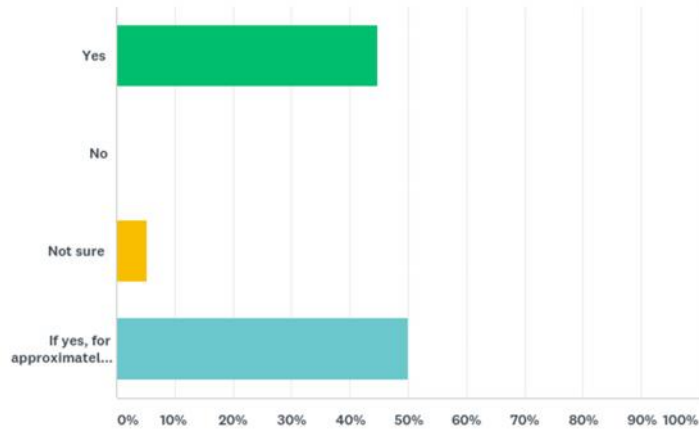
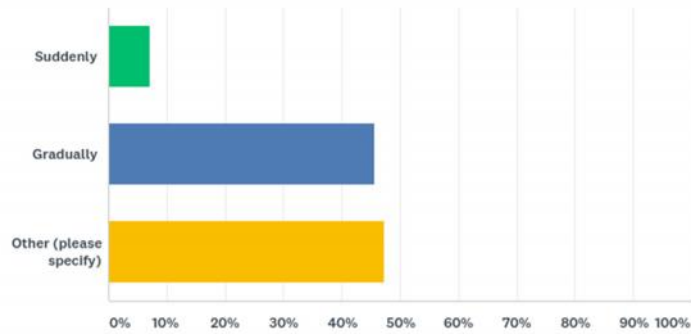


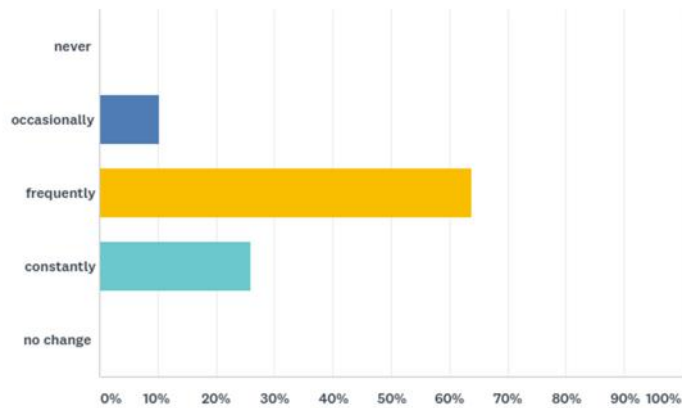
Q2 Do you consider yourself to be in an "Awakening Process"?



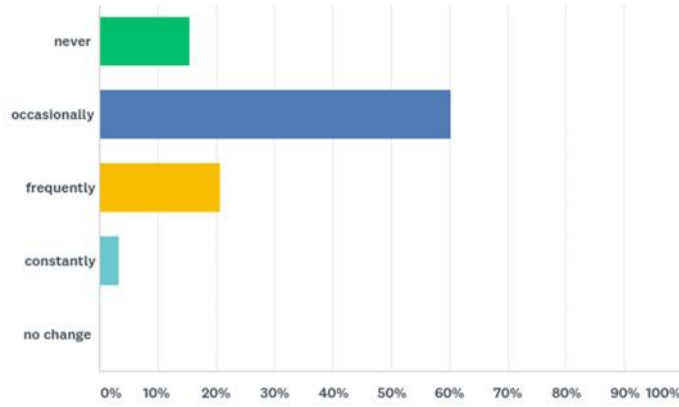
Q4 Did "Awakening" happen....



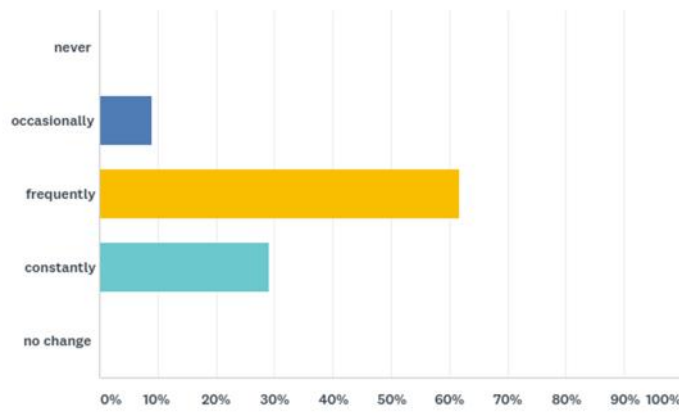
Q7 Feeling centered in the Heart, radiating love, devotion, compassion, and gratitude



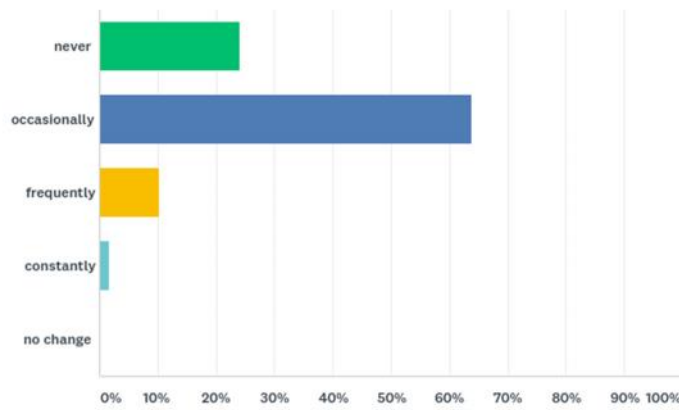
Q8 Feeling ungrounded, confused, or disoriented.



