

The Journey of the Soul

Awakening

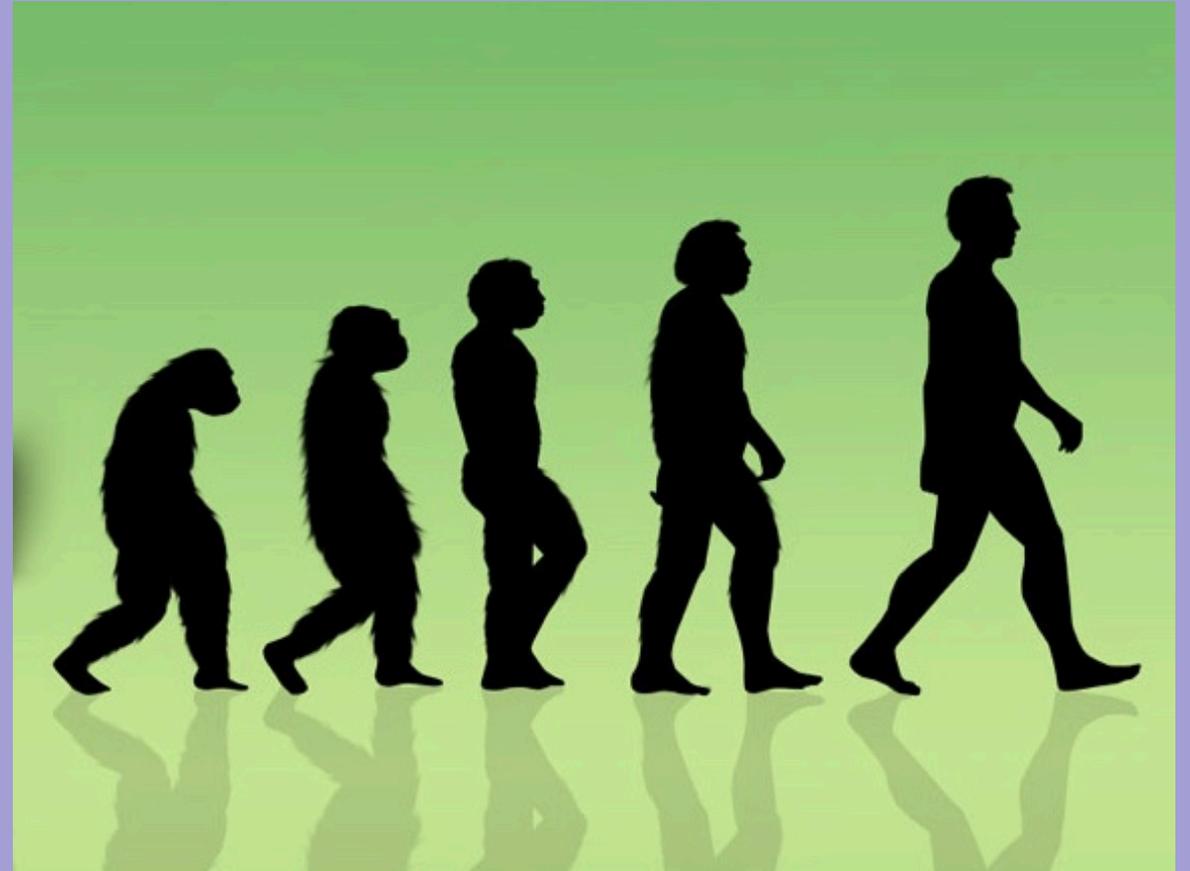


Awakening

- How did we get here?
- What is it?
- What is the experience
- Then What?

