



BEGINNER'S
GUIDE
TO
SPIRITUAL ΔWΔKENING

THE ΔWΔKENED STATE

INTRODUCTION

If you've ever found yourself asking:

What is going on with my life?

What is happening to me?

Numbers keeps following me, coincidences keep appearing.
Everything in my life is falling apart...

If you're feeling confused, anxious, terrified or
even the thought that you're losing your mind.

You're in the right place.

Hi i'm Ashley! Thanks for showing up for this. I'm here to tell you:

Welcome to your new beginning.

You are on the cusp of greatness. You're entering the stages of Spiritual
Awakening.

I found myself in a similar situation roughly five years ago in 2011. My symptoms started prior around 2008. My life was falling apart, I hated my job, i had no direction, My friendships were toxic and unhealthy causing emotional downward spirals. My dating life was suffering and I was in love with my best friend who was bisexually confused. My life was a complete mess.

Around this time I began experiencing various allergic reactions which caused panic attacks due to the strange sensations of feeling my body **"tingling"** from head to toe.

So I would end up going to the ER thinking something was wrong with me, only to find out I was normal. Later what I realized was this tingling was one of my first encounters of feeling energy.

In 2010 into 2011, I experienced two mescaline -derivative drug trips that essentially opened the flood gates of the Spirit World. My sensitivity grew strong while the symptoms continued to get worse and I began having out of body experiences. I would feel myself "above" my body in weird situations like sitting in a classroom in college.

My world started shifting drastically, break ups, friendship endings, getting fired, moving to college and falling in & out of love. Eventually all of this came to a head on 11.11.11.

I saw energy for the first time,
It was a bright blue orb sitting across from me - clear as day.

My life has never been the same.

It's been an incredible journey of discovery and self-realization. Through my search to find what was happening to me, I started documenting my research on The Awakened State. I began listening to over 10,000 souls over the world hearing them share their own stories, questions and amazing revelations together.

I come forward today to share some of those questions with you.

To help you understand and realize:

This is very real and it's bigger than you can imagine.

WHAT IS GOING ON?

Chances are you didn't find me by accident, I'm a part of you.

Okay I'm going to just lay this on the table, I hate to break to you,
but I'm just going to say it.

You're dying.

Now don't freak out, this is not a physical death, you're not leaving the earth but your
soul is being reborn.

It sounds crazy right? I thought so too until I began experiencing it.

What is happening is your body is going through a process of spiritual evolution. You
are evolving and being reborn!

Through the process of evolving, our old consciousness must cease to exist.

Basically let's break it down:

Old Consciousness = Karmic Baggage, Drama, Duality,
Chaos in our reality

Evolved Consciousness = Conscious Creating, Changing perspectives, Unity,
Order in our reality

If this doesn't make sense now, Don't worry it will later. Trust me on that.

What is basically happening is **your mind is waking up to who you truly are**, this
creates a psychosomatic response which results in direct physiological changes
throughout the mental, emotional, spiritual and physical body.

In short terms, It brings the [Symptoms of Kundalini Awakening](#)

This list which I have modified over the years through personal research is what
triggered my own awakening. Finding this list of symptoms finally put a name on
what I was experiencing.

That this was real, I wasn't going crazy and that strangely it was happening to people
all over the world.

THE DEATH OF THE OLD SOUL

I began noticing there is a pattern to kundalini awakening. People all tend to have different triggers of experience but the symptoms that accompany kundalini awakening are usually quite similar.

Basically the mind feels like it is losing itself because you are ripping away the old consciousness in place of the new evolved consciousness.

Its creating the death of the old soul.

It sounds crazy because it goes against our normal conditioning patterns that we have developed over time. You're not exactly learning this in school.

So basically what is happening is **you are changing from the inside out.**

What happens is the mind essentially recreates itself through the mind. So you think all these things are happening to you but in reality they are more symbolic in nature, almost like a dream.

You are waking up from a dream.

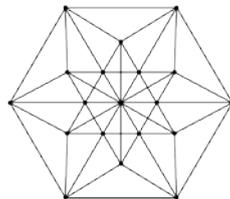
So your mind begins deconditioning itself from the limited beliefs of what you know. This produces a trigger known as the Dark night of the soul.

The Dark Night of the soul is the point where we face an **identity crisis.**

Everything that once interested us starts dissolving. Old relationships, old friendships, interests and various old vibrations start dying and the soul urges itself to look inward.

Often this can create **a state of dissociation** where the mind begins facing unconscious wounds that are connected towards our soul blueprint.

Once we start facing these wounds, we trigger the subconscious long-term memory and start activating these hidden strands of dna where we begin remembering who we truly are as conscious beings having a human experience..



SYMPTOMS OF AWAKENING SERIES

If you're new to the journey, I highly recommend checking out my symptoms of awakening series, which breaks down the process and what we generally feel at the peaks of our Awakening process.

[Part 1 - Awakening & The Edge of Insanity: Why Am I losing it?](#)

[Part 2 – Going into the Abyss: The Dark Night of the Soul](#)

[Part 3 – The Transition Phase: Spiritual Bliss to Stagnation](#)

[Part 4 – The Threshold: The Beauty of Ego Death](#)

[Part 5 – The Divine Creator: Crafting the New Identity](#)

PHASES WE TEND TO GO THROUGH

Level 1 - The Drop

The body drops density and we begin experiencing a immune system response. This usually creates cold/flu -like symptoms. I believe this directly connects to our root chakra, adrenals and unconscious fears. This is the body starting the cleansing process. Flu symptoms are actually signs of Kundalini movement

Level 2 - The Wake Up Call

We begin to feel disoriented with our present reality, why are we struggling and so unhappy? Our eyes stir awake. Suddenly we begin to have an urge to question our reality & purpose:
"Why am I here?"

Level 3 - Hypersensitivity

We begin to notice our senses start to grow sharper, we begin having insights and open up our intuition. We begin tapping into abilities such as clairvoyance, clairsentience, clairaudience, and many more. Our long-term memory starts opening up and we begin remembering the spirit world.

Level 4 - Brain Chemistry Starts to Change

We begin to directly experience changes in our brain chemistry. This is usually accompanied by headaches, pineal/pituitary gland activity, Sinus pain, vision changes, and pain in the central forehead area. These come and go during shifts.

Level 5 - Heart Opening

We begin to have our relationships questioned, this is usually a point where we tie up loose ends. We feel symptoms of chest pain and tightness that comes and goes. This is a time of feeling and validating the emotional body. Empathy starts to come forward and emotions turn into a bi-polar rollercoaster of extreme polarity.

Level 6 - Intuitive Awareness Awakens

We feel the changes deep within us and feel risen to a higher calling. Something is urging us to look within and deeper into what this is all about. Our mind begins opening and we start to listen to spiritual awareness as it comes up. Signs, symbols and messages start appearing. The Numbers begin.

Level 7 - Dreams begin Changing

Our mind starts to become more in tune with the Astral - 4th dimensional. We start to notice our dreams becoming more vivid and prophetic. Many begin experiencing lucid dreaming and desire to learn Astral Projection. Our thought process becomes more non-linear. The dissociation continues and we slowly feel disconnected from our old reality. Deja vu glitches start appearing. We begin to feel dissatisfied with our old consciousness but still uncertain. Stuck in limbo.

