

Spiritual Awakening

15 TIPS You
Need to Know

Spiritual Wellness



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WELCOME

Hello beautiful soul,

Welcome to the next cycle of your life, one where you will pursue your heart & soul's desire, and you will learn how to feel empowered along the way. You are here right now because you seek spiritual understanding for who you are and the life you are living. I am so excited you've chosen to connect with this Mini Book and I am ready to embark on this journey alongside you.

You may find yourself here for many different reasons. You may have felt lost in your life and unsure which direction to head next. You may feel overwhelmed by the pain of your past and constantly having to battle a life of survival. You may feel a strong desire to live differently and yet have no idea what it would look like. You may know that there is more to life than what you've been experiencing, but are unsure how to branch out into the unknown. You may feel ready to break away and start fresh. You may want to understand who you truly are and why you are here. You may be on the other side of your spiritual awakening and still feel like you need guidance and support as you shift forward. You may be looking for more inspiration as you walk the path to enlightenment.

No matter where you find yourself in life, I am here choosing to share the wisdom I've gained on my own spiritual journey in hopes that it supports you as you walk your soul path.

WHO IS SYDNEY, THE AUTHOR

My name is Sydney Smith and I am a Spiritual Mentor, Author & Intuitive Guide. Whether you are new to my work or you've been part of my community for a long time, I thank you for being here and making this conscious choice to support yourself on your path. Before I share more about your spiritual awakening, I want to share a little bit about mine so you can better understand where I've come from and how I got to where I am today.

When I experienced a mental & emotional breakdown I would've never considered it a spiritual awakening in the moment, or even for a full year afterwards. I felt stuck in a toxic environment with zero boundaries and an inability to stand up for myself. I only desired for everyone else to be happy as they worked towards their dreams and yet I had no idea how to ensure my own happiness nor what my dreams even entailed.

In a moment where I was overcome by emotions that had been piling up for months, possibly even years, I awakened to the truth that I could not, and I would not, continue traveling down the path I had found myself on. I had completely lost myself.

I had become someone that didn't make me proud and I was living with the sole desire of pleasing everyone around me.

In the years that followed my mental breakdown I dove deep into understanding my emotions and behaviours, the unsupportive patterns that led me astray, and the outdated conditioning that pressured me to fit into the box society placed me in. Some might say, it was a journey of unbecoming.

I knew I was made for more. I knew there was a purpose to who I was and the life I was meant to live, but I had so many unanswered questions and the path was clouded with uncertainty. One step, one day at a time and I began uncovering who I was as a soul and how my Higher Self was guiding me along my soul purpose.

There are a lot of different labels I could use to define myself in order for the world to understand me. Labels like empath, people pleaser, sensitive soul, emotional being, healer and psychic, but I am not here to focus on how others perceive me. The one main takeaway from my spiritual awakening and the journey I've been on since, is that I am here to better understand myself as I continue to shift and evolve through this human experience. I am a child of the Earth: expansive, nurturing, evolving, and limitless.

We are all here to better the world we live in and it all starts with bettering yourself. Your spiritual awakening leads to your spiritual expansion, as long as you choose to dance throughout the song of life.

WHAT IS A SPIRITUAL AWAKENING?

It's important to understand that a spiritual awakening can happen in many different ways and at many different times of your life. Ultimately it's a moment or a phase of life when you awaken to the truth that you are more than this moment, you are more than your past and you are more than your future.

Being spiritual is to live with spirit or live in spirit, meaning you live with greater purpose or meaning to life. The awakening is when you come to the recognition that the comfort zone and living on auto-pilot is no longer serving you and you desire to create more for yourself and the life you are experiencing. You may even recognize that the comfort zone you've been living in isn't actually all that comfortable.

This awakening can feel like the darkest moment of your life when all of a sudden you wake up from the nightmare and choose to make a change.

No matter what guided you to your awakening or where you find yourself on your spiritual journey, this list of 15 things you need to know will support you as you shift forward. These spiritual journey truths are meant to inspire and empower you to continue learning, healing and growing each step of the way.