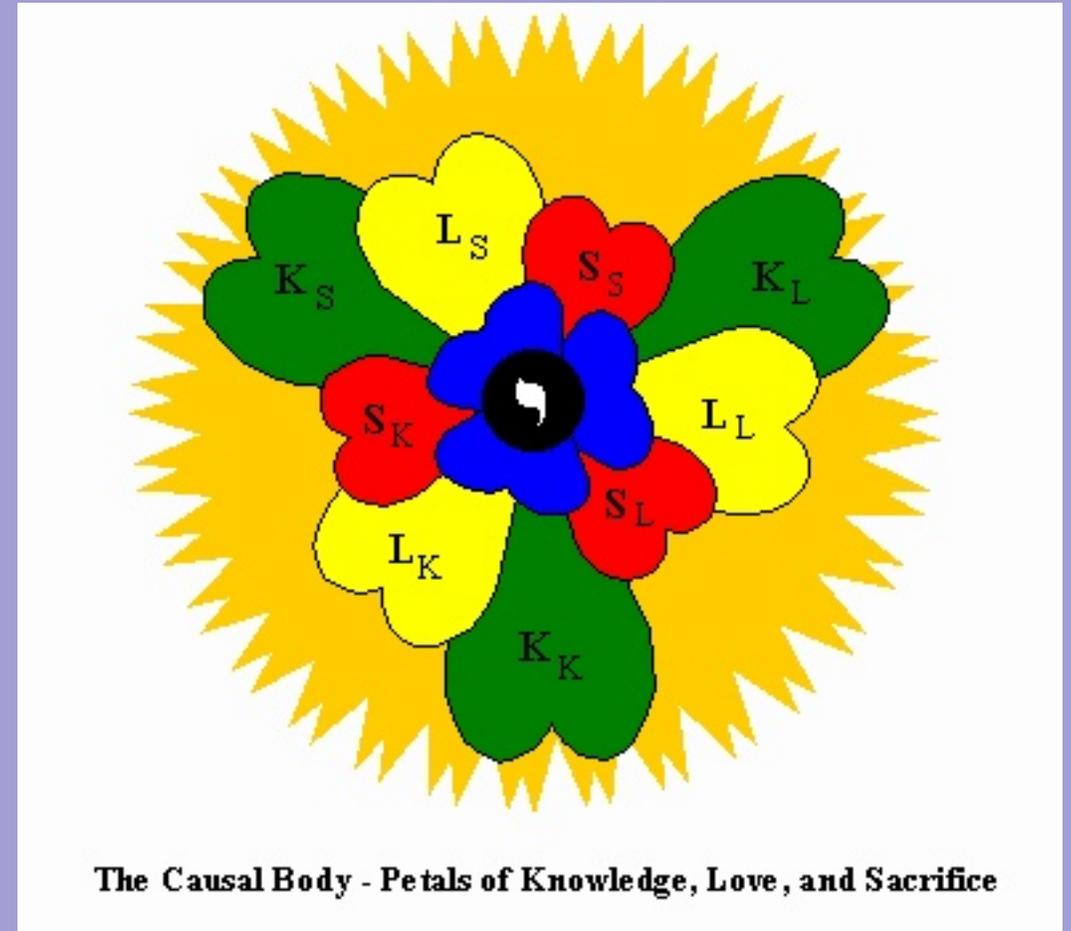
An Evolutionary Process

- Human consciousness evolves over many lifetimes
- Progress corresponds with the opening of the petals of the lotus



