Nature	Occasional	<1 X daily	1 X daily	2+ X daily
Learning & Growth	Rare	Occasional	Frequent	Consistent
Daily Activity Level	Sedentary	Inactive	Active	Very Active
Interactions with Others	No connection	Surface	Below Surface	Strong & Deep
Total each Column	/5	/5	/5	/5

Spiritual...

Meditation	Occasional	Frequent	Consistent	As needed
Self Reflection	Occasional	Frequent	Consistent	As needed
Cleansing & Clearing	Occasional	Frequent	Consistent	As needed
Spiritual Connection	Isolated	Solitary	Group	Mix of both
Total each Column	/5	/5	/5	/5

What are you noticing or realizing about how well you cleanse and nourish your mind and your emotions?

What areas (physical, mental, emotional, spiritual) do you cleanse and nourish well?

What areas (physical, mental, emotional, spiritual) do you struggle with or leave unacknowledged?

Cleansing on the Chakra Level

So far, we've looked at the Law of Vibration and how it relates to Soul Fusion, we've explored an understanding of emotions, thoughts, foods and activities as they relate to the frequency of our vibration and keeping our vessel clear – the final piece of this puzzle is the cleansing of our chakras.

Each of our chakras reflects and holds the vibrations of various types of memories and experiences – from both our current life and our past/future/alternate lives. As we enter into the process of awakening, the kundalini energy within our Being awakens and begins rising, falling and going dormant in cyclical phases. Each time the kundalini rises, it stirs up memories and unresolved traumas within our psyche to be cleansed, healed and released.

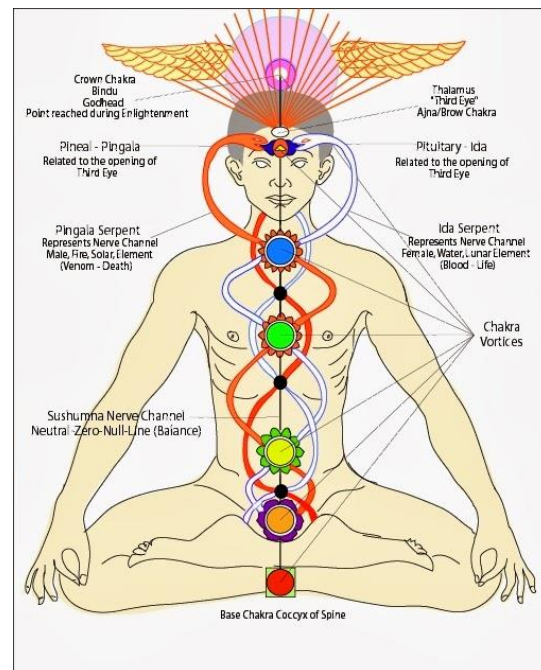
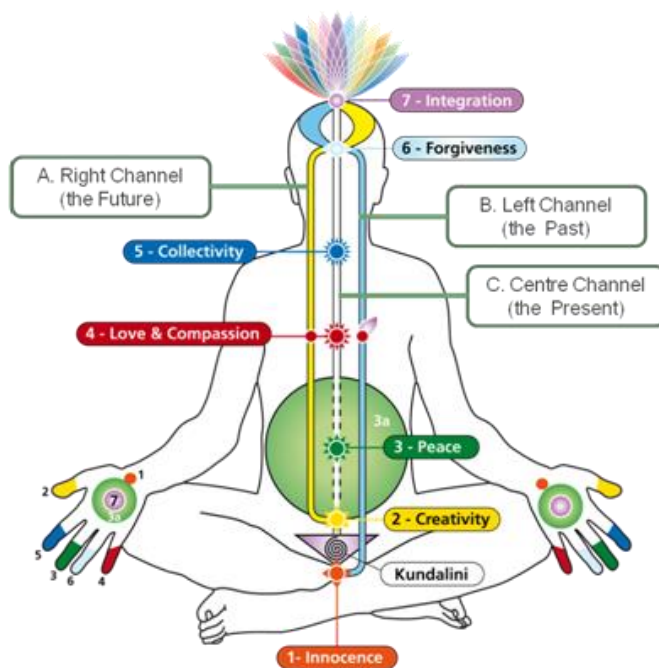


Photo Credits: Unknown

With each rise and fall, the 'thing' that is needing resolution will manifest as physical pains & discomforts, emotions, thoughts and/or memories. We can recognize and become 'in-tune' with the movement of Kundalini in our Being by observing our body, emotions and thoughts for turmoil and discomfort.

Furthermore, we can be aware of the Truth that there is NO need to suffer through our physical symptoms! Symptoms arise in an effort to alert us to the opportunities that await our awareness and healing (not to torture us!). But, left ignored, symptoms will intensify in an attempt to get our attention!

