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# Beyond the self; A Journey into Awakening

## Self-Discovery

- Focus on knowing yourself more deeply: your strengths, weaknesses, needs, fears, and dreams.
- Related to psychological and personal growth, such as understanding life patterns, healing trauma, and recognizing why we think, feel, or behave in certain ways.
- The purpose is to live more authentically – in alignment with your own truth.

# **Spiritual Awakening**

- Arises from transcending the ego and beginning to perceive a reality greater than the small self.
- Often connected to a sense of union with God, higher meaning, or a truth beyond the material world.
- It is a period of profound transformation in perception - seeing that the world is not just what appears to the eyes, sensing oneness, or understanding.

## **The Relationship Between the Two**

- Self-Discovery is often the foundation of Spiritual Awakening. As we know ourselves more deeply, we realize that the 'self' we thought we knew is just one layer.
- Spiritual Awakening goes beyond self-discovery, moving from 'knowing oneself' to 'dissolving oneself' in order to touch something higher.

## In Simple Words

- Self-Discovery = asking the question 'Who am I'
- Spiritual Awakening = realizing 'I am not just this small self, but part of a greater truth.'

## Roadmap of the Inner Journey

### Curiosity & Self-Discovery

- It begins with the question: 'Who am I'
- Exploring personal fears, beliefs, needs, and desires.
- Learning from past experiences - relationships that shaped us.
- At this stage, the focus is still on the self (ego) as the center.

## Shadow & Inner work

- Daring to face the hidden truth within - both light and dark aspects of oneself.
- Healing trauma and understanding recurring patterns.
- The question shifts from 'Who am I?' to 'Why am I the way I am?'  
Here, we begin to see that we are not merely 'Victims,' but that every experience is shaping and training us.

## Making the Ego Visible

Observing the ego begins with contrast - comparing what the ego tries to do versus what happens when we let go. Through this contrast, its patterns become clear.

## The Need to control

- Ego: insists on planning, pushing, and forcing outcomes.
- When quieted: learns to embrace uncertainty.
- Revealed Power: inner calm and clarity in decisions - others naturally trust you more.

## The Fear of Mistakes

- Ego defends itself quickly, afraid of losing face or appearing weak.
- When quieted: dares to admit, 'Yes, I can be wrong.'
- Revealed Power: authenticity becomes strength, creating deeper trust.

## Comparison and Competition

- Ego: measures worth by comparing with others, feeling valuable only when superior.
- When quieted: recognizes self- worth without comparison.
- Revealed Power: inner stability that remains unshaken by others' success or failure.

## Attachment to Roles and Identity

- Ego: defines itself by titles, roles, or possessions.
- When quieted: realizes true identity is not limited by external labels.
- Revealed Power: freedom to connect with others from truth, not from masks.
- This way of seeing helps us recognize the ego - not to destroy it, but to notice that when it quiets down, life is guided by deeper strength and peace.

## Breakdown - Breakthrough

- A significant life event occurs - loss, pain, exhaustion, or the collapse of something once stable.
- The outer world no longer provides answers or meaning.
- This triggers a deeper question: 'Then... what is the truth?'
- This stage often marks the threshold where many step into awakening.

## Awakening (Opening of the Inner Eyes)

- A shift in perception begins: realizing life is more than survival or external goals.
- Seeing connection, meaning, and sometimes a glimpse of oneness with all that is.
- The sense of identity starts to expand beyond the small self.

## The Inner Journey Roadmap (continued)

### Awakening Glimpse

- There are moments when life feels entirely new – a sense of peace, unity, with nature, or profound synchronicities.
- A realization arises: ‘I am not just this body. I am not just these thoughts.’
- This is not always a permanent shift, but more like a curtain being lifted for a moment – offering a glimpse of deeper truth.

## Integration

- After such awakening experiences, we return to daily life yet nothing feels the same as before.
- The task is to integrate new understanding into real life: in work, relationships, responsibilities, and acceptance.
- The guiding question shifts to: 'How do I live this new truth in my everyday life?'

## Embodiment

- Awakening is not just an event, but a way of living. Life itself becomes a practice of awareness
- The ego does not disappear, but it no longer dominates as before.
- We begin to know ourselves as an expression of a higher truth / of God rather than only a separate self.
- Many describe this stage as a profound sense of 'Coming Home'

## Summary

- Self - Discovery = the beginning stage of looking inward and understanding oneself.
- Spiritual Awakening = transcending the small self, realizing connection to a greater truth.
- They are not opposites or separate paths, but different layers of the same journey.

## Conclusion: Returning Home

In the end, the journey of self - discovery and spiritual awakening is not about becoming someone new, but about remembering who you truly are.

Every stage -curiosity, shadow, breakdown, awakening, integration, embodiment - was never separate steps, but one unfolding movement leading you home.

Home is not a place outside of you. It is the Presence within, the truth that has been there all along.

When the noise fades, you begin to see: you were never lost, only remembering

## **Scripture:**

**‘Be still, and know that I am God’**

**Psalm 46:10**

**‘The truth will set you free.’**

**John 8:32**