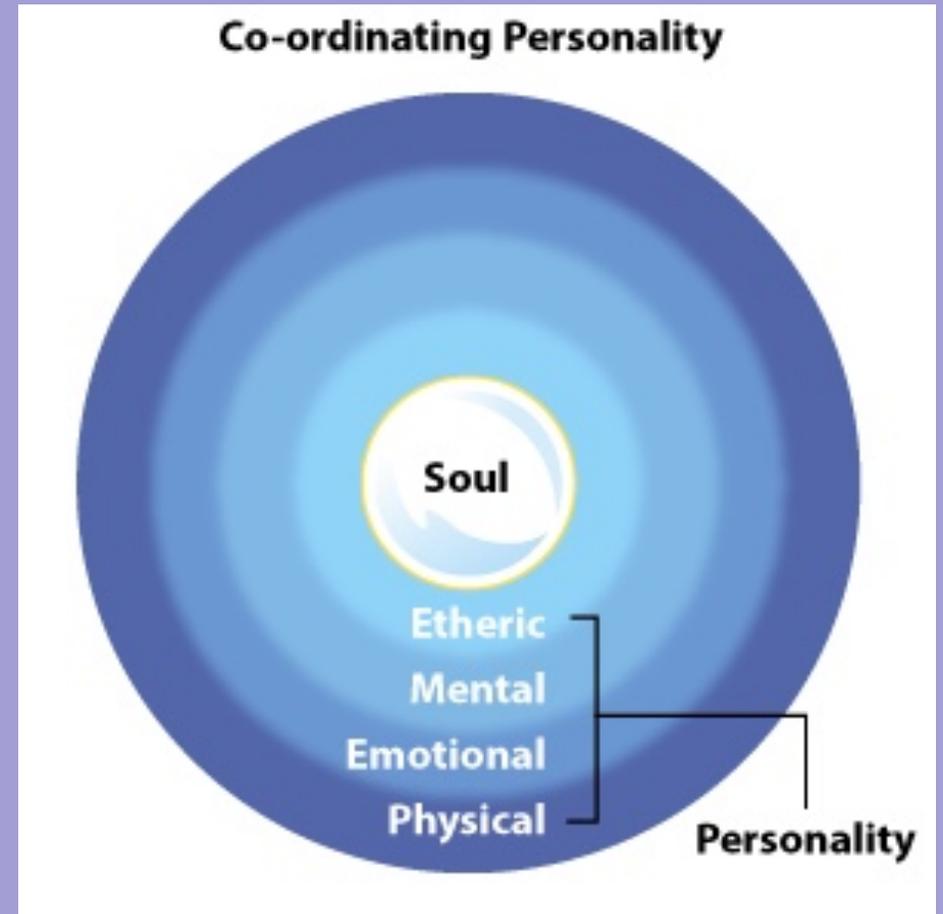
The Causal Body - Jewel in the Lotus

- Knowledge
- Love
- Sacrifice
- Knowledge, love, sacrifice



Consciousness Evolves

The soul is perfect in its design, but imperfect in its ability to work through the human personality (ego)