LIST OF 15 TIPS FOR YOUR SPIRITUAL AWAKENING

#1 You will feel triggered

Your spiritual awakening and expansion are both a process of becoming your Higher Self and evolving into the person you came here to be as you live in connection with your Spirit. In order for you to become this next level version of yourself you need to strip away all the pain, emotional attachments, outdated conditioning and unsupportive programming that has been instilled within you.

How do you react to the world around you? Are you reacting from a past experience that caused you pain and you are fearful of experiencing that pain and being unsafe again? Are you reacting based on a belief your parents, grandparents, guardians or society told you you “should” believe to be true? Are you reacting from a patterned behaviour that blocks you from growing in uncomfortable situations?

You will feel triggered through your spiritual journey, there is no way around this. Rather than fearing the things that may or may not trigger you, you can change your mindset around triggers. These are opportunities to learn about where you are holding onto pain within your genetic makeup. Triggers can point to conditioned beliefs you carry that don't lead you towards your Higher Self.

You will feel triggered and it's okay.

Don't ignore, avoid or deny these triggers, use them to your advantage so you can heal, learn and grow into the next level version of you.

#2 Your soul is telling you there is more to life than your past

As a human it's so easy to get stuck in the belief that your past dictates your future and your past determines who you are as a person. Both of these perspectives are extremely limiting because they are basically saying that you cannot experience anything new; and you are not allowed to let go of your past and move forward into the unknown in a healthy and supportive way.

Our past pain tends to lead us to fear the unknown because we believe we are not safe in moving forward. This is the definition of living in survival mode, constantly reacting to life and waiting for the next bad thing to happen. Hoping and wishing for life to be different, but believing it's always going to be about simply surviving each moment.

When you have a spiritual awakening it's literally the moment your soul speaks loudly enough for you to hear the truth, that there is more to life than your past. You came here as a spirit to live out a purpose and it's time for you to acknowledge the gift you bring to this world.

Now that you have awakened to the truth that life has meaning, you get to uncover what the meaning is to you and how you can bring more light into yourself and the world around you.

Trust your soul when it reminds you that there is more to life than your past. Step out of survival mode and into creation mode.

#3 You will rise from the ashes again and again

There are many moments through your spiritual awakening and expansion that it will feel like the darkness is flooding in and you are overcome with challenges. Especially in the moments where something big triggers you and you don't seem to know how you'll surmount the obstacle and find the light.

Releasing and cleansing are the spiritual practices of energetically and emotionally detaching from a thought, belief, action, habit, situation, person, etc. that are unsupportive. In these moments you may feel deflated, exhausted, drained, and unable to find your spiritual power and light. Death and rebirth is one of the most common themes we experience on our spiritual journey and it's important to remember that you will rise from the ashes again and again.

A snake sheds its skin when it has outgrown its own body. A caterpillar cocoons into a sticky mess in order to transform into a butterfly. A wildfire destroys the land in order to restore the earth and bring new growth.

There are so many parallels in the world around us where it seems as if something is dying away for good and then comes back stronger, more beautiful, and wiser than ever before. The breakdown will always lead to the breakthrough.

When you feel as if you are burning to the ground, or stuck in quicksand, remember you will get through this challenging phase and you will rise from the ash more enlightened & powerful.

#4 You will see synchronicities like never before

Along your spiritual journey you will begin to see the truth of the matter, that you are not alone and the Universe is conspiring in your favour. Remember, spirituality is to live with spirit, to live with meaning and as a Spirit you came here to live out a purpose, not a singular purpose, but a greater purpose to benefit the Universe.

How do you know you are on the right path? How do you know that you are not alone? How do you know that the Universe has your back throughout your journey?

You will see synchronicities, signs and messages from the Universe like never before. The moment you awaken and you stop living on autopilot and become present to this moment, you will start to see puzzle pieces fitting together on a daily basis.

Do you see 11:11 or 222 all of the time? Do rainbows always pop up on your path at the perfect moment? Do you feel like you are seeing the same thing again and again? Or hearing the same song over and over?

These are all signs the Universe is sending your way to let you know that you are a limitless being and to remind you to keep following your heart and soul. Throughout your spiritual journey you will start trusting your gut and intuition more and you'll begin deciphering the meaning of all these messages.

It all starts with noticing the synchronicities showing up in your life on a regular basis in order to believe in the magic of life.

