

# **10 Common Signs Of Spiritual Awakening Ascension Symptoms**

*By Lola Fayemi*

We are living in a time where it is becoming increasingly normal for people to embrace their spiritual sides. Even people that would not use the label of spirituality are open to concepts such as finding their life's purpose and trusting of their own intuition.

Although we live in a world where science, logic and rationality are revered, many people are left questioning the way we are told to live our life. No matter how hard they try to avoid it, the question "there's got to be more to life than this?" niggles away at them.

More and more people are awakening spiritually and are open to more than is available in the material world. The runaway success of "The Secret" DVD goes to show the world was ready to embrace universal laws and has been left wanting more.

Spiritual emergence or ascension is subtle by nature, subtle energy shifts which raise your vibration with huge physical impacts. It is also a personal journey that differs from person to person. Here are 10 signs of ascension symptoms I discovered during my spiritually awakening:

## **1. Emotional rollercoaster**

You may find yourself touched and on the verge of tears more often than usual. Crying at the drop of a hat over the news or a display of sentiment that you would not have cried over before is common. You may also find yourself to be more aggressive or angry with people. Some days you will feel depressed and other days full of joy. You truly feel the full range of emotions and yes it is draining, but it's happening for a reason. Stay present to the feelings, feel them fully and they will pass.

## **2. Stronger connection to nature**

Previously your attitude to nature may have been "take it or leave it". Now, you have a deep appreciation for all of nature, the colors and the shapes. You start to welcome the seasons whereas you used to dread winter. You may also start to like animals you never liked before. I developed a love of cats, much to the amusement of my friends who knew I couldn't stand them before. You're changing and becoming more accepting of things for what they are.

## **3. Changes in energy levels**

One day you are bouncing off the walls, another day you can't even get out of bed! You've got to roll with this one as much as you can. Sleep, rest or chill on the down days and flow with the energy on the high days. Try and eat healthily and try not to stress or feel guilty, it will stabilize.

## **4. A feeling that something has changed within you**

You simply feel different, you may not look any different but you know something has changed internally. Your old ways are falling by the wayside and the real you is starting to emerge.

## **5. Sudden awareness of recurring patterns or relationships**

You may have been living out the same old patterns for decades but suddenly you become aware of it. You may realize that you always destroy what you create, always pick unavailable

partners or always attract dependant people - the list is endless. This is great, becoming aware is the first step in eradicating it.

## **6. Food intolerances, allergies and cravings**

As you are becoming more sensitive to energy, your body may start to react to foods you have always eaten and/or you may start to crave something different. The intolerances and allergies may not be permanent so remove them from your diet for a few months and try again later. The cravings may be what your body needs so go with it and trust your body to communicate what it requires.

## **7. A desire to "find yourself", change your social group, behavior, job etc.**

Your material needs have been met and there is still a longing for more. You may start to question who you really are and start to see that your current life may not have been a conscious choice and is more of a by product. Before you can consciously choose you may find yourself stripping away layers to reconnect with you, the spiritual you.

## **8. An increase in occurrences of coincidence**

Better known as synchronicity, favorable people and beneficial circumstance start to appear with exactly what you need. Answers to questions are revealed to you through signs and messages. Synchronicity is a sign you are on the right track and that you are aware of these miracles happening around you. The more you notice and take heed, the more they appear so show appreciation for the guidance you are receiving.

## **9. Quicker manifestations**

Spiritual awakening raises your vibration; this involves a release of blockages which allows abundance to flow to you. Being in alignment with a higher vibration results in quicker and more beneficial manifestations to be received by you. Be aware of your thoughts so you get what you really want or better.

## **10. A change in what you read, hobbies, etc.**

You are changing for the better; you are heading for a life of deeper fulfillment and purpose. As you do you will find different ways to pass the time and may not enjoy things you have always done as much anymore. It's fine, new pastimes will interest you just be open to what comes your way.

Change and growth are taking place; the discomfort you experience is increased by resistance. Know that all is exactly as it should be and you are having the human experience of growth, let go and roll with it. When discomfort strikes, ask yourself where or what you are resisting and let it go. They say the darkest part of the night is just before dawn so know that it's for good.