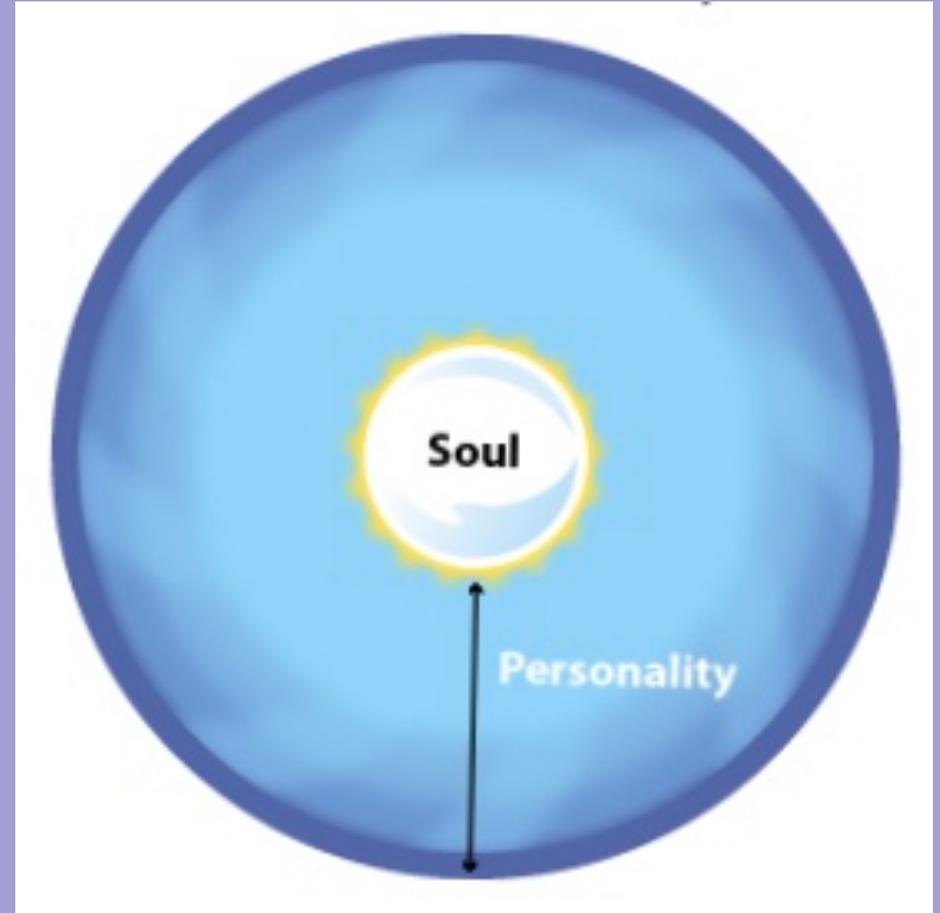
Personality

- Does not recognize the existence of the soul through much of its evolutionary journey.
- It's focus is to become more effective



Personality

- The personality (combined mental, emotional, and physical body) must achieve a certain degree of coordination for the soul to be able to work through it.



Our Perception

The Raindrop, the
Wave, and the Ocean

We are here to
awaken from
the illusion of
separateness

~ Thich Nhat Hanh



The Raindrop

Personality Perception is:

- Individual
- Separate
- Without a sense of connection to a greater source of energy
- Disconnection which sometimes seems like powerlessness



The Wave

Coordinated Personality

- Sense of self (founded on perceived separateness)
- Consciousness polarized in the ego (“I”)
- Effective in the world
- Sense of power over the environment around them
- Perceived disconnection from source



The Imposter

- The imposter is active
- A valuable stage of acting “As If”
- Is an essential part of the journey and should be recognized, understood, and not judged
- Prepares us for the real thing



What Awakening Is Not

- The perception that you have the one truth and *it* is the only way
- Seeing yourself as a source of light
- Acting spiritual
- Acting light, thinking dark
- Believing you are better than others
- The achievement of full consciousness