Level 8 - Dark Night of the Soul

We begin to face the identity crisis and deconstruction of the Ego Identity. This is usually caused from a destructive symbol of Death such as death itself, depression, divorce, suicide attempt, breakups, getting fired, miscarriage or any other event that directly triggers the spirit into loss.

Level 9 - Rebuilding process

We start to re-evaluate our life and look into ways to start reprogramming our reality. This is due to the death, we now desire a new start free from who we used to be. Instead we begin to change our old ways, old beliefs, old habits and start to heal the spirit/ energy body.

Level 10 - Healing & Releasing Karmic Bonds

Slowly the body begins changing from the inside out, we desire change and begin on an obsessive search to find what is happening to us. We seek alternative methods of healing and start healing karmic bonds

Level 11 - We Seek Outside Sources

Our hunger for knowledge increases and we begin to reach outside of ourselves in search for answers. We begin attracting others for mutual support and divine growth. We start seeing into the illusion of reality, questioning what is real and how our identity shapes who we are. Our soul demands answers and the universe starts giving them to us.

Level 12 - Letting Go & DETOX

We start to let go of toxic patterns, relationships, habits, people, jobs, and even materials that no longer serve us. Our vibrations no longer match or resonate with them. We physically begin purging our reality so we can open the door to the new paradigm. We start Letting go of the old identity.

Level 13 - FEAR AND EGO DEATH

We begin to enter a stage where we feel lighter, our fears are releasing and we're beginning to see that this is all real and possible. Our mind is awake. We start to let go of fears and the illusions of the pain body. We start creating beyond the illusions. We experience the absolute bliss of ego death - ego transcendence.

Level 14 - The Creator awakens

We begin to see the collective unity in all and that we are all masters of design. We desire to be of universal service and begin aligning with our life purpose.

Level 15 - Kundalini Merges with the Earth Plane

We step into the New Paradigm.

After ascending the kundalini we must bring it back down to the earth, where we ground our energies back into world. Internal alchemy complete. Karmic bonds finished. Now we begin to transform external alchemy into the world as thy divine creator. Bringing our gifts into the world and spreading the light of oneness within the earth.

We align with Thoth - the divine scribe and creator.

777

This is a very rough description but the parallels will be similar. Our mind is urging us to wake up and remember.

This is all memories

WHY IS THIS HAPPENING?

Remember the Mayan Apocalypse, December 21st 2012? The end times everyone was all hyped up about that didn't happen?

Well it did happen but it wasn't like we thought, it was an **internal shift** in the human collective consciousness.

This shift in consciousness has been happening for quite some time. Many individuals have been experiencing awakening as they have grown up while others have been awakened since birth and many like you are just getting caught up!

We're entering into a new Aeon. This is all part of ending of a cycle, the age of pisces and stepping into The Age of Aquarius. This is the dawning of the age of aquarius....**{cue cheesy music}**

Our souls have been in preparation for this new era of transformation and enlightenment for centuries. This has been written down in numerous cultures throughout history.

The galactic pole shift is a process we have been creating for many lifetimes, All of this information is leading up to this point of human understanding. We're learning **how to create our reality** and merge into our multidimensional self. Past present and future are now **co-existing as ONE**.

This is through the process of changing our dna and awakening our long-term memories of who we are as a soul.

Humanity has reached a point where our Karmic bonds are ending. Our past lives are being transmuted and we are stepping into the next phase of consciousness expansion in our time space reality.

The mind is creating itself from the mind.

This is the pinnacle of human evolution.

Congrats you're on the team!

HOW IS THIS POSSIBLE?

I know what you're thinking this sounds like a sci-fi movie but it's actually very possible.

Kundalini awakening is more than just a lifestyle switch, it's changing our nervous system and biology. It is creating DNA changes within the body. This is why it's directly affecting the physical body and why we experience numerous symptoms.

There is also a correlation with neuroplasticity and how the brain can change itself. We are literally creating new neuron pathways that are helping imprint these changes into our subconscious mind.

We must think of our consciousness or human body as a light body made of miraculous energetic form.

Imagine yourself like a light bulb beaming with currents of electromagnetic frequency rippling off sound waves that create cellular communication between cell pathways. This is what our body is doing all the time, the average computer seems primitive compared to the systematic functions of the human mind.

We are an intricate system tied between billions of **interconnected cells** organized in an aggregate matter within many layers. Each layer connects to a different level of cellular communication that translates into **conscious awareness**.

These layers connect into our biological processing and our energetic processing through the dimensional layers of consciousness known as our subtle body.

Everything you do, say, feel, touch, taste, smell and think revolves around the communication between one organism that is **your brain**.

Every organ within your body is a communication device directing signals towards neurons in your mental cavity. Your reality doesn't exist without your **conscious awareness** and this is inscrutability linked with how our mind processes reality.

Kundalini doesn't just exist on the energetic level or only the physical level, it is a process between the connection of both through the cognitive understanding of the brain.

[Further Explanation of Kundalini Awakening](#)

HOW DO I AWAKEN MY KUNDALINI?

You REALLY don't want to force Kundalini unless you're absolutely certain you know what you're getting into because it is life changing and mind-altering. I say that in earnest because you don't want to force a kundalini awakening, it will automatically be very harsh on your consciousness,

it's best to go in slow and not 0-60.

When people force kundalini it can lead to clarity or it can lead to madness, some people **li'm not saying you but in general** some people aren't ready for the illusions to fall away around them. It's not that they aren't less or more spiritual than others it's just their soul is not ready for this particular experience. So when you approach kundalini you have to know what you're dealing with otherwise it will bite you on the ass and completely turn you inside out.

If you are dedicated and serious about going further down the rabbit hole there are various methods to ignite kundalini. Don't say i didn't warn you though...

△ The most common one is **Kundalini Yoga**, a sacred and dedicated practice will very gently open you up to the fire of kundalini. The art of kundalini yoga is the asanas, kriyas and breath work are created so that you are able to let go, through the breath body. It's powerful but works. Breath of fire gets me every time.

△ **The Golden Flower method**, I have not done this one personally but Gopni Krishna, the founding father of kundalini research is renown for awakening due to the Golden Flower Method.

△ **Meditation** CAN get you there but it requires a lot of practice, work and time. Regardless meditation is an excellent cleansing and healing tool to help you reach the awakened state.

△ There is also my favorite, **Chakra work!** Working on your chakras will definitely help raise kundalini. Chakra works on healing the energy body. When all chakras are aligned, awakening the crown can stimulate Kundalini arising

There are many methods of awakening the kundalini fire such as near-death experience, mind-substances, sex, out of body experience, tantra, pro-longed stress, initiation by a guru, shamanic ritual and even crocheting! It's best not to force the experience of kundalini, instead **surrender to the universal flow** and Kundalini Shakti will greet you when you are ready.

CAN YOU EXPLAIN KUNDALINI IN SIMPLE TERMS?

Kundalini is basically a process where we awaken our energy body and start to become aware of the subtle systems around us.

It is the realization that we are creating our reality and our consciousness is a mirror of our external world. **Kundalini is the awakening of the mind into self-realization of who we are, why we exist and how we create reality.**

IS KUNDALINI EVIL?

