



Being "spiritually elevated" means **achieving a higher state of consciousness, transcending the limitations of the ego, and living with a deeper sense of purpose and connection**. It often involves a spiritual awakening or ascension, leading to personal transformation, inner peace, and a greater ability to perceive reality beyond surface appearances. Key aspects include a greater sense of authenticity, compassion, clarity, and intuitive living. [[1](#), [2](#), [3](#), [4](#), [5](#), [6](#)]

Characteristics of a spiritually elevated state

- **Higher consciousness:** A shift in worldview and mental framework, and an awareness of a reality beyond the physical. [[1](#), [4](#)]
- **Transcending the ego:** Recognizing that you are not just your body, mind, or ego, but a divine soul or Higher Self. [[2](#), [3](#), [7](#)]
- **Increased awareness and authenticity:** A clearer sense of self, reduced inner conflict, and more authentic living. [[5](#), [7](#)]
- **Inner peace and positivity:** Experiencing more joy, less negative self-talk, and increased feelings of positivity, gratitude, and levity. [[5](#), [8](#)]
- **Greater compassion:** Developing a deeper empathy for the human condition and seeing the "light" in others, as in the greeting Namaste. [[6](#)]
- **Enhanced intuition:** Living in a more intuitive way and feeling a direct line of communication with a higher source of guidance. [[5](#)]
- **Living with purpose:** A clearer understanding of your divine purpose and a sense of rising above challenges to fulfill it. [[4](#), [9](#)]

The process of getting there

- **Spiritual awakening:** This can be a gradual process or triggered by life events like job loss or a pandemic. [[1](#), [4](#), [10](#)]
- **Spiritual practices:** Regularly practicing things like meditation, mindfulness, and gratitude can make space for this growth. [[10](#)]

- **Shifting mindset:** Challenging negative thought patterns and making decisions to elevate your way of thinking and living. [11]
- **Deepening your relationship with the divine:** For those with a religious faith, this can mean getting closer to God and living to please Him, which is said to bring spiritual elevation. [11, 12]

[1] <https://asoulfulrebellion.com/blog/what-is-a-spiritual-awakening>

[2]

<https://lifeofcloud.net/2024/09/09/ascension-vs-ascended-clarifying-two-important-spiritual-concepts/>

[3] <https://scottjeffrey.com/spiritual-awakening-signs/>

[4]

<https://medium.com/spiritual-truth-growth-and-development/27-signs-you-are-spiritually-awakening-1804a0a7c6b6>

[5]

https://medium.com/@nicole_drummond/spiritual-development-and-shifts-in-your-level-of-consciousness-2937ef0da705

[6] <https://www.thinklessandgrowrich.com/spiritual-awakening/>

[7] <https://www.quora.com/What-does-it-mean-to-be-on-a-higher-spiritual-level-than-others>

[8] <https://www.quora.com/What-does-it-mean-to-be-spiritually-high>

[9]

<https://www.facebook.com/enoch.smith.790/posts/spiritual-word-of-the-day-elevationdefinition-elevation-is-the-process-of-being-l/10235394695226392/>

[10] <https://www.mindbodygreen.com/articles/spiritual-awakening>

[11] <https://www.youtube.com/watch?v=-9oU-rT1Afg>

[12] <https://theweightshecarries.com/spiritual-elevation/>