

## **SIGNS OF A SPIRITUAL AWAKENING**

**A tendency to think and act spontaneously rather than on fears based upon the past**

**An unmistakable ability to savor each moment**

**A loss of interest in judging people**

**A loss of interest in judging self**

**A loss of interest in interrupting the actions ( or words) of others**

**A loss of interest in conflict**

**A loss of ability to worry (this is a serious symptom)**

**Frequent, overwhelming episodes of appreciation**

**Contented feelings of connectedness with others and nature**

**Frequent attacks of smiling**

**An increased tendency to let things happen rather than make them happen**

**An increased susceptibility to the love extended by others as well as the uncontrollable urge to extend it yourself**

**(author unknown)**