Our world is VERY backwards what we think is 'evil' and 'satanic' is actually the doorways to the spiritual awakened mind. In the very same way that society perceives psychedelic drugs, Symbols are perceived in the same light.

Baphomet: who represents the divine energy of the masculine and feminine combined. Baphomet embodies the culmination of the alchemical process – the union of opposing forces to create Astral Light – the basis of magic and, ultimately, enlightenment.

Magic is the manifestation of Kundalini energy.

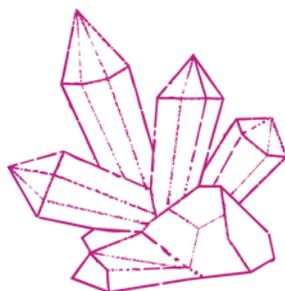
DOES THIS MEAN HUMANS HAVE PARANORMAL ABILITIES?

This is an important one to touch on, it's not necessarily that humans have paranormal abilities, **we ALL have this innate potential.** It's not as supernatural as we believe, our consciousness is made to do this.

I think the number one problem we have is that not everyone can SEE it, so it creates a Resistance to the subject that comes across as fantasy, supernatural, alien or impossible. However this isn't necessarily the case. Many people don't realize that when we move in life we are carrying an aura that expands over 10ft around us expanding.

We all have this potential for these "gifts" because they are our DNA and our birth right as part of the human experience. Kundalini Awakening is the epitome of the human experience. This IS the reason we are alive!

HOW DO I KNOW I'M AN INDIGO CHILD - WHAT DOES THIS MEAN?



**Indigo child, Crystal Children, Rainbow, Starseed,
Lightworker**

Most of these traits start to blend together and they all underline one thing:

SPIRITUAL AWAKENING.

In truth we are ALL starseeds because we are made of stardust and the components of Light/Energy/Consciousness, we live in a holographic universe.

Everyone going through the process of a spiritual awakening is usually described to [one of the above terms](#) when in actuality we are ALL of them! Our souls experience simultaneously realities, timelines and multiple dimensions all the time.

THESE ARE ALL LABELS.

We all carry this potential within us and any human is capable of going through the point of evolving their consciousness.

Humanity is linked and we all innately have this potential within us some are just more aware than others. We all serve our part within reality, even the people who are still 'asleep' help others.

These names are nothing more than different aura colors and various personalities; we are all starseeds because we are created from stardust within the universe. The Universe is inside of us, this is why intuition is so important you know these things innately within your long term memory but they've been forgotten over various lifetimes.

Now is the time that **we start remembering who we are** and where we came from and **why we are here today.**

IS ASCENSION A PHYSICAL PLACE - WHAT IS GOING TO HAPPEN TO THE WORLD?

If you've went to any message board, facebook group or just talked to a New Ager one of them is bound to say "I can't wait until the day where we will ascend and start a new mission".

The concept of Ascension is more symbolic than literal. **Ascension is not a place or date in time, it's a state of consciousness.** No one can say the exact date of ascension because it is different per individual person. Ascension is realizing we are the divine creator, we need to dismantle the old paradigm, remove our limited beliefs and learn to recreate the new story.

WHY ISN'T THERE A GLOBAL AWAKENING?

The Global Awakening is already happening, it's a process, a ripple effect on our consciousness. Look at how much society has changed since 911!

The reason there is not a complete global awakening is because we live in an intricate balance, if we were to cause a global awakening symbolically it would be nightmareish on the earth. Could you imagine if everyone was suddenly feeling reality wasn't real?

It would be absurd!

There is the ripple effect at work. It would cause insanity on the global consciousness. Ascension happens on an individual basis and it has nothing to do with leaving earth or ascending elsewhere. Don't wish war or deconstruction for a system already in place - **it is happening.**

It is a process that has only just begun. The real question is where will society be in 20-40 years from now.? We're already changing so much in a short amount of time. It's fascinating!

HOW DO I FURTHER MY ASCENSION PROCESS?

“I just feel like I'm not doing enough to further my own ascension. How do I learn? How do I meditate better? How do I know when I'm getting signs from the universe? Yes, I know I'm ascending slowly, but maybe I'm just too impatient.”

You can't rush a good thing, you are exactly where you need to be at this precise time!

Patience is a virtue. We all 'ascend' at our own given rate through our soul progression. You are not failing.

Even the card in tarot symbolizing Failure, the 7 of disks is about **learning to see into our insights with patience**. All things happen for a reason even when we feel stuck we are not really stuck we are still learning!

I realize that the times when i am sick that spirit is telling me to slow down, relax stop thinking so much and try to see the bigger picture. **When we push ourselves too hard we stop living in the present and start living in the future world of worry and anxiety.**

Meditation is great and all but honestly you are going through your own awakening just by being you and that's a beautiful thing too.

Getting signs from the universe does not come from a place of searching for answers, **it's comes from inner knowing.**

Synchronicity is not something to find, it finds you when you are ready for it.

The trick is to be patient with your self and also be gentle to yourself. All will fall into place when you are ready, the fact that you are searching alone shows me that you are willing to learn and are learning to get where you need to be.

We must not be so hard on ourselves all the time. When we are, we feel we are limited **when we live in a world of limitless potential**. It is a matter of learning to access that within yourself when you are ready.

Further Reading: [Common Pitfalls - Post Awakening](#)

WHAT HAPPENS AFTER SPIRITUAL AWAKENING?

Everything is always in flux, changing, evolving and everyone is growing. Even when you feel stagnant and stuck, **you are STILL growing** this is actually ironically when you learn the most.

After awakening, you start to learn to integrate what you have learned into your daily reality and apply those concepts. After we do the internal homework we start projecting those changes into our external reality.

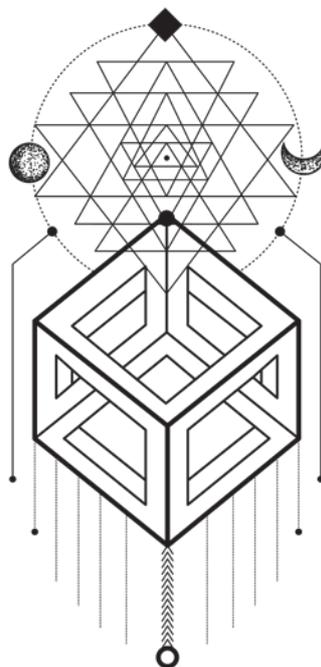
After one chapter we start to learn from a different state above what we previously processed. This is known as life in 5D. We start to dismantle the old paradigm by changing our beliefs and mental patterns.

We experience Ego Death, why we have reactive triggers and how we can start to consciously create outside of the illusions. Our Energy body is healed, karma transcended. We let go of our Past Identity and the wounds from our Past lives.

We begin to transmute our relationships into soulful balanced ones. Our health flourishes, abundance becomes our birthright, we begin aligning with our life purpose and start to merge our dreams into reality.

We enter blank slate.

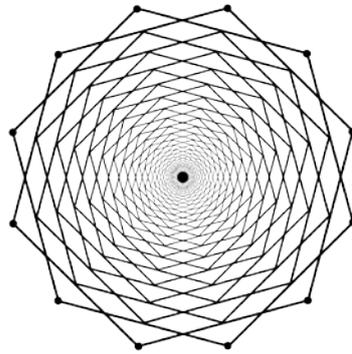
We begin creating the new paradigm - awakening the new story.