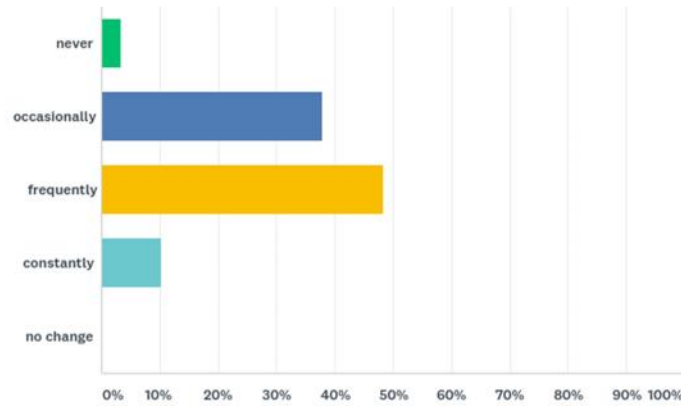
Q9 The ability to shift from fear and resistance into acceptance of "what is"



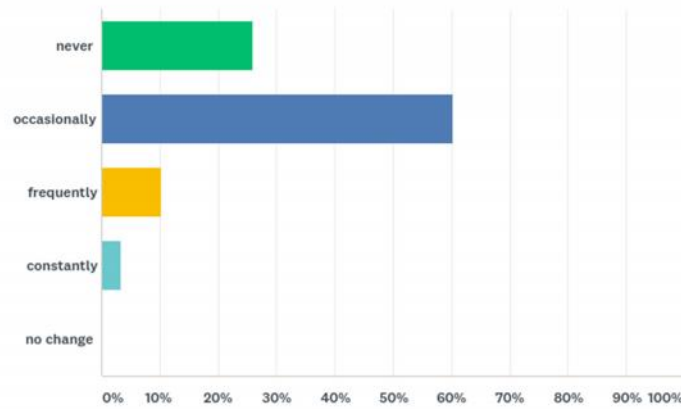
Q10 Stress symptoms such as heart palpitations, adrenaline rush, anxiety, etc.



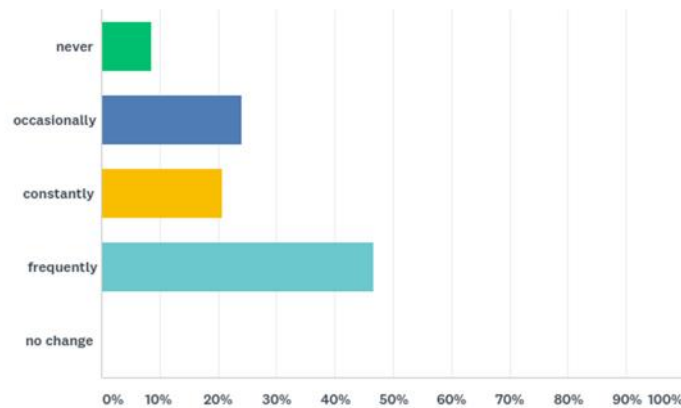
Q11 Living moment to moment without an agenda, goals, or sense of past or future



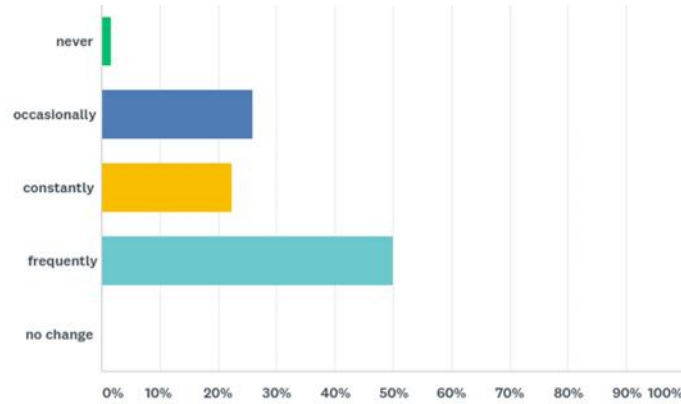
Q12 Sleep disruption such as trouble falling and staying asleep, distressing dreams, awakening with anxiety, etc



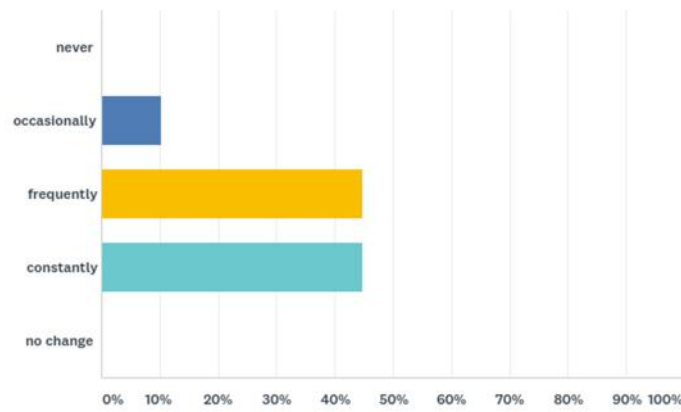
Q13 Heightened sensitivity to the environment such as smell, touch, taste, noise, temperature



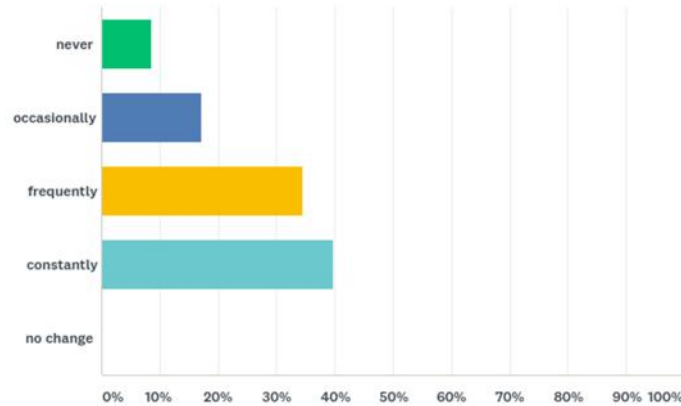
Q14 The need for more quiet time alone



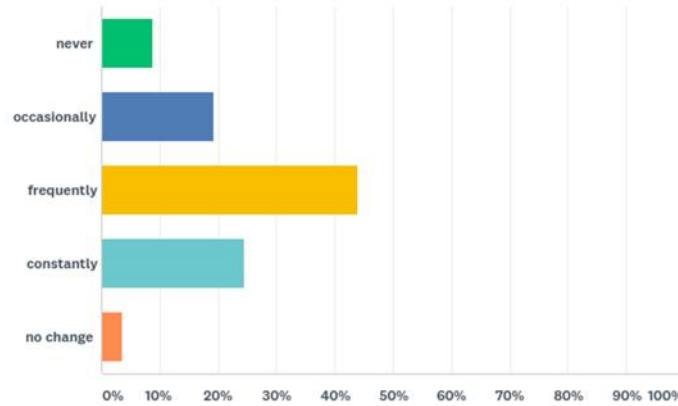
Q15 Increasing intuitive perception and inner guidance



