

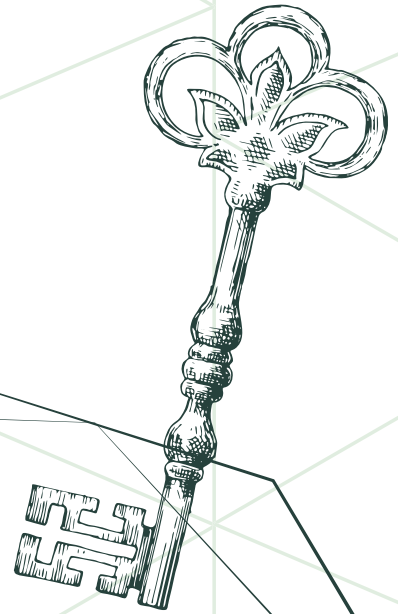
# WHAT'S IMPACTING YOUR SPIRITUAL AWAKENING

## Workbook



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# KEY LESSON TAKEAWAYS



Spiritual awakenings are synonymous with spiritual rebirth. They're known for stimulating spiritual enlightenment and providing a better understanding of life through growth and ascension. The beginning and development of a spiritual awakening can be mind-blowing or subtle, but either way, the end result is an overall higher consciousness.

In this current intensified energetic climate, undergoing a spiritual awakening process can feel more intense due to the rapid and abrupt energy shift.



We learned that rapid ascension and extreme acceleration were both key energy issues to look out for.



## 1 Rapid ascension

Beginning in 2020, we experienced a quantum shift in energy incline called rapid ascension. Since our physical bodies are composed of matter, it takes a long, sweet time to change!

## 2 Extreme acceleration

Due to energy acceleration, it may feel like time is moving faster and the day doesn't last as long as it used to. It can also feel like things are manifesting faster. Things that would have normally taken them years to manifest seem to be happening more easily and swiftly in our lives, shortening the loop of manifestation.

### So what does this mean?

- This means whatever we put out is coming back to us faster.
- We have to be crystal clear on our energy output so our vibrations attract what we want to manifest.
- We have to maintain a clear mental state to process our thoughts and feelings quicker and more effectively.
- What need to focus on what we want to manifest because it's happening faster than ever before.

# HOW THESE ENERGY ISSUES AFFECT US

There are 4 main ways that energy issues most affect us when the energy accelerates and ascends quickly. This is based on where you may have preexisting energy blocks in your system. These symptoms have sudden onset, meaning they come on quickly and sometimes literally out of nowhere.

## 1 Common Physical Symptoms

- Aches and pains.
- Exhaustion.
- Ringing in the ears.
- Pressure headaches.

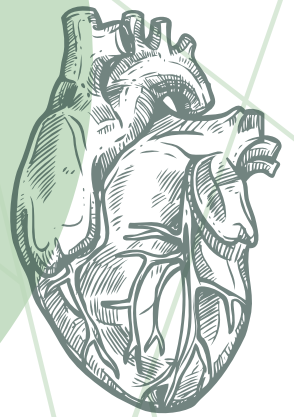
These symptoms can also go away quickly, especially if you listen to the body and start some energy clearing and body movement.



## 2 Heart sensations

There's a heavy focus on the heart chakra in these times, meaning we'll have more heart symptoms such as:

- Palpitations.
- Flutters.
- Chest sensations (feeling your ribs or chest opening up).
- Sensations into arms and hands.



## 3 Mental agitation

One of the areas that we usually need the most clearing of is the mental body and mind. The mental body, a layer of your aura that is associated with mind, is where thoughts originate. At times, your mind can feel agitated + restless because it releases its toxicity. It's normal to feel mental agitation as this new energy comes in and loosens outdated beliefs and toxic thoughts.



## 4 Sleep changes

This is common. Your sleep may increase or decrease, depending on which cycle, healing, and ascension you're in.



# ACTION ITEMS FOR ADDRESSING THESE ISSUES



In order to feel better and maintain peace, despite the energy shift, follow these 5 essential tips.

## Tip #1: Choice Points

It's important to bring your awareness to your sovereignty and focus on how powerful you are at any given moment of your life. Being informed on how your present moment choices affect your vibration and inner state, regardless of what's going on helps establish balance and resounding peace. At each moment, we have a decision to make in our lives. This powerful new energy and the energy issues it's causing magnifies the weight of each choice point.

We may sometimes feel powerless in the grand scheme of the universe, but it's important to remember that we have complete power over how we feel and react to this changing world.

Choose where you spend your energy + focus your awareness wisely.



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## Tip #2: Stabilize in Self

In the midst of these energy shifts, it's an incredibly important time to find an anchor within ourselves. There's always a still, peaceful place deep within us that we can access through practices and behaviors to cultivate peace.

**Pro tip:** Be disciplined about using daily practices - such as meditation, silence, exercise, exploring nature, grounding, and unplugging from tech - that connect you with balance, inner stability, and peace.

Be disciplined about keeping certain routines that help maintain stability.

## Tip #3: Dominate the Energy

Many people are experiencing accelerated anger and are struggling to regulate their emotions. But you don't have to be impacted by the chaotic energy of others. By learning to dominate crappy energy instead of being dominated by it, you prevent bad energy coming from other people from affecting you or throwing you off. Choose to influence and change the energy.

Simply visualize an exploding light coming from your heart chakra, dominating the energy in a space you're in. And just like that, you're controlling your energy experience.

## Tip #4: Everything is Temporary

Despite what you're going through, what challenges you face, and what you feel, remember that the acceleration and ascension of energy means: you'll get through it all faster.

## Tip #5: Know Where You Are

Reassure your mind and your ego that everything will be okay if you're feeling totally and completely lost. Understand your position on the spiritual path or awakening.

# HOMEWORK

Now let's focus on some self-work exercises! Journal on the following prompts to devise a plan for advancing in your spiritual awakening.



- 1 Which physical reactions to the recent energy shift have you recognized most recently?

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- 2 Create a go-to list of energy clearing techniques and body movements you can practice whenever necessary.

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- 3 Which tips for feeling better, more at peace, and centered do you plan to implement first in your life?

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**4** What are some ways you can work on clearing your mental body and mind for when you begin to feel agitated and restless?

**5** When do you plan to practice dominating energy? With a negative coworker? During a disagreement? When you recognize your own negative mindset? Create a list of affirmations or mantras you can use for that moment.

**6** Where do you choose to spend your energy + focus your awareness this week? Why is this important to you?

**7** Establish a regular routine to help maintain stability in your everyday life. Which activities bring you peace and balance and why? How often do you plan to incorporate them into your life?

**8** Where are you on your spiritual awakening journey?

# SUMMARY

Whether you're currently on a spiritual awakening path, have just completed one, or aren't sure if you're experiencing one, self-awareness is the key to understanding what's happening to you right now and why. Remember to devise a plan that is easy to implement and maintain to establish a sense of balance in your everyday life.



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