EXPLORING
ENERGY

HOW DOES DNA CHANGE REALLY HAPPEN?



DNA AS LIGHT

In the Subtle Body by Cyndi Dale she mentions:

“Studies by Fritz-albert Popp have show that DNA operates not only chemically but at a level beyond. It is essentially a storage unit for light and a source of biophoton emission.

Photons compose the electromagnetic spectrum. They drive the body's processes. At different frequencies, photons produce different effects.

Popp and others maintain that the body is actually surrounded by a field of light and that the DNA responds to {and interacts with} the various electromagnetic frequencies found in this field.”

Basically your physical body that makes you up is structured from energy both internally and externally. The physical body relies upon light for health and even the way we physically see is due to the eye's perception of taking, absorbing and transmitting light-based frequencies.

These studies have been conducted by many others such as Gregg Braden who believes DNA changes result from emotions and beliefs controlling DNA.

Also in the Source Field Investigations by David Wilcock, He mentions:

“Scientific research has shown that our DNA does absorb and emit photons. Living cells absorb and emit light through a “delayed luminescence” process.

In fact, research with a variety of living organisms suggests that all living things absorb and emit light.”

WHAT IS ENERGY?

Over 50 years ago, the science of quantum Physics discovered what ancient cultures embraced; **that energy truly is the basis of life.**

It was proven that the atom, the smallest structure in the universe is made up of 94.5% empty space. This revealed that what you see, touch, sense is only 5% of reality. Your physical body only represents 5% of who you are; you are 95% vibrating Energy.

In actuality we are even more than 95% energy, your physical body itself is composed of matter which is nothing more than energy condensed to a slow vibration made from carbon, nitrogen, oxygen, and all the fundamental ingredients of life itself. The gas molecules that once were created from stars live inside of you.

Your entire body is energy experiencing itself through consciousness.

SIGNS OF SEEING ENERGY

Our world is made of energy and once we start awakening, our senses become heightened into seeing beyond ordinary reality.

You begin to start seeing and feeling energy around yourself and others. This can manifest in many different forms, the more common occurrences:

- △ **Seeing orbs of light within peripheral vision**
- △ **Light flashes**
- △ **Prickly or tingling sensations, like the sensation of static electricity**
- △ **A feeling of something deep flowing through you{ aka kundalini flow}**
- △ **Pressure in the head or a sudden sensation of *pushing***
- △ **A pulsing, tremor or twitching sensation.**
- △ **A sensation like a change in altitude or barometric pressure**
- △ **A shift in consciousness like an abrupt shift in mood or clarity**
- △ **Tracers or after-images amongst objects or auras around people**
- △ **Tingling or vibrating sensation from head to toe**
- △ **Feeling unexplainable warmth in the hands or feet {signs of a natural healer!}**
- △ **A sudden chill, random goosebumps or cold feeling. {sign of releasing energy}**
- △ **swirling orbs of light within the sky or clouds**
- △ **seeing colors of frequency{commonly mistaken with the disorder synesthesia}.**

WAS I TRULY SEEING ENERGY?

"I saw a vivid white spiral of light emit from the incense and rise upward."

"Whenever i meditate i see this purple light that floats around and sometimes there's a yellowish light dancing with the purple one,"

"when i look into the sky, I can see these fascinating white lights shaped like a finger, there are 100's of them! They're evenly spread apart and follow the same movement they kind of do a loop."

"I opened my eyes from sleeping, and saw a speck of blue light, circular, collapse and disappear."

I just started meditating recently and I often get this tingly sensation mostly around my face, chest and sometimes hands."

These are some of the types of situations you can experience when you begin to see and feel energy.

Since I've started regularly meditating, I'm finding that I'm uncomfortably aware of energies. Is there anything that can be done for this?

it's very true the more you meditate the more your third eye will awaken to your subtle system. Your perception will be altered into feeling and sometimes even seeing the energy around you and others.

This is nothing to be afraid of this is only natural for people who are more perceptive and intuitively aware, sometimes my hands will vibrate so much it actually tickles.

There isn't really anything you can do about it except try to turn your vibration level down, which is sometimes actually quite easy because it's the power of your own will. Just relax and Ask directly "dear universe, please turn this down for me thanks"

As you're meditating you're awakening your subtle system of energy that which lives inside of you. Basically you're touching base camp and connecting to source energy.

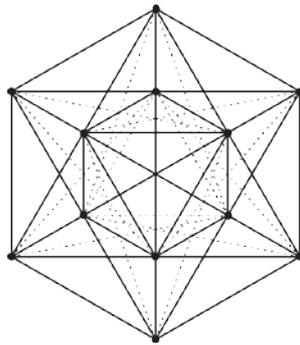
WHAT IS SOURCE ENERGY?

Basically when we are disconnected from our natural present state. We're in a state of resisting the flow. When we stay in the state of resistance we become disconnected from source energy and block our connection with source.

Source energy is the infinite. The divine connection within all human beings. we are either in a state of remembering or forgetting.

When we're forgetting we're disconnected and **resisting**.
When we're remembering **we're connected** and in flow.

Source energy = Our connection to abundant, infinite flow of the universe. This is our connection to Higher Self.



WHAT IS THE HIGHER SELF?

Your higher self is the part of you that is divinely connected to source energy and the infinite. **Your Higher self is guiding you all the time**, it's the person who brought you to this moment right here.

I like to say the higher self is **our future self**- our cosmic bff mastermind helping us and reminding us of our infinite potential.

You could say your higher self is like your intuition or gut feeling, it's the inner voice in your head that comes before thinking. it's the feeling you get when you just know something is right.

This is never a bad thing, our higher self is part of our **internal guidance system**. It's not a separate person, it's literally a part of you communicating through you.

HOW WOULD I DESCRIBE THE UNIVERSE TO SOMEONE?

“How would I describe the universe to someone? My friend kept asking me “wtf is the universe, who is it & how do you even talk to it” and I wasn’t really sure how to answer her question. How would you really describe it?”

Well it sounds like your friend is still thinking as if the Universe is a anthropomorphic being. The universe doesn't have a vendetta or a secret agenda, **it merely is**. It has no gender or particular personality, **it is omnipresent**.

The universe is the expansive, limitless, infinite aspects of ourselves. The part that moves through us and touches the unlimited possibilities of experience. When describing the universe, you're describing the part of you that is connected to source, the all. **The limitless, boundless abundant world of endless possibility.**

I guess I would say to your friend, imagine if you could see into the imagination, how far does the imagination go? It's infinite and timeless. That how the universe is, it's immaterial and material, the all and the nothing. It's everything around you, it's me, it's you. It's the expansive world of endless possibility.

That's the Universe

HOW DO I START HEALING THE ENERGY BODY?

There are numerous ways to heal the energy body such as meditation, working on limited beliefs, doing yoga, spiritual practices such as reiki and many more!

One of the best ways to do energy healing is by working on your chakras. Your chakras show you what type of psychological roots you need to heal and WHERE they originated.

Chakra healing is what created my own kundalini awakening, although there were many factors. When I was able to start pinpointing what wounds needed healing through the chakras, my spiritual awakening flooded like a tenfold of new experiences and abilities began opening up.