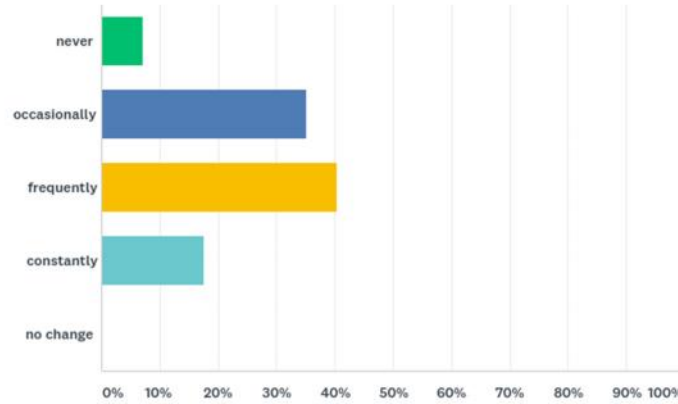
Q16 Previous (or currently) held belief system such as self-image, life purpose, religion, and "God" etc are in question or have changed



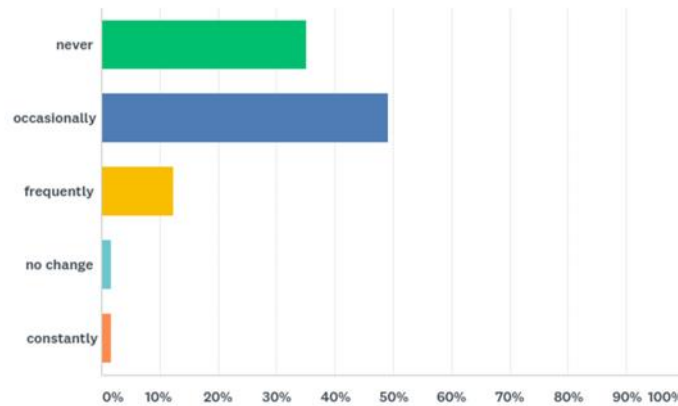
Q17 Previously accepted "spiritual", "scientific", or "cultural" resources such as spiritual teachers, thought leaders, literature, media, summits, etc., have been losing their importance or relevance



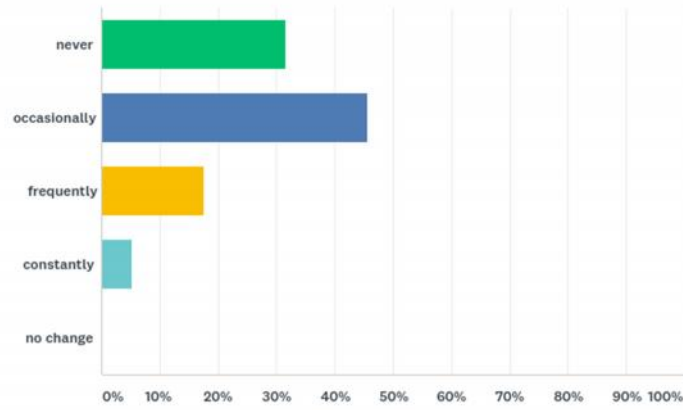
Q18 Shifting back and forth between "conditioned-separate-self" and unified Higher Self



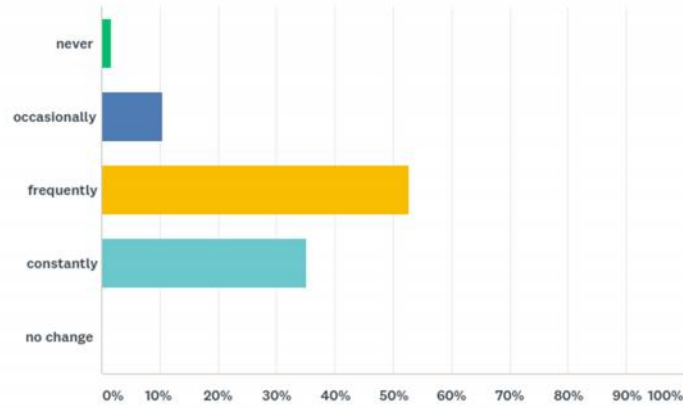
Q19 Floating sensation of being lost or adrift, of not having an anchor in life



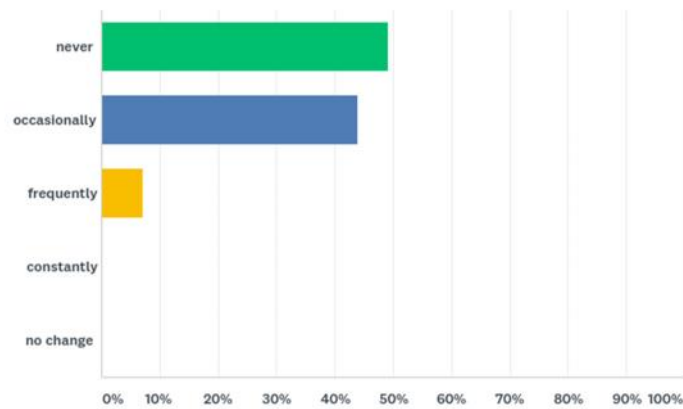
Q20 Challenging emotions such as anguish, sorrow, fear, anger, etc., arise for no apparent reason or are out of proportion to the catalyst



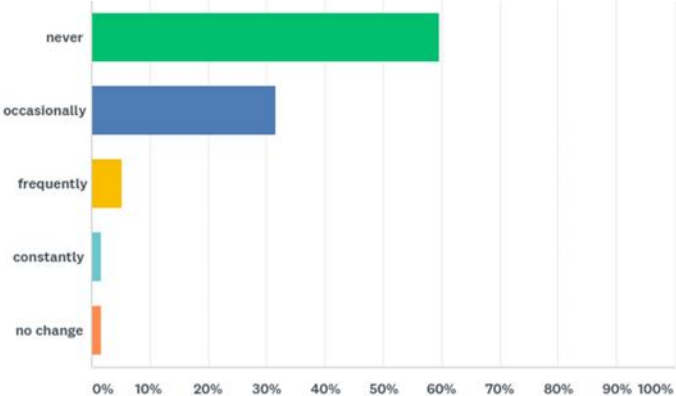
Q21 Less of a need for "others" or validation from outside in order for me to feel whole, complete, or loved



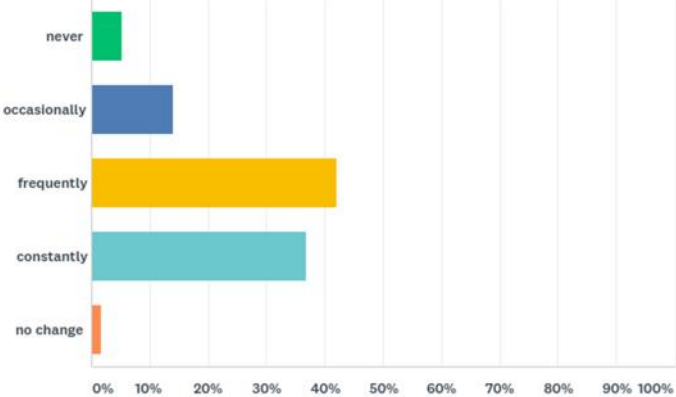
Q22 Sense of nostalgia for a familiar past way of life, self-image, relatedness.