#5 Your Guardian Angels are watching out for you

You are never alone. Spirit is in everything, every little thing, and we can see this when we connect with our Angels, Ancestors, Spirit Guides and Animal Guides.

There are many different reasons for you to connect with your Divine Team, it can be to ask for help when you are in a challenge, to ask for clarity when you feel clouded by the unknown, to receive a sign to know you are on the right track, or even to receive comfort when you feel exhausted.

It's time to stop believing you have to do everything on your own or the world is out to get you. These are extremely limiting perspectives, which to be honest, are only keeping you in a perpetual state of struggle.

It's time to start asking for help because your guardian angels are watching out for you.

#6 Your emotions are your teacher

For generations we've been taught to suppress our emotions for so many different reasons and this has led us, sensitive souls, to believe our sensitivities are a weakness. This is wrong.

Your emotions are your teachers and they are one of the ways your soul speaks through your body. We've been conditioned to prioritize the mind for so long and the perspectives of our minds are actually extremely limiting. When you begin to acknowledge your emotions you open yourself up to a world beyond your wildest dreams.

Now, it's not as easy as it may seem at first because your emotions are truly about feeling through your experience. This means sadness, grief, anger, frustration, bitterness and pain will become part of your life in a bigger way than ever before. But, at the same time you will open the door to more joy, peace, fulfillment, serenity, amusement and passion when you learn how to listen to, feel and create your emotions.

Feeling angry? Now is the time to look into the trigger that brought the anger forward and understand what you need to heal, what you can learn and how you can grow through this emotion.

Your emotions are your teacher, so it's important to start paying attention.

We are no longer avoiding, ignoring and denying our emotions because we understand that through feeling our emotions we can create more of the uplifting ones and start releasing the energetic attachment to the harsh ones.

#7 Your passions are part of your purpose

The saying, it gets to be easy, is not a facade and it's the wholehearted truth when choosing to follow your soul purpose. Now, of course there are going to be difficult phases and challenging moments as you heal and learn. But actually pursuing your purpose and leading yourself to fulfillment is meant to be easy.

In our society we tend to overcomplicate things and make our lives harder than they need to be. There are so many beliefs and behaviours that have been conditioned within us that deter us from following our passions and living life with purpose.

In this spiritually advanced world we are beginning to acknowledge that things really do come easily when we are living with passion and our purpose is leading us forwards. Start paying attention to what you are passionate about and it will lead you along your soul path with purpose.

#8 Your resistance shows where behaviours & beliefs don't align with your Soul Truths

Resistance is when there is a block of energy stopping the flow of alignment and there are many different ways we can see resistant energy at play in our lives. The Universe will never resist you and your soul path, you are the one that is carrying the limit of resistance.

The more you start to acknowledge when you feel resistant to a thought, action, person or situation, the more you'll begin to acknowledge your Soul Truths. When you are in alignment everything flows easily and effortlessly, so if there is resistance then you know something is not in alignment.

Your Soul Truths are the pieces of wisdom your Spirit brought with you into this lifetime. As you grew up and the more life you've lived you'll have had experiences that instilled beliefs and behaviours within you that are actually in resistance towards your Soul Truths. As you release past pain and conditioned beliefs you will feel guided by your Soul Truths.

As you begin acknowledging the truths of your soul you will simply know what's right for you and what's not without needing an explanation. The resistance is showing you where there is misalignment with your Soul Truths.

#9 Your intuition and gut feeling will lead you into uncomfortable situations

You are meant to grow and evolve throughout your lifetime and the only way to do so is to step out of your comfort zone. As you heal your past pains and leave survival mode behind you'll start making more decisions based on your intuition and gut feeling. These choices and decisions will lead you through creation mode, as you create a life you love.

It's important to remember that your intuition is going to guide you into uncomfortable situations because this is always where your growth lies. Through the process of understanding yourself in a deeper way you will need to distinguish between your fears and when you simply feel uncomfortable. Your fears lead you from a space of feeling unsafe, but are you actually unsafe?

As you heal your fears more and more you learn the difference between being safe and being comfortable. It's important to listen to your intuition even when it feels uncomfortable.