I highly recommend working on chakras and the energy systems to help you heal your energy body. I find understanding how our energy body/energetic systems works to be the most rewarding from my personal experience.

WHAT ARE THE CHAKRAS?

The Chakras are energy centers that exist at particular vertices' within **the body's consciousness**.

These subtle energy containers are located down the spine where they contain spiritual energy or connection to source energy.

The first chakra is located at the base of the spine within the sacrum; in women this is located within the cervix. This also the same as where the base of Kundalini starts. Pretty cool huh?

These energy centers connect to specific aspects of our endocrine system and the various hormonal glands of the body. They are cone shaped like a sphere spiraling into the body and often called **"wheels" of light**.



Further Reading: [How to Know If I'm Energy Conscious](#)

**STAY TUNED FOR THE AWAKENING PATH
COURSE**

We're diving deep into the soul work and how to heal the energy body!

LAUNCH IN 2017

IS THERE SOMETHING WRONG WITH ME, HOW DO I START FEELING ENERGY?

Some people can sense energy patterns more than others, just like some people are better in math than other people. It's taken me a lot of practice to get where I am today, reading energy doesn't happen over night.

TECHNIQUES TO TRY

- △ **Rubbing the palms together** fast creates a friction of built up energy
- △ **Pulling your hands together than apart like taffy in a slow motion.** Push and pull your hands apart and focus on the energy of your hands moving back and forth between the two.
- △ **Transferring Energy between your hands as if carrying an invisible ball** from one center of the palm to the next. This involves visualization and practice.

It is also best to do these techniques when you're in a calm tranquil state of mind. When we are angry, upset, or sad our emotions can rule over us making it much harder to concentrate and stay present during the visualizing.

Further Reading: [Energy Techniques to Try for Beginners](#)

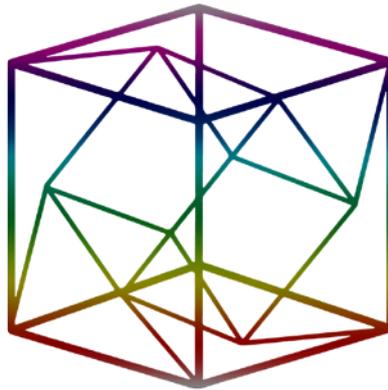


WHAT ARE DIMENSIONS?

The thing that is most confusing with dimensions is that they are not places, they are merely projections of different states of mind. All dimensions coexist together and interconnect within one another. As my friend Nikola once told me if you want to understand dimensions you have to think about a staircase.

3d is merely a part of the staircase, as you rise in consciousness and understanding of the universe/yourself, **your perception shifts to a different level of the same unified staircase.**

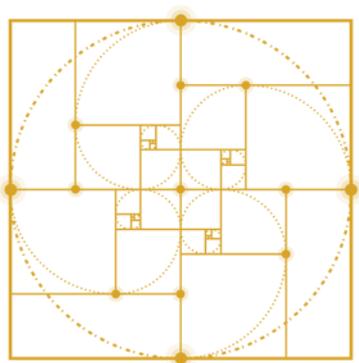
The earth is actually build on 5d and beyond, our perception since the shift of the procession is based more in a 4th dimensional perception while many still believe we are in 3d dimensional territory. It's hard to explain, but 5d has always been here along with 4d 3d 2d and 1d and everything above 5d.



Dimensions are also attributes to physics as well as geometry. Everything exists within a dimensional form because it is all energy condensed into material substances.

So if you we're to imagine the energy of your room you are essentially sitting in a **fourth dimensional tesseract{ lfeatured above}** while your body inhabits a torus shape better known as the aura. Dimensions are a bit complex to understand because they denote nonlocality or non local consciousness. They are the occupant of space in between time and frequency of motion.

We are multidimensional beings if you are on one level of the staircase such as 5d you see from a different angle of the same staircase. Its all about perception and what you are perceiving in your reality.



ARE WE TRAPPED BY DIMENSIONS WE CAN'T PERCEIVE?

No we are definitely not trapped by the dimensions we can't perceive because that is merely the illusion of separation you are feeling. Nothing is separate from you.

If you take a moment and feel your energy, above your head radiating a big ball of light, growing and expanding. Expanding and growing outside of your environment.

Envision it growing over your home or current surroundings, then envision that light growing deeper covering your town with this energy and growing deeper into the state you're living.

Now feel that energy expanding outward even more over the entire country... Then expanding over the entire world... **You will find there is no end.** It's infinite.

Energy is expanding infinitely and abundantly. Understanding this and really getting it is a really fun part of living here.

Nothing is separate because dimensions aren't necessarily places, they are emotions, feelings, thoughts, and **beliefs of consciousness.** In other words, you can never actually be trapped or be a prisoner of your experience because energy is infinite, ever-expanding and never ends.

Ascension isn't separate from you. 5D isn't separate from you.

It's merely your words, emotions, thoughts, or beliefs trapping you in a singular dimension.

We're all the dimensions babe

HOW DO I START TALKING TO GUIDES?

The easiest way to talk to your guides is to literally ask them questions, like what's your name? How can you help me? Ask and you shall receive.

Guides and Angels help us tremendously on our journey, they are also linked to our Higher Self. They work through feeling and telepathic communication. So you really want to try to be a receptive channel when they come to you, try to clear your mind and be open to receiving them and their words or feelings.

It might take some practice but the rewards are worth it

The basic way to do it is to ask them to come visit you, ask your angels to show their presence to you or your guide to be known. They will usually appear as a voice or a whisper, a synchronicity to let them know they're there with you,



A few simple Affirmations:

"I INVOKE MY HOLY GUARDIAN ANGEL"

"I WISH TO SPEAK TO ARCHANGEL MICHAEL"

"DEAR HIGHER SELF PLEASE SHOW ME CLARITY ABOUT..."

"I ASK FOR MY SPIRIT GUIDE TO COME FORWARD"

"DEAR UNIVERSE, LET ME SPEAK TO..."

WHY ARE SYMBOLS SO IMPORTANT?

"Nothing is fixed. The signs & symbols and words you hear can only truly be translated by you. So look and feel and know"

As you awaken you begin to observe more and more of these symbols taking shape within your own reality. This world is composed of symbolic exemplifications of everything in our life. We live entirely in a world of deep symbolism and archetypes.

These archetypes influence our communication and were directed from our past lives.