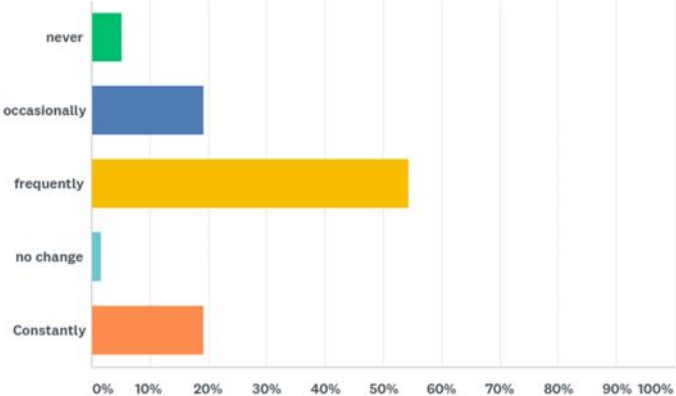
Q23 Feeling that my life is over even though it obviously is not



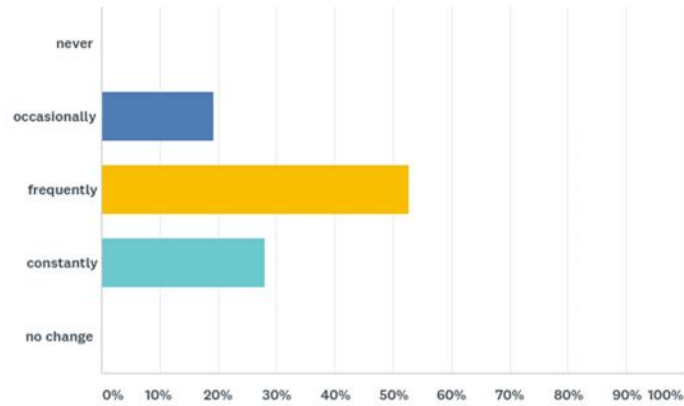
Q24 Awareness and Contemplation of the impermanence of life



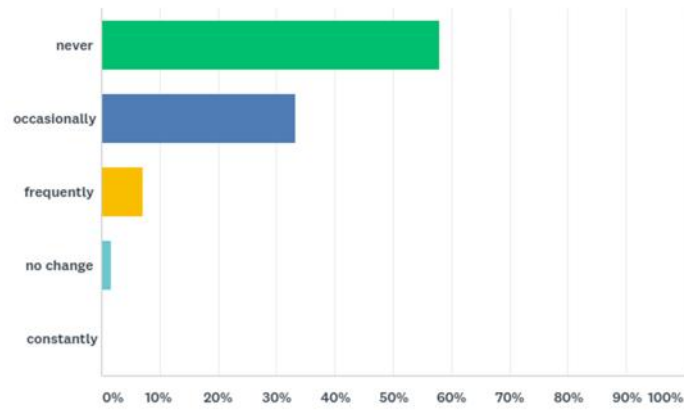
Q25 Detachment from people, places, and things I once considered important



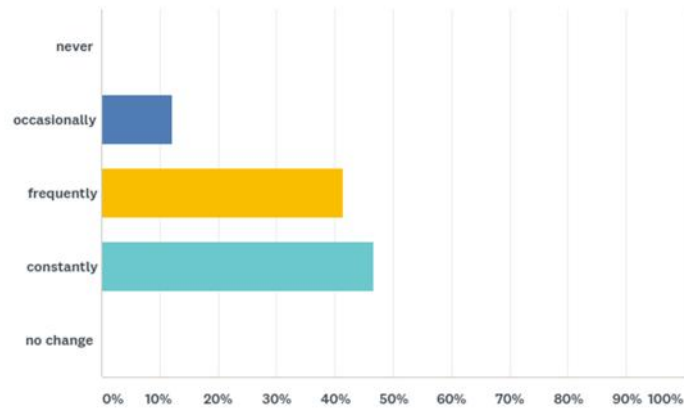
Q26 Ability to let go of relationships, activities, and possessions when the time seems right



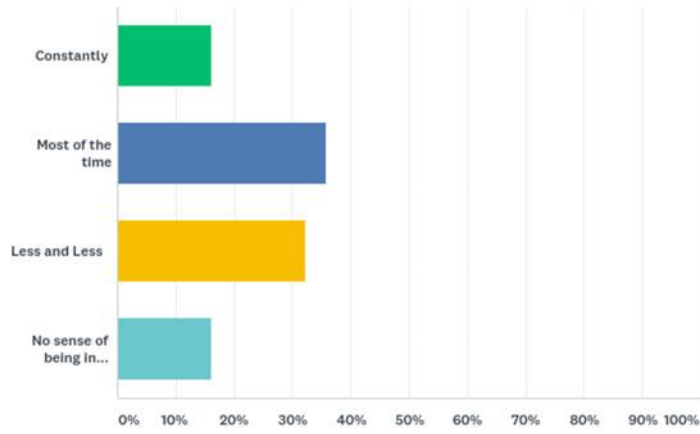
Q27 Fear of "losing my mind"



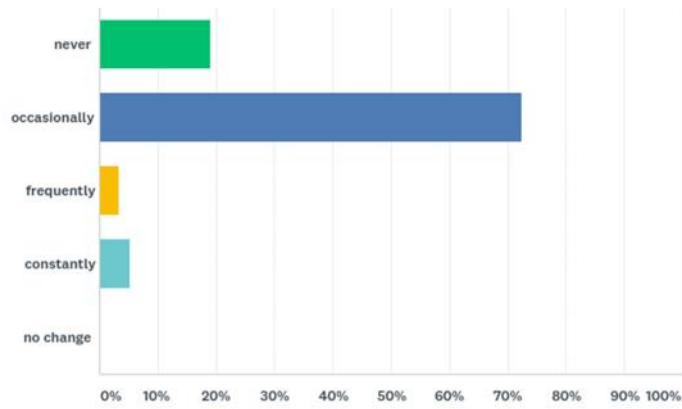
Q28 Teachers, teachings, and other resources to support each next step of the AP arise as needed in just the right time and way



