

Why develop or raise your level of Spiritual Awareness?

*More often than not, we feel as a victim of events and not the creator. This is what is most difficult for people who have had a spiritual experience to try to explain: We create and choose our own reality. In the normal world this seems very insensitive and wrong as if saying all suffering is chosen. But in the spiritual realm after finding such a large universe of unlimited being, in context of this vast self, the parts of life which include suffering are seen in a different perspective. ([Bruce Davis, Ph.D., The Huffington Post, 2014, Life After a Spiritual Awakening.](#))*

IF you have a desire to increase your spiritual awareness, then you are ready to begin to tap into this mental state. People experience a greater sense of calm and peacefulness along with increased self-acceptance and happiness when moving toward this awareness.

When you expand your spiritual awareness, you begin to realize that YOU are in control over creating the life you want to live. Many people fear this journey when there is nothing to fear but fear itself.

How do I go about doing this you may wonder? It's easier than you think. One thing to recognize is that your focus on material possessions and worldly matters will need to be set aside in order to open up to this mental state. That does not mean it completely goes away. Balance is key.

Your spiritual awareness may happen quickly or slowly without you even noticing or being consciously aware. It can be a "slap in the face" experience or gradual. Having an open mind for the experience is extremely important. A closed mind can deter the experience. You may not even be aware that you have a closed mind attitude. Being aware of closed mindedness is a step in the right direction.

Physical signs: A desire to

- have more than just material possessions
- to change or choose a career that is more than just making money
- to experience and learn new things
- to improve your habits in a more positive direction – better self-care

These simple mental states signify you have already elevated to a higher level of spiritual awareness. This is an example of how subtle spiritual awareness can be.