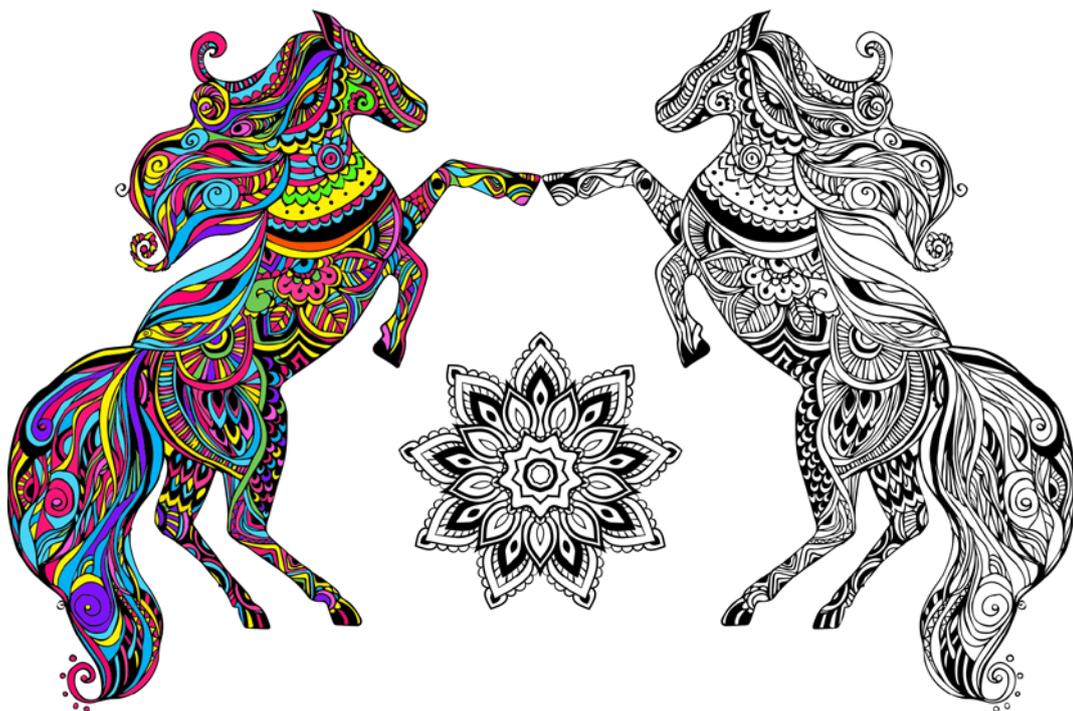
All is symbol, All is myth.

We move very much like a dream inside of a dream within various parallel universes.

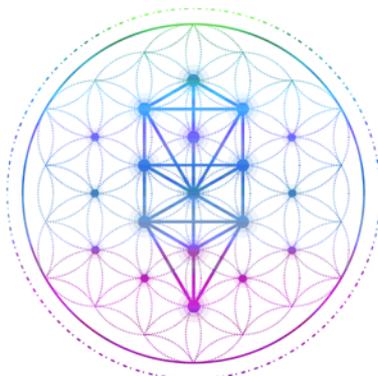
These symbols act as trigger responses within our subconscious membrane that is why many people who awaken start noticing the subtle energy symbols,

11:11 the most common but there are symbols everywhere.

They are much more than just numbers, they are things, animals, signs, synchronicities, deja vu, and random occurrences between strangers. All of these are symbols for your own personal development and inner healing.



WHAT IS UP WITH SACRED GEOMETRY EVERYWHERE?



Sacred Geometry is another form of symbolism that is acknowledged within the Awakened State. It is this particular geometry that forms and creates **the architecture of the Universe around us.**

All of life goes back to the form of numbers and symbols. You will find Sacred geometry within many ancient temples, monoliths, monuments and even the sacred sites such as the Temple of Osiris or the Pyramid of the Sun.

The Universe is run by a very intelligent design that all correlates towards Numbers and geometrical form. It has even been said by Pythagoras that **"All is numbers"**.

The nature of all life including our bodies is composed of the Golden Ratio [golden mean, golden section] or Phi. **All of life is connected through the beauty of Sacred Geometry**, it is the cosmic fabric woven between everything within the universe.

This geometry is the divine key that connects us all together through the collective consciousness.

Our world is composed of geometries that can be found from anything ranging from a slice of an orange to the delicate petals of a flower.

Sacred Geometry is what molds and shapes the symbols we experience into material form. It is where we combine the microcosm into the infinite Macrocosm.

These symbols within geometry are a gateway to the divine source within all of us, it could be even said that **Sacred Geometry is a reflection of our own spirit.**

It is thee intricate design that creates the Holographic blueprint of reality around us.

WHY ARE NUMBERS STARTING TO HAUNT ME?

The numbers are there to serve as **a trigger** into understanding who we are and often have a message behind them. When we see these numbers in daily life, it's important to watch your thoughts, surroundings, conversations, signs, anything that connects and resonates with you.

So when we have repeated synchronicities appearing it means something is literally shifting within the mind. The Subconscious projects out into our experiences so when we have these occurrences, they are like a trigger getting us to look within our long term memory. It's like a cosmic wink but it's really about getting you to put the puzzle pieces together.

For more info: **Check out my free Numerology Guide located in the library.**

WHY ARE AWAKENED PEOPLE DRAWN TO CRYSTALS?

Once on the path, it is no coincidence that you begin attracting crystals into your life. **Crystals are guided to us for guidance, healing, growth and revelation.**

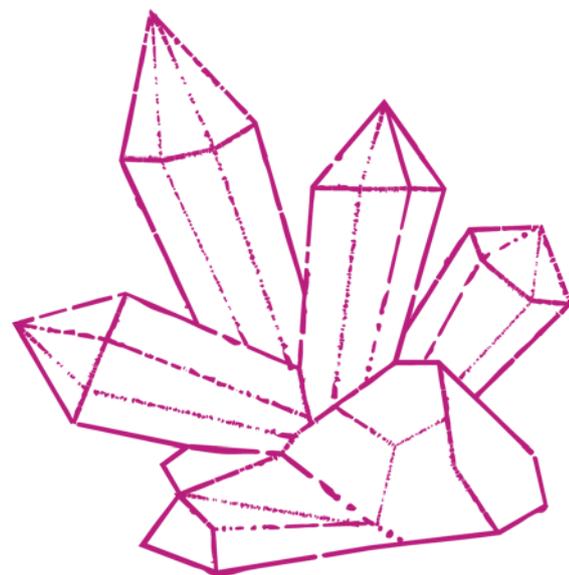
In many ways we attract what we are, Crystals are a perfect example of who we are innately and how we operate.

In many ways I believe we attract crystals because we start aligning with our crystalline energy.

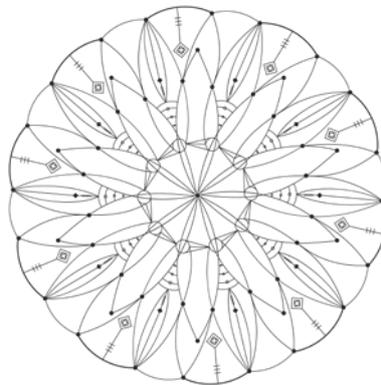
The natural raw stones have a geometrical matrix made from the platonic solids, their energy structure aligns with us because we both have crystalline nature within us.

Crystals are chemistry at the basic level but deep on the energetic level they are built around geometric design.

If you think about it, our blood is water, water transforms through a process of cymatics due to the symmetry of frequency. Now if you are working on raising your vibration higher it begins activating the crystalline energy.



WHAT IS THE WORLD OF DREAMS?



ASTRAL PLANE

The Astral Plane contains a lot of different elements, it's the world of geometry and the world of where **all thoughts are born**. There are different subplanes within the fourth dimension,

i believe currently this where we are at a as collective as well which is why we're experiencing paradoxes and polarities within the present moment. Many of us don't realize we're actually more 4th dimensional beings rather than simple 3D.

To understand the dream state you have to understand how the 4th dimension works. The 4th dimension is very magical, **it has no limits, it's the world of the imagination and the mind**. It can be full of dreams or full of illusions.

