

# What Is Spiritual Awakening?

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TERRA INCOGNITA  
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## When the Soul Begins to Remember

A spiritual awakening is not a gentle breeze—it is a storm that clears the fog and breaks down illusions. It is the moment, or series of moments, when you begin to **see through the veil** of ordinary life and recognize that your true essence is far more expansive, eternal, and divine than you ever imagined.

For some, awakening comes gradually. For others, it's sudden—a jolt from loss, trauma, illness, or a mystical encounter. Regardless of how it begins, the process of awakening is one of the most **profound inner transformations** a human being can experience. It is the **soul's cry to return to truth**.

But how do you know you're going through a spiritual awakening? What does it feel like? What stages are there, and is there a map? This guide will walk you through the full terrain: signs, symptoms, stages, and what to do when your life starts shifting from the inside out.

## What Is a Spiritual Awakening?

A spiritual awakening is the process of becoming **consciously aware of your spiritual nature**. It's when the ego—the part of you that identifies with personality, status, and control—begins to dissolve, and the higher self begins to emerge.

During awakening, your perception of reality changes. You may begin to question everything: your purpose, beliefs, relationships, even your own thoughts. While it can be deeply beautiful, it often includes discomfort and disorientation.

You may:

- Feel more connected to all life
- See the world as alive with symbolism
- Have mystical experiences, visions, or deep knowing
- Question societal norms, religious structures, or career paths
- Sense the presence of your soul or divine guides

In essence, spiritual awakening is when the **veil of separation lifts**, and you begin to walk the world as a soul in human form—aware, luminous, and aligned with truth.

## The 7 Stages of Spiritual Awakening

Although each person's journey is unique, many spiritual traditions and mystics describe **a sequence of stages** commonly experienced during awakening:

### 1. The Call (Crisis or Trigger)

This stage often begins with **loss, trauma, heartbreak, or illness**. Something shakes your foundation and cracks your ego's armor. You start asking: "Who am I? Why am I here?" It's the divine knocking at the door of your soul.

### 2. Dissolution of the Old Self

Here, you begin to question your previous life. Beliefs, identities, and goals may no longer feel aligned. This can feel like an **existential crisis**. You might withdraw from social circles, experience anxiety or confusion, or sense that you are dying to your old self.

### 3. The Search for Truth

Now begins the seeker's phase. You devour spiritual books, attend workshops, meditate, journal, or explore healing arts. You're trying to **piece together the greater truth**, often driven by an inner knowing that something far more meaningful exists.

### 4. The Dark Night of the Soul

This stage is not talked about enough, but it's crucial. The **dark night** is a period of

profound emptiness or despair. You feel disconnected from both the world and the divine. Nothing satisfies. It's a spiritual purification—the burning away of illusion so that true light can emerge.

### 5. Breakthrough and Illumination

After the darkness, you begin to feel connection again. You experience **oneness, love, clarity, and alignment**. Insights flow. Your intuition strengthens. You recognize synchronicities. Your inner voice becomes clear, and you begin trusting your soul's path.

### 6. Embodiment and Purpose

Awakening is not only about insight—it's about **integration**. You begin to live your truth, not just glimpse it. Your relationships shift, your work aligns, and you may discover a soul mission—such as healing, teaching, or creating.

### 7. Continual Expansion

Awakening is not a one-time event—it is a **lifelong spiral of evolution**. New levels of growth, healing, and connection continue to unfold. You understand that awakening is not about escaping the world, but becoming fully present within it, as a vessel of divine truth.

## Common Symptoms of Spiritual Awakening

Spiritual awakening affects **every level of your being**—mind, body, and soul. Below are some of the most common signs and symptoms:

### Emotional & Mental Symptoms:

- Intense mood swings or emotional purging
- Periods of depression or anxiety
- Sudden empathy or psychic sensitivity
- Feeling disconnected or “not of this world”
- Existential questioning or a desire to simplify

## Physical Symptoms:

- Changes in sleep patterns (waking up at 3–4am)
- Strange body sensations (tingling, pressure, heat in the crown)
- Sudden fatigue or bursts of energy
- Heightened sensitivity to light, sound, or chemicals
- Dietary shifts or detox-like symptoms

## Spiritual Symptoms:

- Recurring number sequences (111, 444, etc.)
- Heightened intuition or inner knowing
- Vivid dreams, astral travel, or visitations
- Feeling a presence or guidance from angels or spirit beings
- Seeing through illusions—feeling that “reality” is not fixed

These symptoms are **not signs of failure**—they’re signs of release. Your old identity is being dismantled to make way for truth.

## How to Navigate a Spiritual Awakening

While awakening is a sacred process, it can also be **confusing and overwhelming**. Here are ways to support yourself during the journey:

1. **Ground Yourself Daily**

Work with your body, breath, and nature. Walk barefoot on earth. Do simple tasks. This stabilizes your energy and prevents spiritual dissociation.

2. **Journal Your Experience**

Write down your dreams, emotions, and insights. Over time, you’ll see patterns and messages from your higher self.

3. **Seek Sacred Community**

Isolation can deepen fear. Connect with others who are awakening. Join circles, classes, or online communities that honor your spiritual process.

4. **Learn to Discern Your Intuition**

Awakening strengthens your intuitive channel. Learn the difference between fear-based thoughts and true inner knowing. Meditation and mantra help.

5. **Work with Guides or Mentors**

If possible, receive support from **spiritual teachers or attunement practitioners** who can help you navigate the energies, symptoms, and

meanings of your journey.

## The Role of Attunement in Spiritual Awakening

One of the most powerful tools for navigating spiritual awakening is **attunement**—the process of energetically aligning yourself with a divine force, such as an angel, spirit guide, or sacred current.

At **Terra Incognita Coven**, our 21-day attunements are designed to:

- Help stabilize your energetic body during awakening
- Open you to clear divine guidance and soul memory
- Heal deep emotional or karmic blocks
- Connect you with spiritual allies (angels, spirits, protectors)
- Ground your awakening into embodied truth

Each attunement includes ritual, mantras, sigils, and remote transmissions to **anchor your awakening into your daily life**—not just as a concept, but as a living, integrated state of being.

## You Are Not Going Crazy—You Are Waking Up

Spiritual awakening may feel like falling apart, but you are actually **falling into alignment**. The illusions are crumbling. The soul is emerging. And yes—it can be painful, strange, and confusing.

But this is what you came for: to **remember**, to shed false layers, and to live as the truth of who you are.

Awakening doesn't mean floating away from reality. It means returning to it, wide awake—with your soul leading the way.

## Support Your Awakening with Terra Incognita Coven

If you are experiencing spiritual awakening and want to be guided, protected, and empowered through it, explore the **attunement journeys at Terra Incognita Coven**. These courses are crafted to bring clarity, transformation, and soul

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integration to every phase of awakening—offering both mystical experience and grounded support.

Begin your sacred unfolding at:

[terraincognitacoven.com/courses](https://terraincognitacoven.com/courses)