How to Work 'with' the Kundalini Symptoms

Ohhh – let me tell you – I AM the poster child for highly painful, uncomfortable kundalini rising symptoms! (lol: #funnynotfunny) The thing was I had no idea that my physical ailments, pains and discomforts were tied into 'gunk' that was seeking to be healed and released from my chakras. And, if I did know, I had no idea that I could work 'with' the symptoms to alleviate them.

On my journey I have suffered from drastic hair loss (losing 60% of the hair on the top of my head!), peeling & blistering on my hands and wrists (I actually had someone wonder if I had hand, foot & mouth disease!) and extreme, debilitating pain in my teeth and jaw. I promise you, 'waiting' and 'hoping' for the symptoms to disappear is not a recommended option...

(I am laughing inside, you know?!)

First things first, we need to understand why certain symptoms arise. Our kundalini rising symptoms are NOT random – they are highly correlated to the chakras that hold the memories or traumas that are ready & waiting to find resolution and release.

If, for instance, traumas around 'speaking our truth' are arising to be healed, our throat chakra (the chakra associated with speaking our truth) will give rise to physical symptoms (pain, pimples, disfunction, etc) located near the throat chakra (jaw, teeth, throat, neck).

Anytime we notice emotions rising in contrary to feeling at peace and ease, we seek to understand 'what' is triggering them so we can identify the chakra and begin 'the work' of healing and releasing. The same goes for physical discomforts, issues and challenges, mental discomfort and issues and spiritual discomfort and issues. Seek to 'understand' the symptoms.

3 Steps to work 'with' the Kundalini Rising:

1. Observe Oneself for arising symptoms
2. Note which chakra(s) correlates to the symptoms (See Chakra Symptom Guide on p12)
3. Work with the symptom to resolve it (See Resource Suggestions p13)

Resource:

CHAKRA SYMPTOMS

When it comes right down to it, nothing is ‘absolute’ – so go with your gut, trust your intuition and your thoughts on your symptoms. Use the charts below as guides or tools to ignite your understanding and exploration of symptoms.

The steps to understanding what the symptom is all about are pretty simple – just focus on ‘getting to know’ to the symptom (like it was a person/entity):

1. Note the area of the body that the symptom is arising from
 - Throat, top of head, ankle, etc
 - The side of the body it is located on (feminine = left; male = right)
2. Note any particulars about the symptom
 - Is it hot, swollen & painful? Aching & throbbing? What is the intensity like? (hot, painful symptoms may indicate a ‘hot’ emotion like Anger)
 - Is it consistent or does it come in waves?
 - When did it begin? Does it fluctuate or flare up at certain times of the day/week, around certain people? At certain events? Get to know the symptom.
3. Which chakra(s) does it relate to?
 - What chakra is it physically closest to? (Ex. Jaw = throat)
 - What chakra might it relate to? (ex. Teeth = bone = structure = security = root chakra)
4. Apply everything you’ve discovered to your life
 - If it’s hot, painful, radiating heat and pain in your jaw & teeth, it may relate to a hot emotion (Anger) relating back to your maternal side over beliefs (root chakra) & insecurities from your upbringing. Once we understand the pieces, we can begin correlating them back to our everyday life. Maybe your upbringing was great but you’ve held anger inside of you over illogical fears and insecurities that you picked up from your Mom.
 - Journal, reflect & explore as much as you can to ‘unearth’ what has laid repressed within you
 - Explore past life regressions to uncover and learn about symptoms arising from other lifetimes
 - Most importantly, seek to find gratitude for how your pain/trauma shaped who you are in this life. Once you’ve found that, forgiveness, healing and release can take place.

Emotional Energy Centers of the Body

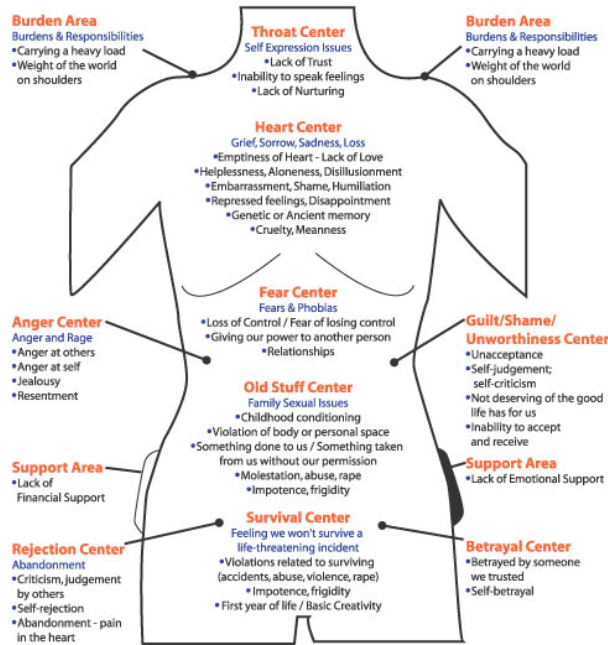


Figure 1.0 Emotional energy centers and their physical locations in the body (Photo credit: Unknown)