The dream world can be confusing because it's often a world of illusion and magic. It's the astral plane, it is also the world of thought, this is the realm where all thoughts live and why when we dream lucidly we can manifest whatever we desire.

Everything is based in the astral plane when we dream **there is no separation** between regular dreams and astral travel dreams, it's all the same thing. This is because when you go to sleep, You astral project every time and go into the astral plane where you encounter the realm of dreaming. Usually when we don't remember these dreams it's because we're deep in the REM state of sleep.

The astral plane is full of mystery and possibilities. It's the place where we experience telepathy or telekinetic communication. It's the inside world of energy, where our thoughts exist in the ether. This is the spot where **the seed of creation is born** and begins to materialize into the physical world.



HEALING &
LETTING GO

I TRY TELLING OTHER PEOPLE ABOUT WHAT IS HAPPENING TO ME, WHY DO FAMILY & FRIENDS NOT UNDERSTAND?

We can only understand from our level of perception. It's subjective. So if you're telling them about this topics chances are **until they experience it themselves**, you will be WAY over their head. They can only understand as far as what they have personally experienced. Otherwise they might not believe you.

" I stopped explaining myself when I realized other people only understand from their level of perception."

My family actually thought I was lying and was going a little crazy when I was trying to explain to them I experienced a spiritual awakening. We must see it from their shoes, they can only know what their spirit is ready to receive. until then all we can do is guide and point them in the right direction.

HOW DO I COPE WITH THESE CHANGES?

It DOES get easier.

It can feel scary at first because we don't know what is happening to us or what is going on with the abrupt changes within our body. Kundalini energy can be powerful and set our life on an entire different course as we "wake up" to who we truly are inside.

Naturally once we start embracing these changes, our reality will start shifting as well. **Our symptoms will diminish** and our reality starts catching up with the internal changes happening. Once we start the process you will begin experiencing drastic paradigm shifts in your personal reality.

The transition phases aren't a one time event, you will notice these shifts because they drastically shift your consciousness and naturally **your reality follows suit**.

WHAT DOES THIS MEAN FOR MY LIFE?

It means you're on the ride of your life! Kundalini Awakening is life changing.

it's a very life-altering process that completely changes you physically, mentally, emotionally and spirituality. It is a chemical process which is why many who think it's just a lifestyle switch don't really have a clue what these experiences are like.

It doesn't just change you physically, it starts altering your entire experiences, relationships friendships, jobs, interests and even philosophy on existence itself.

It's the start of realizing your dreams are possible.

Everything is possible.

WHY DO I FEEL EMOTIONALLY CRAZY?

I like to call it "The Bipolar Roller coaster of your Emotions" because that's exactly how it feels!

This is where you will experience the extreme polarity of Emotions moving from euphoria to depression as if you feel your emotions are completely out of your control.

This is the result of **your hormones changing through your endocrine system.**

One minute you will feel on top of the world and the next you will encounter deep waves of emotion that will lead to tears.

This is the work of balancing the Solar plexus center into the Heart Center. The Solar Plexus is the center of the Ego and as we go through **transcendence** our emotions are going through a state of repair between unifying the heart and mind as one.

The heart center is ruled by the present moment or our feelings. This enables you to go through a process of teeter totting back and forth between the heart and the mind which can feel like you're on the bipolar emotional trainwreck express.

It isn't easy but the process of this is to unify the heart and mind together as one.

IT FEELS LIKE THE SYMPTOMS ARE CONTROLLING MY LIFE?

It won't always feel like this, a lot of times we go through these intense conscious shifts as the body heals and starts crafting the new consciousness.

It can be physically painful which is why it's scary at first. I find comfort in knowing these changes are VERY real, you're not going crazy and most of all so many other people are going through these exact changes in the world just like you.

It can feel physically demanding because the body is going through hormonal and chemical changes,

For me they usually come and go quickly now, it was a lot harder in the beginning, I was afraid of eating, afraid of public places, emotional sponge really but now i've learned a lot about how to be more conscious of my thoughts/actions that it is a very enjoyable experience. A lot of those fears have melted away as my awareness has changed.

It gets better.

The symptoms can be a sign that we need to stop, relax, reflect and look inward instead of fighting the resistance.

What happens is the body is containing a friction with itself because the old you is dying and you are going through a process of rebirth within the physical body.

This is why it is painful, birth isn't easy, it can be messy, uncomfortable and most of all life changing.

The best and easiest way to cope with the ascension symptoms is to stop resisting them and start surrendering to them. Realize they are a process, ask your guides to help you tune them down, come back to your center.

If you feel anxious, use your breath to calm you down with long deep breathing through the nose and learn to surrender. **Accept the process.** If you feel like you can't do everyday things you used to, do new things, read a book, meditate, do yoga, find something that makes your soul happy again, it's there.

Find it.

HOW DO I TURN WORRY INTO FAITH?

Realize the Universe has your back. You are doing everything you can.

Worry is a misuse of the imagination. We have an endless abundance of thoughts within our mind to use at our pleasure, why waste it on worry and fear when you can be limitless, happy and positive?

The more we worry, the more we are attracting worry, instead know you are taken care of, the universe always has our back if we acknowledge it. The universe has our back over everything if **we're open to embracing help**. When we're able to let go of Worry, we open ourselves to endless possibilities.

Why are we always so quick to think the negative?

The amazing thing about the imagination is it goes where we will it, so if stop focusing on the negative and start focusing on the positive completely, your entire world will change.

Count your blessings and see all the positive things you have already manifested in your life. Don't focus on the negative, focus on the positive. When we focus on the positive we begin to attract more positive outcomes.

What are you truly grateful for?

I am Grateful for....

I'M AFRAID OF CHANNELING

“I am interested in channeling, but somehow I have the fear that it might be too much to open up for it. What can I do?”

Channeling the energy of other beings through communication will put you into a **trance- induced alpha state**. Many people mistake this for “demonic possession” or some other ridiculous scenario when it’s truly harmless.

What is happening is that you are opening your mind to the information of source and you act as a channel to receive the energy of other guides, spirits, deceased loved ones deities, star families, extraterrestrial beings, etc.

Your Mind works like a transmitter and you basically “receive” this information by being **receptive** to it.

Let's be honest though.

There are MANY forms of channeling.

We Channeling Through:

Automatic writing

Communicating with loved ones, guides, deities, Thoth, star people or angels

Music – Singing & Writing music

Creativity – The creative trance!

Deep Inspiration – Those blissful aha moments of clarity

That's all channeling.

Do you ever have those deep inspirational days when you're in the shower or have a sudden desire to write down poetry, stories, deep thoughts, feelings, anything of that sort?

Well it's all technically channeling.

HOW DO I DEAL WITH THE PHYSICAL WORLD IN THIS STATE?

One of the most common questions I get is that people have an extremely hard time with dealing with the physical world.

They don't like being here in a body on earth. They're fed up with the world waiting for the spaceship to come and save them. They can't deal.

I'm here to tell you, No one is coming, we're already here.

The hugest problem with this is **it's going to block you** from living your fullest life down here. It's going to block your true self.

