



## **What is a spiritual awakening?**

Contrary to a persistent popular belief, a genuine spiritual awakening is not connected to extraordinary phenomena happening outside yourself, nor is it as romantic or pleasurable as many expect. The spiritual path is within you. It is individual and can be pretty uncomfortable. It does not follow a specific timetable; it takes time to unfold. If such a process is taken seriously and supported well, you will gradually return to a more natural state; God, the Universe, Reality, or whatever word you'd like to use, has already provided you with everything you need.

A spiritual awakening involves remembering and rediscovering the path back to reality, as we have forgotten our true selves. It requires letting go of conditioning, false ideas about ourselves, and illusions to allow our authentic selves to emerge. This process involves unlearning, exploring, and understanding our inner lives on deeper levels, in order to dissolve what is inaccurate.

*"You do not have to search for love; you just have to remove the barriers you have built against it"*

*Source: Rumi.*

It is a common misunderstanding that a spiritual path always leads to enlightenment. In reality, the goal of a genuine spiritual path is not all about enlightenment but to gain a deeper understanding of oneself and one's life. The true outcome of this journey is to become more fully human, embracing all aspects of our being. Surely, enlightenment can happen, but it is not a static state, as is sometimes thought.

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