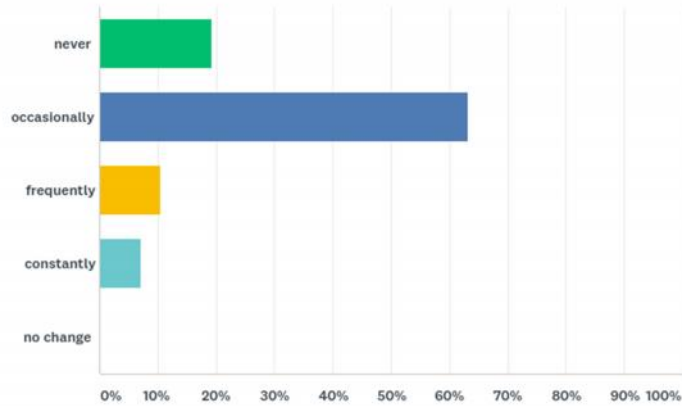
Q29 A sense of agency and control in the creation of my life



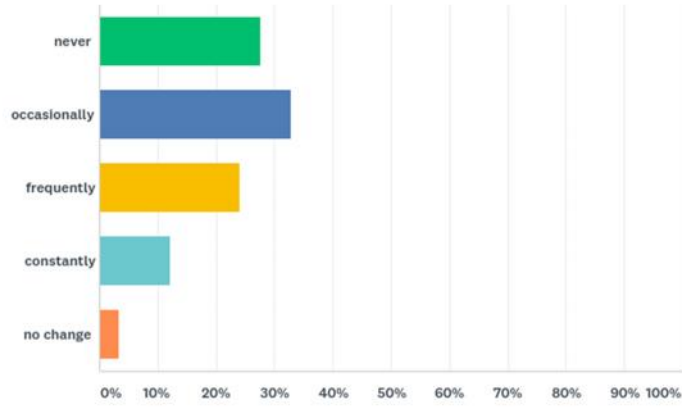
Q30 Even while relating with others, there are feelings of separation, loneliness or isolation



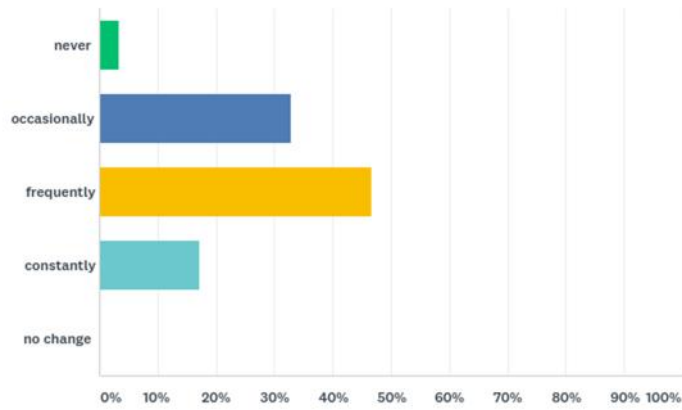
Q31 Increased awareness of limited or destructive beliefs and underlying behaviors yet still acting them out



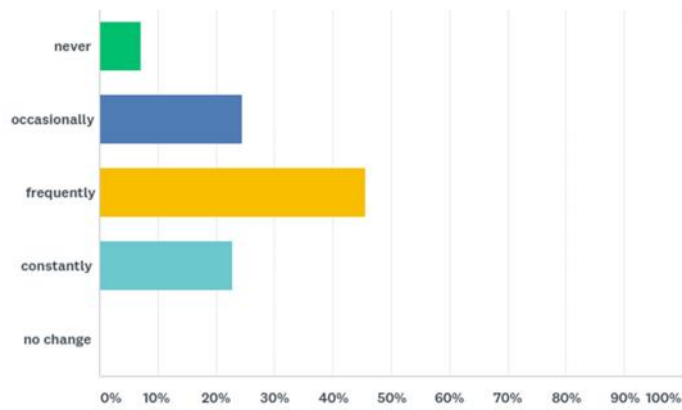
Q32 Decrease in sense of purpose, ambition, direction or passion to accomplish something



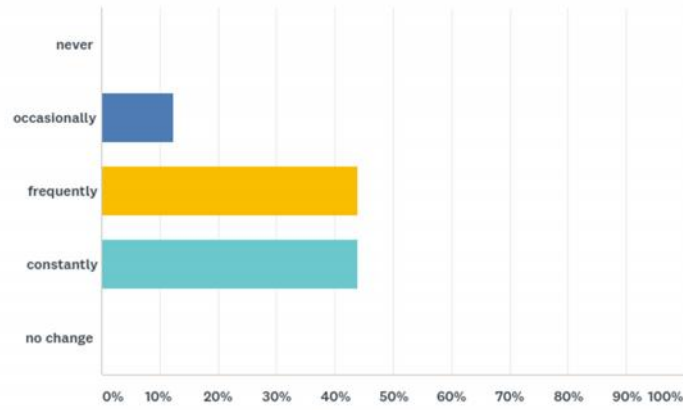
Q33 A sense of neutrality or detachment to outcome



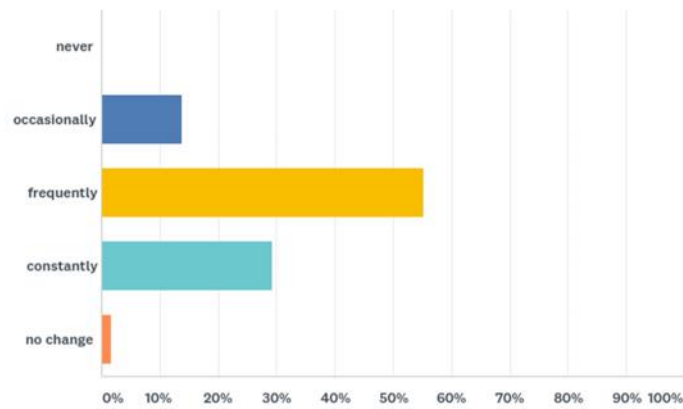
Q34 Desire for greater freedom from material possessions



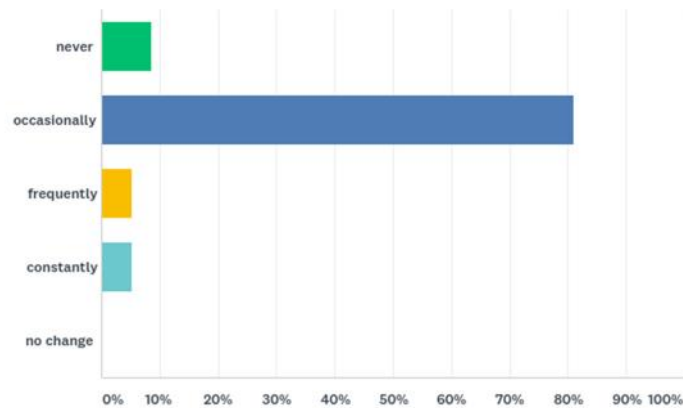
Q35 General sense that these experiences are supported and validated by signs and synchronicities