#10 Your path will seem veiled and unknown

Oftentimes you will feel like you don't know exactly where you are heading or what the next step is in order to move forward, this is normal. As you learn, grow and evolve you speed up your soul path and it can take time for the Universe to calibrate your surroundings with where you are heading. This means after a breakthrough you can feel like things aren't moving as fast as you want to or after a burst of energy and forward movement all of a sudden you are at a standstill.

Take these moments for rest, knowing that clarity will come once everything is lined up and it's time for you to take action again. This is a great time to call in your Divine Team and ask your Angels and Spirit Guides to bring you a sign or message. While you are waiting for the clear next step to take, go spend some time laughing with your friends and create joy for yourself in this moment.

Not everything needs to be about forward movement towards your dreams. You need to remember to enjoy the present moment and let the simplicity of life surround you with that magical feeling.

Your path will seem veiled and unknown at times, don't fall back into old habits of worry, fear and doubt. Ask for guidance, focus on creating peace in the present, and reflect on the growth you've created.

#11 Your sense of security and stability comes from self love and self trust

The most common desire people seek in this day and age is a sense of security and stability and this can be reflected in many different aspects of our lives. We can desire security in our love life, our careers, our home life etc., but no matter what aspect we believe we feel insecure in, it actually all falls into how we feel about our internal self.

Our society created the belief that security and stability is something that comes from outside of us and we see this with educational programs, employment contracts, and marital contracts. Life is extremely unstable because energy is constantly shifting and changing, and we have no control over anything outside of us.

True security and stability comes from self love and self trust. To feel secure is to trust in your own ability, knowing that whatever comes your way you will not only survive, but thrive. Throughout your spiritual journey you will be shown different experiences and situations that challenge your feeling of security and stability and this is because you are being reminded that these feelings come from within.

#12 You are breaking cycles

You learnt certain behaviours and patterns from your parents, whether you realize it or not, and they learn from their parents and so on and so forth. Your parents also instilled their beliefs onto you, which were instilled onto them from their parents, again repeating. We carry the DNA from our ancestors at least seven generations back and if you do the calculations, that is a lot of DNA embedded in particular beliefs systems, habits, and even pain & trauma.

You are breaking cycles.

As you move through your spiritual expansion sometimes the healing work can feel overwhelmingly difficult and that's because you are not only breaking your habits & beliefs, but the patterns and cycles from 7 generations.

This is how we evolve our Universe and shift into the next level. Every single cycle you break, not only up-levels your journey, but it evolves the journey of those who will come after you. This is challenging work, yes, and it's fulfilling work. Don't forget to rest through your healing journey.

#13 You will gain the right knowledge and tools at the right moment

As you progress through your spiritual expansion after your awakening you'll find yourself filled with doubt, worry and fear in different phases of growth. You may doubt your ability to overcome a challenge or worry you don't have the knowledge to take a certain action.

In each phase of life you are lined up beautifully with where you need to be and what you have access to. Each moment is a stepping stone to the next moment and as long as you are present through your experience you will gain the lessons and strategies in the right way.

The most important knowledge and tool you could ever have access to on your journey is self reflection and awareness. When you find yourself feeling worry or doubt, grab your journal and reflect on what you've learned recently, for this awareness will guide you forwards.

You will gain the right knowledge and tools at the right moment. Keep being open to learning the lessons, healing the pain, and living with purpose.

#14 Your commitment to yourself is a necessity

You will not get to where you are meant to go if you are not committed to yourself and your journey through life. This is 100% an experience, nothing more and nothing less, so if you continue to prioritize situations, people or things that are unsupportive then you will find yourself falling backwards.

Your spiritual expansion will only occur if you are committed to yourself and the experience you are currently having. Ask for help when needed. Take a rest when needed. Honour your emotions and energy levels. Pursue your passions. Create uplifting moments. Listen to your heart & soul. Acknowledge the signs and synchronicities. Trust in the bigger picture.

Your commitment to yourself is a necessity.

#15 Your life is constantly changing and shifting for the better

There is no finish line to reach and then you get to relax for the rest of time. While you are changing and evolving, the world around you is also changing and shifting. At times it may feel like you are on top of the world, and other times you are scrambling to find your way.