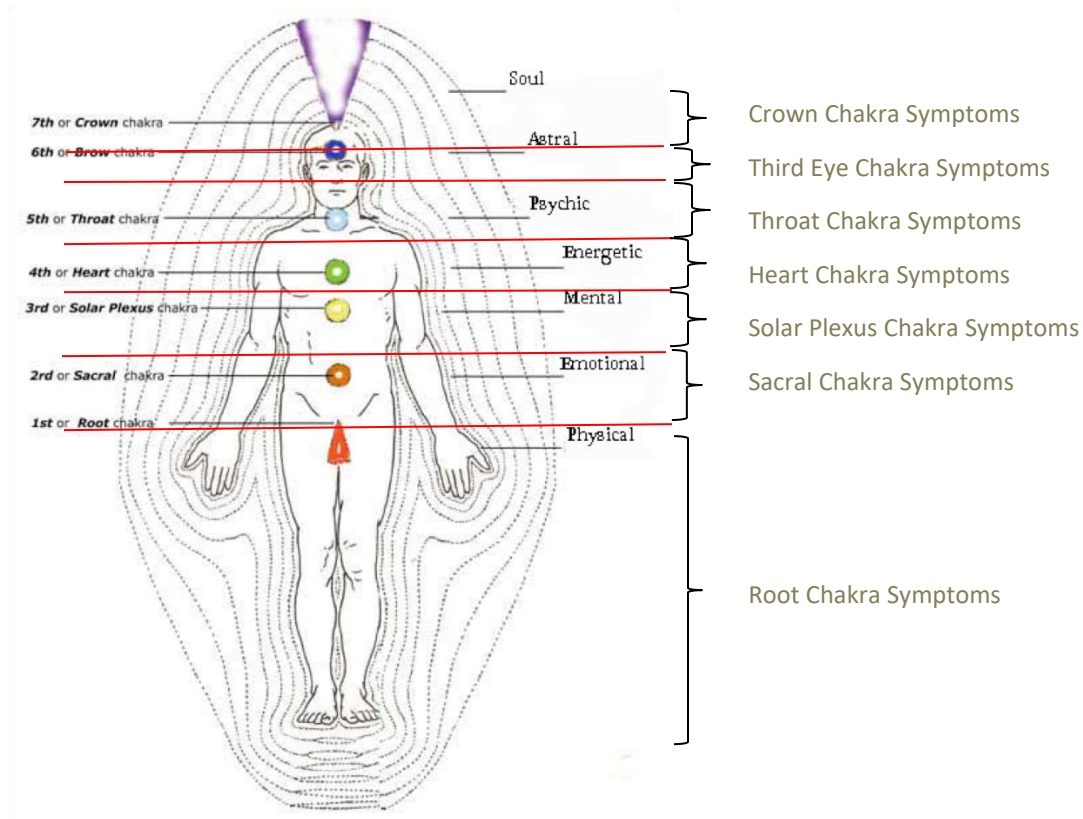


Figure 2.0 Physical location of symptoms in relation to the chakras (Photo Credit: The Mystical Raven)

Resource Suggestions:

PROCESSING SYMPTOMS

When it comes to our symptoms, we can go as complex or as simple as we feel like & in accordance with the time & space we have available to us. Pick & choose from the suggestions below (or combine them all!). There's no guarantee how quickly or easily they'll process; however, working 'with' our symptoms assures us that we've done what we can do to move forward (& we're not holding ourselves back!).

My Top Suggestions:

- ✓ Acknowledge the symptoms
- ✓ Identify & explore the challenges & resistance in your life right now
- ✓ Determine which chakras are affected
- ✓ Channel the pain – ask it what message it has for you, what it needs, what would soothe it
- ✓ Journal & self reflect
- ✓ Regress and explore (past life regressions, astral travel)
- ✓ Bathe & cleanse to assist the healing (use essential oil(s), bath salts and baking soda to nurture and soothe the spiritual & physical bodies)
- ✓ Eat foods that support the specific chakra (Ex. Orange foods for sacral chakra)
- ✓ Create a sanctuary & sacred healing space in your home for a day(s)
 - Place your 4 pillars, light a candle, sage your space, set your intentions for healing & release
 - Cozy blankets, journal, music, etc
- ✓ Meditate to center, spiritually cleanse and receive guidance
- ✓ Call in spiritual support (Ex. Archangel Raphael for healing)
- ✓ Step into spiritual space with the person's Higher Self whom you need to resolve issues with
 - Acknowledge the beauty of their role in your life and in shaping who you are and your path
 - Notice any cords of attachment, invite Archangel Michael to cut them, plug back into your energy Source

Tool #5:

RECONNECT

After learning about Soul Fusion and working with kundalini rising symptoms to create & maintain a clear vessel, 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 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 _____.