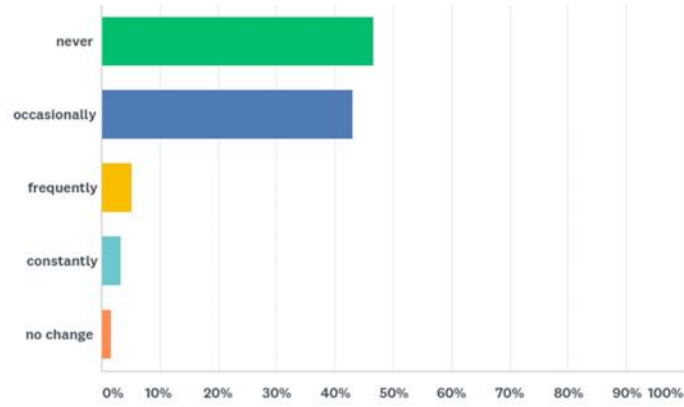
Q36 Increased daily creative in-the-moment "flow-state"



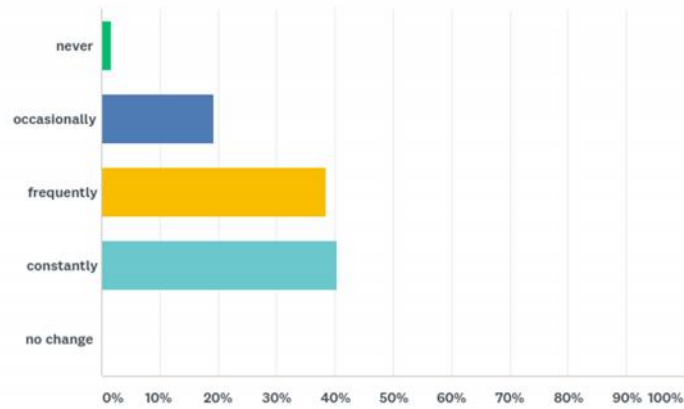
Q37 Desire for, and engagement in, distraction activities



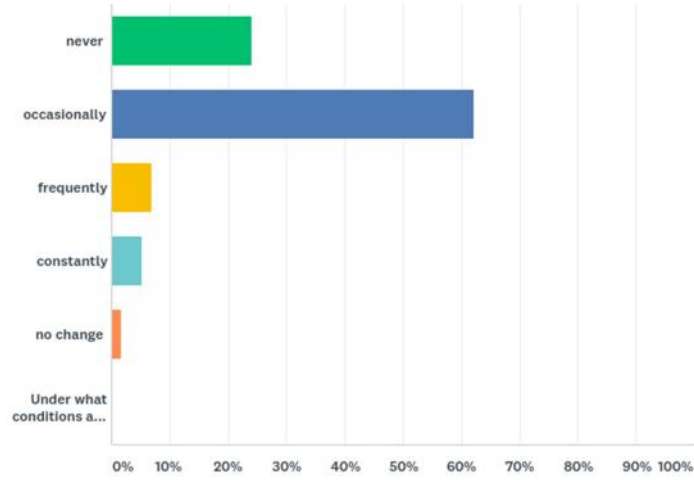
Q38 Difficulty finding teachers and guidance for what I am experiencing



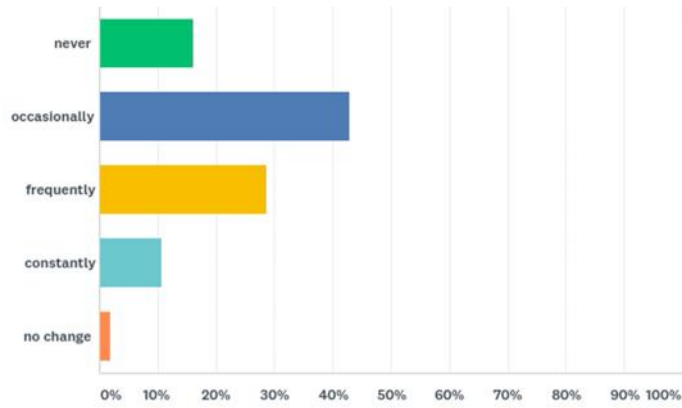
Q39 Ability to witness and feel challenging emotions without identifying with them and the ability take responsibility for my reactions



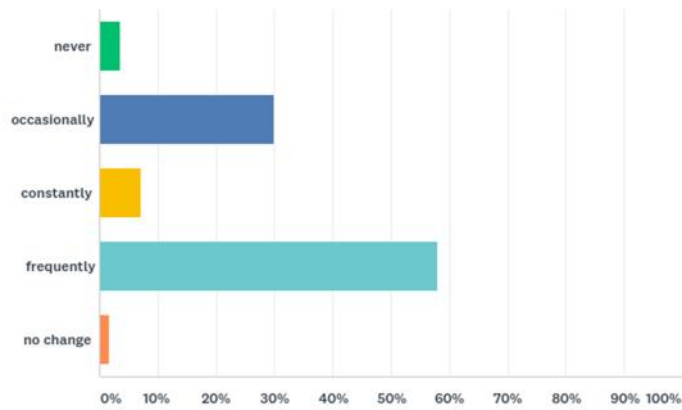
Q40 Compulsion to control my environment



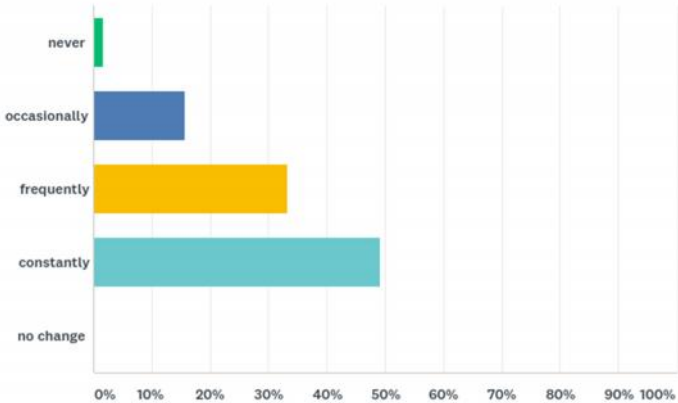
Q41 Everyday life has a dream-like quality



