



## **The Sought**

Some people experience an actual spiritual awakening, meaning they touch their path. Our society will often not recognize this as such. Sometimes, people are unaware of what is happening; they encounter difficulties and severe challenges for no apparent reason. Frequently, opposition arises around them. It is difficult for them to fit in, and they cannot meet the expectations of their surroundings. Not because they do not want to; they can spend a lot of energy trying to adapt with little or no results. These individuals will naturally soon stop talking with others about their inner life or experiences as they are not recognized for what it is, let alone understood. A sense of shame can also come forward; such inner experiences can be very peculiar.

A spiritual awakening, which sometimes seems to happen spontaneously, often disturbs an individual's physical and mental realms. Extensive medical histories without any diagnosis are not an exception.

Still, even without diagnosis, there can be persistent signs and signals of development within. Mention some of these signs that can be present: feelings of electricity in the body, heat waves, mental confusion, self-judgment, arousal of energy, waves of bodily and mental comfort or discomfort, an urge to retreat from society, and a persistent feeling of loneliness. These symptoms do not tell anything in themselves; they can indicate something, so they should not be used for self-diagnosis. Only a mature spiritual teacher can discern if the cause of such symptoms might be related to inner development.

*"In the degree that man realizes the existence of the Indwelling Spirit immanent within your being, so will you rise in the spiritual scale of life. This is what spiritual development means – the recognition, realization, and manifestation of the Spirit." Source: The Kybalion*

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