No matter what, things are happening to lead you forwards, even if it doesn't look like it at times. You may not always be able to see the bigger picture, yet you are being reminded that there is a Divine Plan for you. Learning to let go of control and trust that the Universe's plan is better than any plan you could ever create is part of the process.

Your life is constantly changing and shifting for the better. Be open to learning the lesson. Choose to heal whatever is weighing on you. Recognize the growth you are creating. Find the peace within you. Know that it's unfolding exactly as it's meant to.

WHAT IS SPIRITUAL EXPANSION?

Oftentimes people consider a spiritual awakening to be the moment that blessings flow in, your purpose becomes clear and you know exactly where you are heading. When in reality, your spiritual awakening is the rock bottom, the challenging moment, the breakdown.

Your spiritual expansion is the journey of healing your pains, learning life lessons, and growing into your Higher Self. It's along your spiritual journey when you begin to receive blessings, you understand your soul purpose more clearly, and you feel guided forwards each step of the way. This spiritual journey is the space where you create expansion for yourself and the world around you.

Each of the pieces of wisdom I have shared will support and guide you through your spiritual expansion. The best thing you can do for yourself on this journey is carry grace for how you flow through each moment. No one is perfect, and as humans one of our most common traits is our forgetfulness. This means you may feel like you are learning lessons for the 10th time because sometimes it takes 10 times for us to actually embody that lesson and move forward with the wisdom gained. Lessons are simply information once we choose to act on that information it becomes soul wisdom.

Step by step you are expanding, even in the moments you are resting. You have nowhere to be except here, right now. How can you offer yourself grace today? How can you show yourself compassion? Where are you being guided to see a lesson? What resistance are you needing to acknowledge and release?

It is a journey and we aren't meant to walk it all alone.

CONCLUSION

I have shared all of this soul wisdom with you today because I know my own struggles, challenges and pain that I have had to heal through, overcome and learn. This spiritual journey can feel extremely daunting at times, and loneliness can easily creep in. I am here reminding you that you are never alone and you have the strength and ability to overcome anything the Universe brings your way. Sometimes all you need is a moment of rest and a supportive hand to guide you along.

As a Spiritual Mentor and Intuitive Guide my work is focused on supporting you through emotional and spiritual healing. Your journey looks different than everyone else's because it's meant to. I guide each of my clients through their individual journey by supporting them through the soul lessons coming forward on their path. I support you in connecting the dots between your triggers, resistance, and pain, so you can heal the outdated patterns and cycles. I guide you in understanding your Spirit and the power you have as a soul, so you can feel uplifted and empowered to pursue your passions and purpose. This is a journey we walk together.

You may feel that this Mini Book has provided enough information for you to feel inspired as you shift forward on your journey.

You may feel that this Mini Book was an overload of information and you are still unsure where to go, what to do and how to shift forward.

I am here to support you wherever you find yourself today.

MORE WAYS TO WORK WITH ME

When you are ready to commit to yourself and create a supportive and positive change in your life then check out my Spirit of Earth 1:1 Mentoring program. It's a 6 month journey where I support you through emotional healing as you uncover who you came here to be. I guide you each step of the way as you build the courage to trust yourself and your path.

Check out the 1:1 mentoring program on my website for more info.

www.adventuringwithposeidon.com/monthly-mentoring

Another great way to receive support and guidance on your spiritual journey is through a like-minded spiritual community. In the Meditation Membership with Sydney Smith you will find a safe, sacred community to grow alongside. The membership focuses on self-love, soul care, emotional healing, intuition, connecting to the Universe, and spiritual growth. This is a safe space for anyone ready to up-level their life, do the shadow work, heal past trauma, find their purpose, and connect in community with like-minded souls.

Check out the Meditation Membership on my website for more info.

www.adventuringwithposeidon.com/meditation-membership

I also sell Spiritual EBooks that will support you on your journey of self reflection and self awareness. These EBooks are filled with spiritual lessons, exercises to connect with the Universe, and journal prompts to guide you through spiritual expansion.

Check out the Spiritual EBooks on my website for more info.

www.adventuringwithposeidon.com/books

I truly hope this Mini Book has brought great insight on your spiritual journey and you feel supported as you continue to shift forward in life.