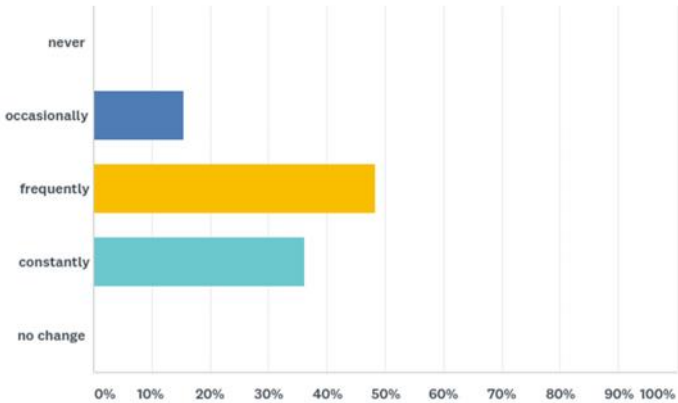
Q42 Only present time exists... living in the moment



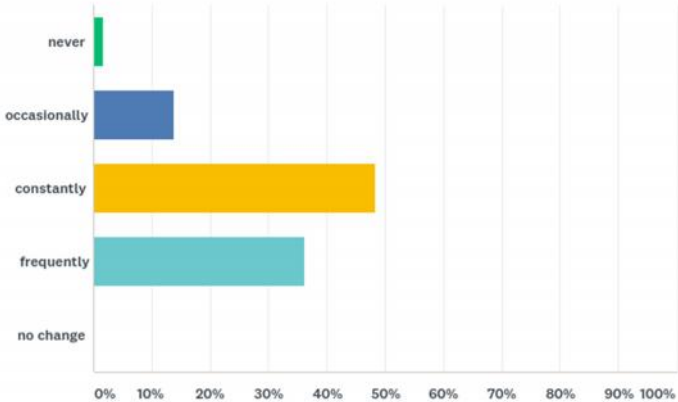
Q43 Unshakable trust in a Guiding Presence & Intelligence unfolding and permeating everyone and everything



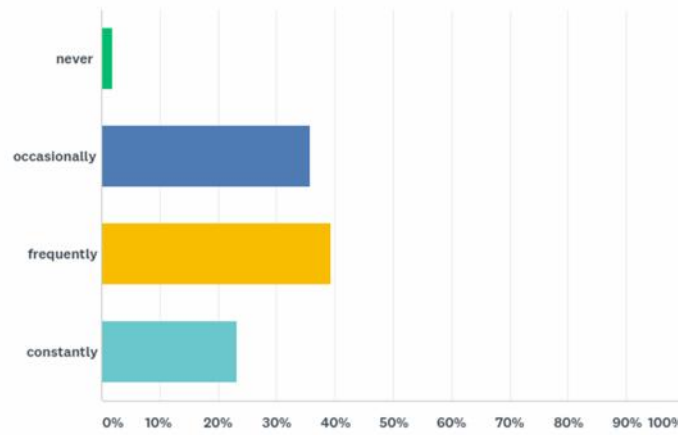
Q44 Perceiving ordinary everyday life as extraordinary and mysterious



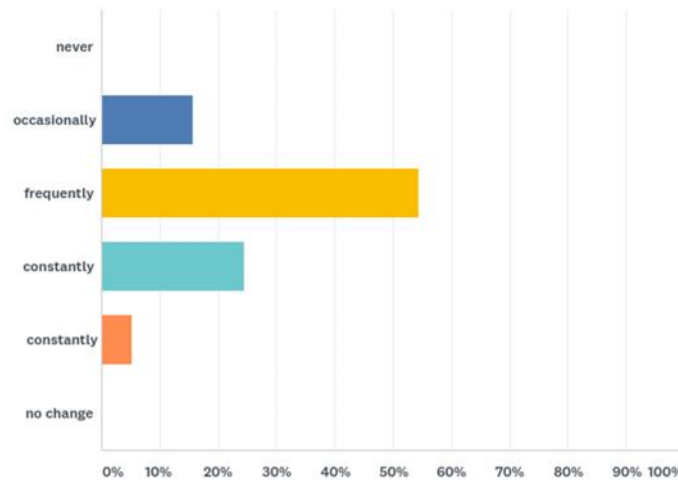
Q45 Perceiving LIFE as “the Teacher” and life experience as a mirror to reveal, discover and enjoy Higher Self



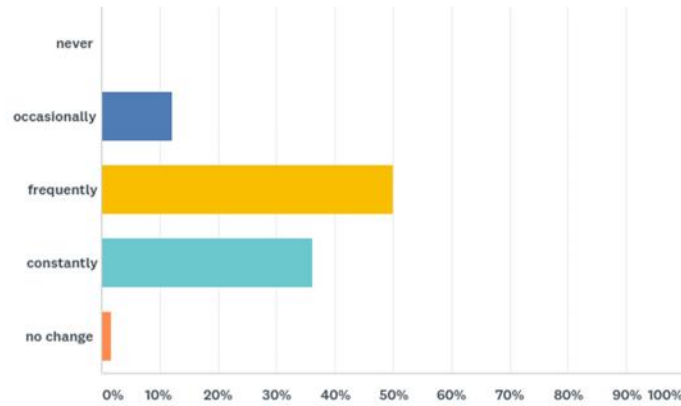
Q46 Everyone and everything is perceived as one unified field of Consciousness. There is a palpable sense of moving in a sea of interconnectivity



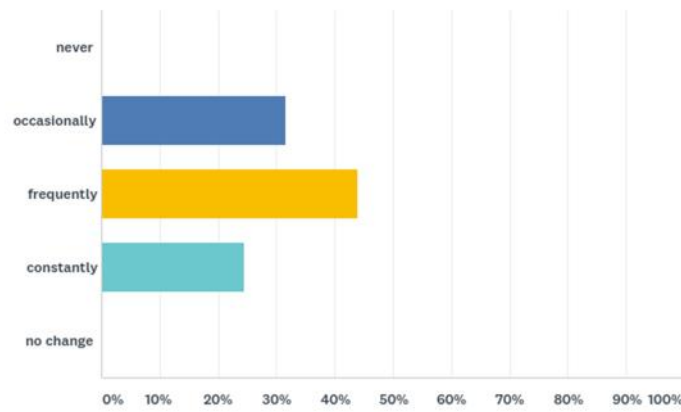
Q47 Realizations from life experience come easily and opportunities to make new choices show up



