

ARE YOU EXPERIENCING AN AWAKENING?

GOING THROUGH THE PROCESS OF AN AWAKENING, (OR A SHIFT IN AWARENESS) IS ONE OF THE MOST CONFUSING, LONELY, ALIENATING TIMES IN ONE'S LIFE.

I HAD NEVER HEARD OF THE TERM "AWAKENING" UNTIL I WAS KNEE DEEP IN MEDICAL ISSUES, BUT I HAVE LEARNED THAT IT IS A PROCESS THAT IS COMPLETELY LIFE-ALTERING TOWARDS THE PERSON GOING THROUGH IT. IT ISN'T JUST A LIFESTYLE SWITCH, BUT A METAMORPHOSIS PROCESS OF THE MENTAL, EMOTIONAL, SPIRITUAL AND EVEN THE PHYSICAL BODY. I HAVE ALSO LEARNED THAT IT ISN'T NECESSARILY A QUICK PROCESS! MANY OF THE "SYMPTOMS" THAT ONE'S PHYSICAL BODY GOES THROUGH WHEN MAKING THIS SHIFT CAN BE CONFUSED WITH REAL MEDICAL ISSUES. *BE SURE TO CHECK WITH YOUR HEALTH CARE PROFESSIONAL TO RULE OUT ANY ISSUES THAT MAY NEED MEDICAL ATTENTION.*

SYMPTOMS THAT CAN SIGNAL OR TRIGGER AN AWAKENING CAN INCLUDE, BUT ARE NOT LIMITED TO:

- A deep yearning for meaning, purpose, spiritual connection.
- A desire to break free from restrictive patterns, i.e. life-draining jobs, a consumptive lifestyle, and toxic people or situations.
- A range of physical symptoms such as headaches, backaches, neck pains, flu-like symptoms (this is called vibrational flu), digestive problems, muscular spasms or cramps, racing heartbeat, chest pains, changes in sexual desire, numbness or pain in the limbs, and involuntary vocalizations or bodily movements.
- Activity at the crown of the head like tingling, itching, prickly, crawling sensations along the scalp and/or down the spine.
- Blurry vision, shimmering objects, seeing glittery particles, auras around people, plants, animals, and objects.
- Changes in weight, eating habits and developing food intolerances.
- Changing sleep patterns.
- Communication with Spirit such as contact with angels, spirit guides, and other divine entities.
- Dizziness, shakiness or vertigo
- Emotional and mental confusion.
- Escalating anxiety
- Events that completely alter your life: death, divorce, change in job status, loss of home, illness, and/or other catastrophes — sometimes several at once!
- Heart palpitations
- Increased integrity
- Left-brain foggy
- Loss of interest in more extroverted activities
- Memories surfacing
- Seeing other people's true form
- Skin eruptions issues such as rashes, bumps, acne, hives, or shingles
- Sudden waves of emotion, including depression
- Visions, "illusions," numbers, and symbols start to appear (i.e. synchronicities)
- Vivid dreams

AND MANY MORE...

When I was FIRST told that I was going through an "Awakening Process" I found it CHALLENGING to find information, as well as I longed to connect with people who were going through the same thing. Contact me at www.amberbytner.com or hello@amberbytner.com to discuss your journey, and to learn how I can be of help.

I also have a Facebook Group for people looking to discuss and share their Awakening Journey. You can find it by searching: **Guided by Spirit: Awakening Support Group Symptoms/Experiences/Resources**