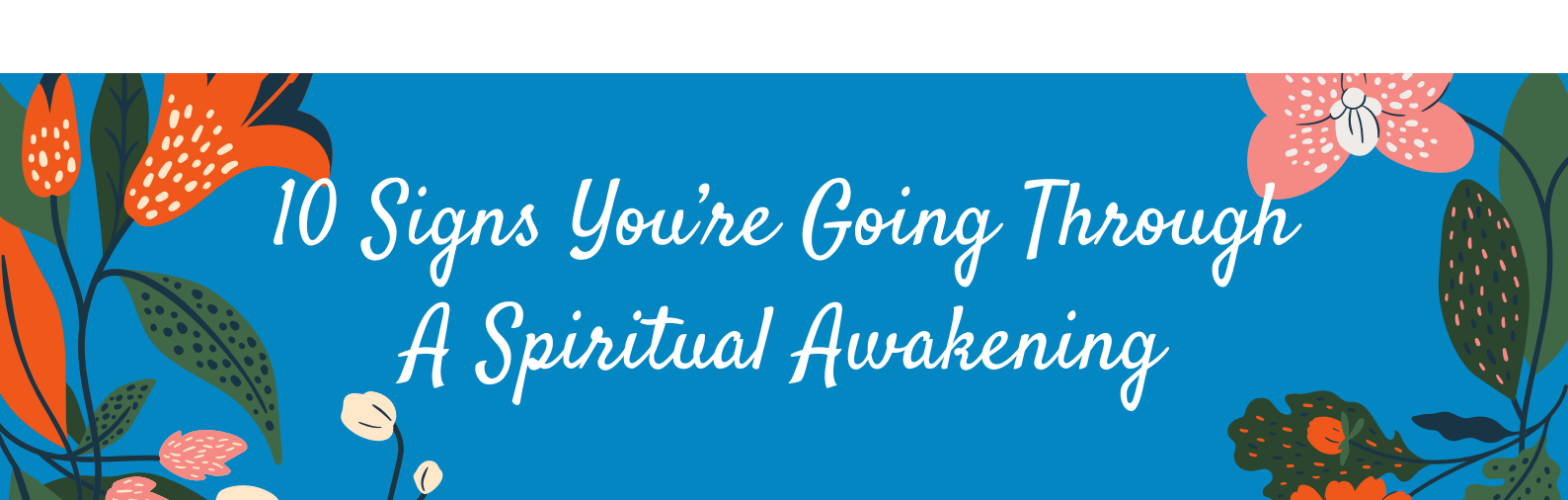




10 Signs You're Going Through A Spiritual Awakening

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.

