

# The 5 Stages Of Spiritual Awakening

## 1. Initiation ("birth" to the spiritual life)

In the Ascended Master Teachings, a soul that reaches this level is referred to as having attained their Individualized "I AM" Presence, the prerequisite for further spiritual advancement



## 2. The dark night of the soul.

This is when your soul is recalibrating, stripping away all aspects of the ego. It's very challenging, but once you hit rock bottom, there's nowhere to go but up—forcing you to make a real change.



## 3. The sponge.

It's all about trying things on for size and exploring, Kaiser says. You begin branching out, trying different hobbies, religions, relationships etc., as you figure out what meshes with your spirit.



## 4. The satoru self.

In the Zen Buddhist tradition, it refers to kenshō, or "seeing into one's true nature." In this phase, you begin to not only recognize, but honor and embody, your true nature through your gifts, skills, and talents.



## 5. The soul sessions.

The fifth stage, which Kaiser refers to as the "soul sessions," can take some time. You're building the actual structure in your life through which your true spirit can thrive.



# Awakening Spirit

**SA Dillow**



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