### ***Author's Bio:***

Lola Fayemi, a Freedom coach ([www.urbanspirit.co.uk](http://www.urbanspirit.co.uk)), works with unfulfilled and spiritually awakening people to help create lives and businesses in alignment with their higher purpose. Lola is also a Reiki Master and has her own spiritual and personal development blog ([www.lolafayemi.com](http://www.lolafayemi.com)) where you can sign up for life-changing e-course.

From:

[http://www.selfgrowth.com/articles/10\\_Common\\_Signs\\_Of\\_Spiritual\\_Awakening\\_Ascension\\_Symptoms.html](http://www.selfgrowth.com/articles/10_Common_Signs_Of_Spiritual_Awakening_Ascension_Symptoms.html)

Know that although our evolutionary process is rapidly accelerating, along with the New higher vibrational energies, we are all experiencing these changes in our own way and in our own time, according to who we are and according to our coding and plan before birth. In addition, generally speaking, our ascension process relates to how we each run our own individual energy, and what our beliefs and experiences are (in other words, how we are wired and how we vibrate). These things can be changed and will also change automatically as we clear and embody more light within ourselves. For the highly sensitive, psychic and those very open to the higher realms, the ascension process can be a bit more challenging.

(Note: Of course, not all of these symptoms can be attributed to the ascension process. Please follow your own inner guidance and consult a health care professional as needed).

- \* **Feeling as though you are in a pressure cooker or in intense energy;** feeling stress. Remember, you are adjusting to a higher vibration and you will eventually adjust. Old patterns, behaviors and beliefs are also being pushed to the surface. There is a lot going on inside of you!
- \* **A feeling of disorientation; not knowing where you are; a loss of a sense of place.** You are not in 3D anymore, as you have moved or in the process of moving into the higher realms.
- \* **Unusual aches and pains throughout different parts of your body.** You are purifying and releasing blocked energy vibrating at 3D while you are vibrating in a higher dimension.
- \* **Waking at night between 2 and 4 a.m.** As you progress, waking at 5 a.m. Much is going on in your dream state. You can't be there for long lengths of time and need a break. This is also the "cleansing and releasing" hour.
- \* **Memory loss. Difficulty accessing words. A great abundance of short term memory loss and only vague remembrances of your past.** You are in more than one dimension at a time, and going back and forth as part of the transition (you are experiencing a "disconnect"). Also, your past is part of the Old, and the Old is forever gone. Being in the Now is the way of the New World!
- \* **"Seeing" and "hearing" things.** You are experiencing different dimensions as you transition, all according to how sensitive you are and how you are wired.
- \* **Loss of identity.** You try to access the Old you, but it is no longer there. You may not know who you are looking at in the mirror! You have cleared much of your old patterns and are now embodying much more light and a simpler, more purified divine you. All is in order....you're OK.
- \* **Feeling "out of body".** You may feel as though someone is talking, but it is not you. Our bodies are the last to catch up and are not in the same place as the rest of us. In addition, this phenomenon can also occur as it is our natural defense mechanism of survival when we are under acute stress or feeling traumatized or out of control. Your body is going through a lot and you may not want to be in it. At one point, my ascension guide told me that this was a way of easing the transition process, and that I did not need to experience what my body was going through.
- \* **Periods of deep sleeping.** You are resting from all the acclimating and are integrating, as well as building up for the next phase.

\* **Heightened sensitivities to your surroundings.** Crowds, noise, foods, TV, other human voices and various other stimulations are barely tolerable. You also overwhelm very easily and become easily overstimulated. You are tuning up! Know that this will eventually pass.

\* **Dizziness, loss of balance, back and neck pain, ringing in the ears, "gritty" eyes, blurred vision, insomnia, and heart palpitations with difficulty breathing.**

\* **Headaches.**

\* **Crying about anything,** whether wonderful or sad.

\* **Not remembering the meaning of anything.**

\* **Difficulty in remembering what you did or who you talked to a day or sometimes just an hour before.** In the higher realms, reality is very much in the moment. If we do not hold something in our consciousness, it simply ceases to exist. We have no attachments. We are creating our own world around us through our beliefs and thoughts and what we do not "hold onto" does not exist. Everything is brand new as we are starting completely over, moment to moment. We can tap into whatever we choose to at any moment and create and experience just that. This state comes and goes, but is practice for living in the higher realms. It can feel a bit creepy when it occurs.