You have one hesitant foot in this world and another foot out there in a distant dimension. - **It's very ungrounding when we have this viewpoint.**

It creates a mixed message, feeling this way also can make it hard to manifest your desires. It limits our beliefs we place on reality and can inevitably create a lot of unconscious suffering. **You don't like being here so you're going to start attracting reasons you don't like being here.** It will shut off your power and send you backwards. - Cycling.

This is one of those deceptions where you have to realize you are the one guiding the ship - you're driving the car!

if you don't like something in your life, change it. If you are miserable at your job, find a better one, If you are tired of something, get rid of it. If something is bugging you, take care of it and release it.

You are the creator of your reality.

Werk it.

HOW DO I DEAL WITH NEGATIVITY AND NEGATIVE PEOPLE?

Over-active empathy is a double-edged sword. When we feel other's emotions we take them into ourselves. So to counterbalance that, we need to start learning to raise our vibrations creating a boomerang back at them.

You have to push back into your own emotions by **raising them**. Instead of feeling by expressing reactive thought, try raising your emotions positively through understanding and compassion by observation.

Ask Yourself: Am I stuck in a negative loop?

Soul Medicine: Find healthy ways to raise your moods so you don't keep sucking in the negative empathy on accident and fall down again. **Chances are you will see it was the other person's energy you were feeling**, not you. Raise their mood with you.

For instance dealing with someone who is always depressed or stressed, you have to react differently than what they are emitting. This is the start of healing energy, when you project back from a higher place of love, understanding and compassion.

We FEED the negative energy instead of the positive energy.

So rather than giving back those feelings of grumpiness or stress, bring the conversation upward. Change the channel. Maybe find something funny to say or something that would make this person smile instead, change the topic even if it's bringing you down. **The idea here is shifting focus is key to transforming emotional reactions into Conscious Actions** of our own home frequency.

This lessens friction others are emitting and instead starts putting the energy back into harmony

Further Reading: [Nine tips to Help Over-active Empathy](#)

HOW DO I ACCEPT OTHER PEOPLES JOURNEYS?

"I just cant line up with this sterile energy my father lives in and i fight with myself for that. I see i that somehow i cant help him to open his mind. Thats tragic for me. I dont want to attack him or anyone else, i just want to help myself to let go of my attitude."

As i wrote previously you cannot change your parents or anyone for that matter, even if you want to. You have to accept them and respect that they are on a different path than you. It is wonderful that you want to help your father but you cannot change him, he must WANT to change.

This works the same way in any relationship and that's why many of them have so many hardships, people try to change the person to fit their views and their opinions instead of **accepting them for who they are** as a person themselves.

There is no need to feel this urge, sometimes we have to just realize that we have to let go of situations that are out of our hands.

How we consciously judge others influences our attitude and actions in reality.

Everything comes down to our perception of it because **our truth is ambiguous to the subjective experience**. What you view as truth and what I view as truth may be highly different realities. That's okay because that is your truth.

However when we're able to be open through discernment we begin to see it isn't about being right or wrong. This is because perception can only be witnessed from their personal level of experience.

Accept their perspective and Let go.

I FEEL ALONE ON THIS JOURNEY, NO ONE IN MY LIFE UNDERSTANDS WHAT SHOULD I DO?

A lot of our friendships and relationships fall away because the universe is urging us to **go inward**. However at some point, we need a soul tribe to help us cope and relate through these changes.

You are not alone, there are millions if not trillions of us out there who are experiencing and going through what you are experiencing.

There are so many of us out there, believe me on this.

You attract what you are and soon you will start attracting them in your life from all over.

You have to think about it we are all infinitely connected because we are one unified mind as a collective. You are never alone even when you want to be technically. Haha

You are co-creating your reality with everyone that exists here in the now. We are a unified web of creation and expansion. You are never alone, you can even talk to your guides and angels they will tell you the same thing!

First I recommend a beautiful group of people: [Our Soul Tribe FB group](#)

If you don't have anyone around you, look into forums, there are TONS of facebook groups such as ascension support groups, starseeds, the indigo children and sooo many others!

Go find them.

HOW DO WE BE CONTENT WITH ALL THE SUFFERING IN THE WORLD? ISNT THIS ABOUT CHANGING THE WORLD?

There is the law of cause and effect.

Everything is already perfect - it is our perception of it that alters the world.

I stopped trying to save the world.

Instead I began focusing on creating the new paradigm. I began focusing on **being the change** rather than trying to focus on something obsolete in the old world I have no control over.

It's extremely important to find the discernment between what we can control and what **we have to let go of because we cannot control.**

If we are still in the mentality that we need to save the world, we attract these feelings of mind control, survival and that we are prisoners of our experience. That we are **still** in this cage we created.

However here's the thing. **The universe is playful. YOU created it.**

So you can point the finger, you can say the dark ones, the Illuminati or whoever is poisoning the water, tainting the food system, vaccines are harming us, milk is bad, HAARP is in control or whatever scenario you want to believe and influence or you can begin realizing...**you created it.**

This is because your beliefs create your experiences. They give fuel to your thoughts which manifest into your reality through material form.

I decided I cannot save the world, I cannot stop world hunger, I cannot make sure everyone has food and shelter, I cannot stop every murder and illness, I cannot stop racism or bigotry, I cannot stop the government...and so forth.

However **I can change** my beliefs, **how I feel** about the world, **what I choose** to focus on and **the personal energy i emit** with my thoughts.

When we're ready to start dismantling the old thought constructs, we begin implementing a new system to empower our personal reality. That's what ascension is about.

So we can sit here all day and talk about the numerous problems with the world, focus on the destruction, the murder, the illness, the lack of compassion OR we can start focusing on creating a new world. A better world.

And that's the heart of what I believe in.

Because we're always creating. **Conscious or Unconscious.** We're creating.

I am aware of the problems with the world but rather than focusing on the problems, I choose to focus on the solutions.

But it comes down to:

Where is your focus right now?

This is what you are fueling into your reality.

What is the belief *behind the energy* you are creating?
because this is what you are experiencing currently.

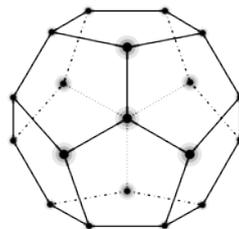
And the big Kahuna:

Nothing is separate from you. The ethereal realm is connected to you. It's not "out there"

You Are The Other Side.

So what you physically feel is the energy that is gravitating and shifting into your reality.

BE THE CHANGE YOU WISH TO SEE IN THE WORLD



IN CLOSING...

Wow this was exhilarating to write! I hope you enjoyed some of my personal archive I have collected over the years. This book was inspired by all the heartfelt stories people have told me and the numerous connections I have made since starting on this journey. Thank you so much.

I hope this guide inspires you and leaves you questioning more. There is infinite worlds of discovery out there. The learning is endless and just when you think you got it, the universe sends something else at us. **Sit back, relax and enjoy the journey.**

Don't ever stop questioning.

Always Remember who you are

You are not alone.

Your ripple is stretching millions.



ABOUT THE AUTHOR

Ashley Aliff is the creator of [The Awakened State](#), where she helps others understand the process of [Kundalini Awakening](#). Her mission is to guide others to discover their unlimited potential and how we can move beyond our fears. When she's not blogging, she's netflixing with her man or playing with her two crazy kids. Catch more inspiration on [Pinterest](#). Connect in the [Community](#) or share your story on [Tumblr](#).