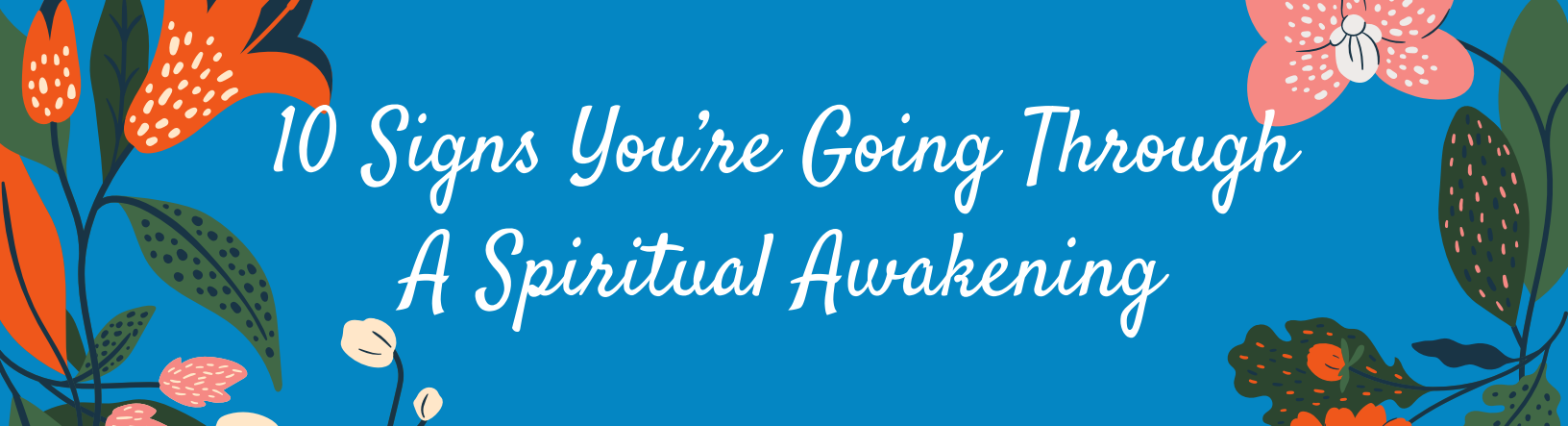




10 Signs You're Going Through A Spiritual Awakening

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| 1 | You're becoming more sensitive (to light, sound, texture, food, media, etc), even if you were sensitive to begin with. |
| 2 | You're becoming a hermit and needing more alone time to process and recharge. |
| 3 | You're developing an insatiable appetite for learning about various forms of spirituality. |
| 4 | You're feeling drawn towards nature, whether that's hiking, gardening, being around animals, etc. |
| 5 | You're questioning old belief systems, yet are perhaps uncertain of what new belief systems will replace them. |
| 6 | You're unable to be in environments and around people you used to tolerate that are abusive, overstimulating, shallow, etc. |
| 7 | You're starting to take healing seriously, whether that's investing in therapy, reading self-help books, or joining healing circles. |
| 8 | You're experiencing nervous system dysregulation or overwhelm and recognizing your body can't go on like this. |
| 9 | You're getting in touch with the intuitive part of you that has often been silenced by the overexertion of the logical part of you. |
| 10 | You're tuning into your internal state more regularly, instead of being driven by external circumstances. |