\* **You don't feel like doing anything.** You are in a rest period, "rebooting". Your body knows what it needs. In addition, when you begin reaching the higher realms, "doing" and "making things happen" becomes obsolete as the New energies support the feminine of basking, receiving, creating, self-care and nurturing. Ask the Universe to "bring" you what you want while you are enjoying yourself and having fun!

\* **An intolerance for lower vibrational things (of the 3D) reflected in conversations, attitudes, societal structures, healing modalities, etc.** They literally make you feel "sick" inside. You are in a higher vibration and your energies are no longer in alignment. You are being "pushed" to move forward.....to "be" and create the New. In addition, you may feel like staying home or just being alone as much of everything "out there" no longer matches the higher vibration of YOU.

\* **A loss of desire for food.** Your body is adjusting to a new, higher state of being. Also, part of you does not want to be here anymore in the Old.

\* **A sudden disappearance of friends, activities, habits, jobs and residences.** You are evolving beyond what you used to be, and these people and surroundings no longer match your vibration. The New will soon arrive and feel so-o-o-o much better!

\* **You absolutely cannot do certain things anymore.** When you try to do your usual routine and activities, it feels downright awful. Same as above.

\* **Days of extreme fatigue.** Your body is losing density and going through intense restructuring.

\* **A need to eat often along with what feels like attacks of low blood sugar.** Weight gain (especially in the abdominal area). A craving for protein. You are requiring an enormous amount of fuel for this ascension process. Weight gain with an inability to lose it no matter what you do is one of the most typical experiences. Trust that your body knows what it is doing.

(Note: The body seems to need this extra weight for processing and holding these New higher vibrations. In addition, the liver goes on overdrive as it is rapidly processing and detoxing. An overtaxed liver can lead to abdominal weight gain and frequent waking around 3 a.m. (the liver hour in oriental medicine). Liver supports that can be helpful are milk thistle, casual walks, breathing and trusting in the future.)

\* **Experiencing emotional ups and downs; weeping.** Our emotions are our outlet for release, and we are releasing a lot.

\* **A wanting to go Home, as if everything is OVER and you don't belong here anymore.** We are returning to the Source. Everything IS over. (But many of us are staying to experience and create the New World). Also, our old plans for coming have been completed.

\* **Feeling you are going insane, or must be developing a mental illness of some sort.** You are rapidly experiencing several dimensions and greatly opening. Much is available to you now. You are just not used to it. Your awareness has been heightened and your barriers are gone. This will pass and you will eventually feel very at Home like you have never felt before, as Home is now here.

\* **Anxiety and panic and feelings of hysteria.** Your ego is losing much of itself and is afraid. It may feel as if everything is ending (most of everything is!). Your system is also on overload. Things are happening to you that you may not understand. You are also losing behavior patterns of a lower vibration that you developed for survival in 3D. This may make you feel vulnerable and powerless. These patterns and behaviors you are losing are not needed in the higher realms. This will pass and you will eventually feel so much love, safety and unity. Just wait!

\* **Depression.** The outer world may not be in alignment with the New, higher vibrational you. It doesn't feel so good out there. You are also releasing lower, darker energies and you are "seeing" through them. Hang in there!

\* **Vivid, wild and sometimes violent dreams.** You are releasing many, many lifetimes of lower vibrational energy. Many are now reporting that they are experiencing beautiful dreams. Your dreamstate will eventually improve and you will enjoy it again. Some experience this releasing while awake. My mother commented one day that she believed I was having nightmares in the daytime!

\* **Night sweats and hot flashes.** Your body is "heating" up as it burns off residue.

\* **Your plans suddenly change in mid-stream and go in a completely different direction.** Your soul is balancing out your energy. It usually feels GREAT in this new direction, as your soul knows more than you do! It is breaking your "rut" choices and vibration.

\* **You have created a situation that seems like your worst nightmare, with many "worst nightmare" aspects to it.** Your soul is guiding you into "stretching" into aspects of yourself where you were lacking, or into "toning down" aspects where you had an overabundance. Your energy is just balancing itself. Finding your way to peace through this situation is the test you have set up for yourself.

This is **YOUR** journey, and your soul would not have set it up if you weren't ready. You are the one who finds your way out and you will. Looking back, you will have gratitude for the experience and be a different person.

From: <http://www.maya12-21-2012.com/ascension-symptoms.html>