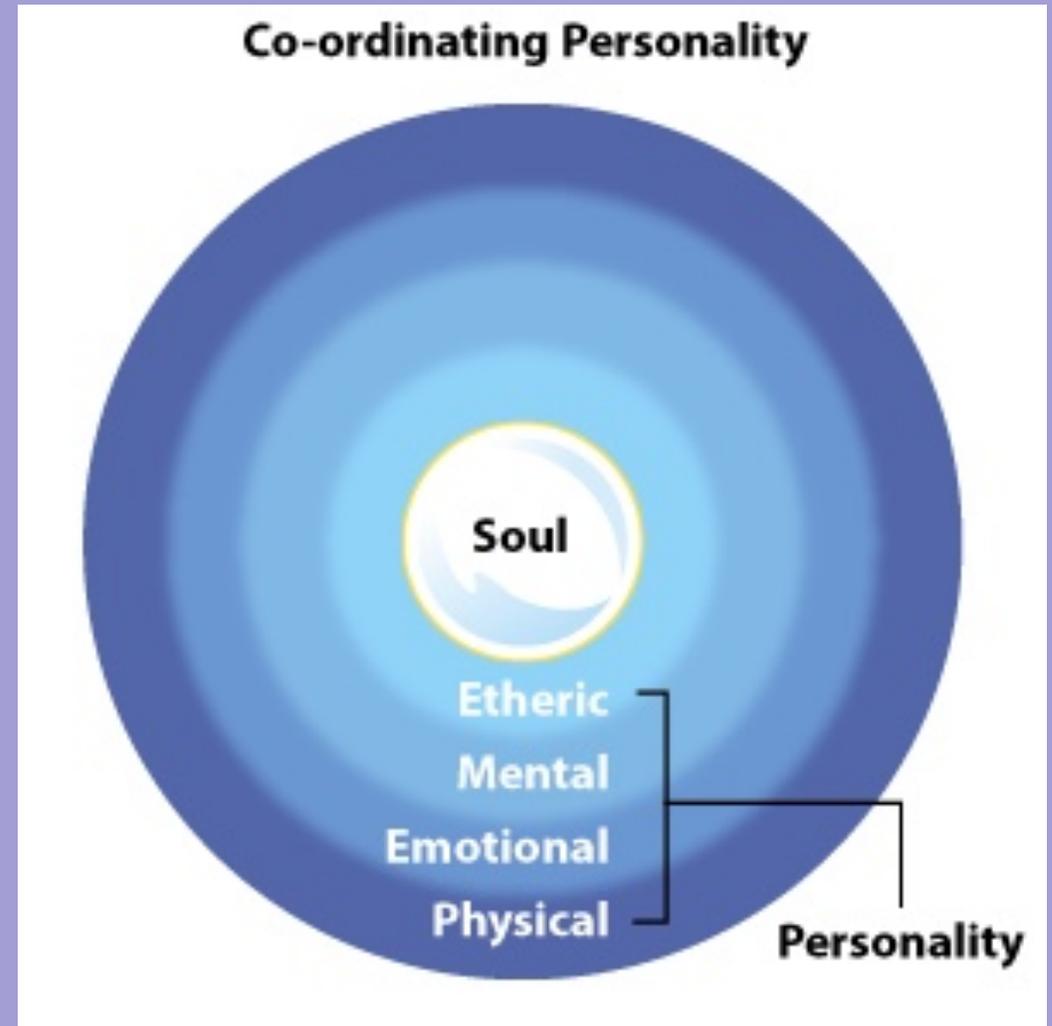


Reginald Machell



Pre-requisite

- Completion of a significant degree of personality coordination (you are an initiate before you are initiated)
- The soul can now work more effectively with the personality



Soul Contact

- Signifies *reaching* a threshold of consciousness
- Completion of tasks necessary for awakening
- Identification away from self as ego
- The step across the threshold is a new place of consciousness
- Opening to new realms of perception and awareness



Soul Contact

- Contact Initiated by the soul
- Usually a memorable experience
- Centered in the heart
- Involves the whole personality (ego)
- *Not* to be confused with psychic awakening



Awakening

- Occurs for the personality
- Awakens to its higher spiritual essence – the soul
- Sometimes experienced as something happening to us
- Is, in actuality, something happening within us
- It is a step, not the arrival
- Experience is predictable



The Experience of Awakening

- The Chrysalis Experience
- Involves the dissolving of what has been known so that the new consciousness can be birthed
- Individual
- Disorienting
- Lonely



The Symptoms

- Feeling that you have changed somehow – don't fit in your skin
- Awareness of your negative habits
- Your old friends / family no longer 'fit'. They may not understand what is happening with in you
- Seem to need more time alone



The Symptoms

- Intolerant of superficiality or anything not authentic
- Feelings of sadness and loneliness
- Seeking deeper meaning or purpose in your life
- Heightened senses
- Inflow of creative inspiration
- Getting real with yourself



The Symptoms

- Synchronicities begin to happen
- Changes in sleep – dreams, sleeping more, not feeling rested
- Purification interests (eating, clothing, sensitivities)
- Energy shifts (fatigue to bouts of intense energy)



The Gifts – Opening of the Heart Center

- Birth of a new sense of trust (less worry and fear)
- Not interested in conflict or drama
- Not judging others
- Love without exchange
- Sense of connectedness to life, nature, others
- Experiences of joy



Self Care

- Trust the process
- Know that you will get through the doorway
- Rest
- Take care of your body and emotions
- Seek out those who understand the experience
- Meditate – Study – Serve others



The Ocean

“You are not in the universe. You are the universe, an intrinsic part of it. Ultimately you are not a person, but a focal point where the universe is becoming conscious of itself.”

~ Eckhart Tolle



A Poem: The Wave
Steve Taylor

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