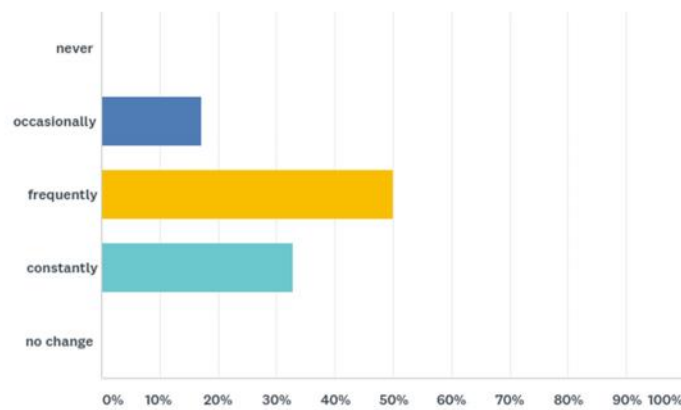
Q48 Increasing capacity to embrace life's impermanence, death, the unknown



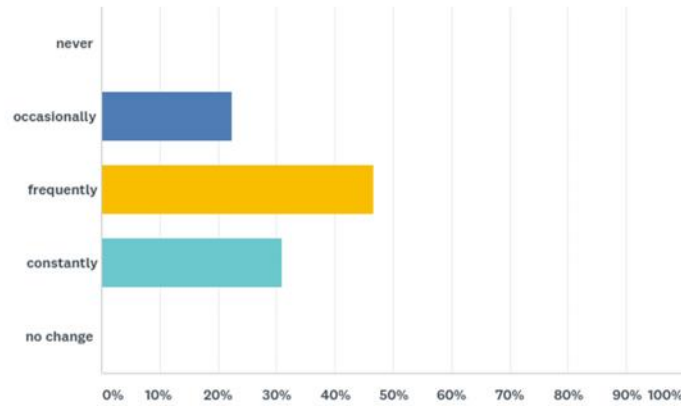
Q49 Absorption in qualities such as unconditional love, peace, equanimity, infinity, pure being



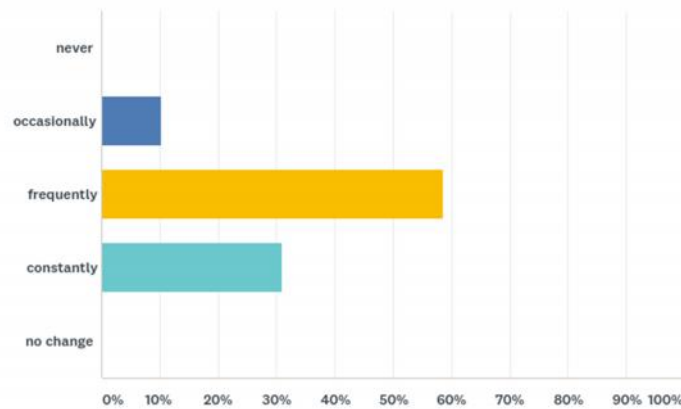
Q50 Easy access and ability to fully feel all emotions as they arise



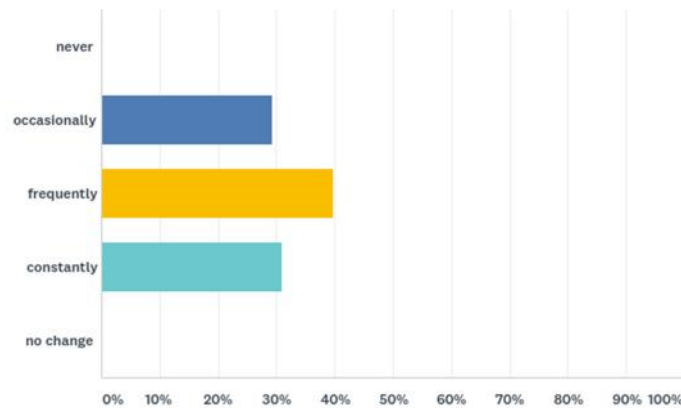
Q51 Increased ability to embrace paradox and ambiguity



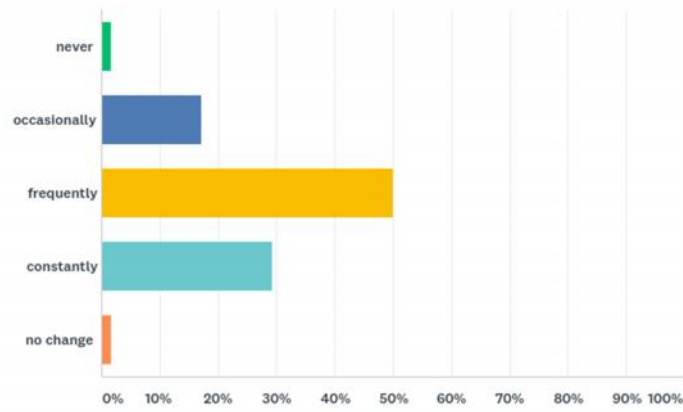
Q52 Increased ability to remain present and responsive when challenging or traumatic events occur



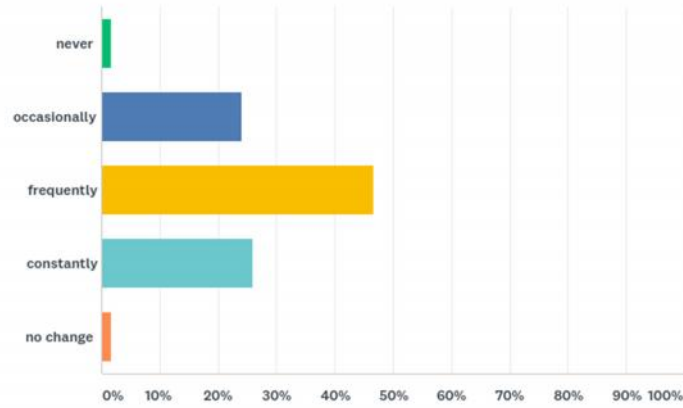
Q53 Sense of my body-mind functioning as an opening for Consciousness to come through



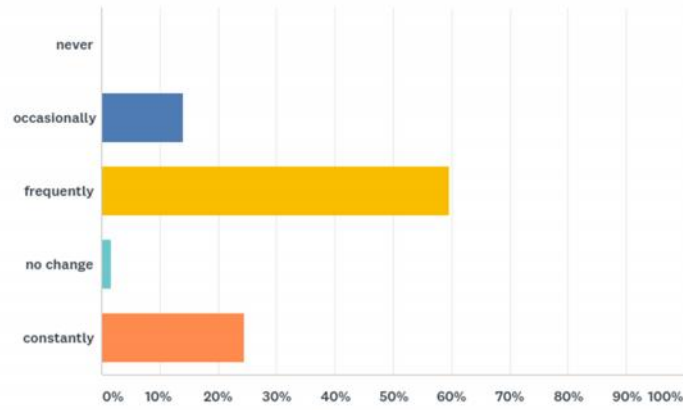
Q54 Ability to drop into silence or stillness in meditation, contemplation, and even in the midst of activity



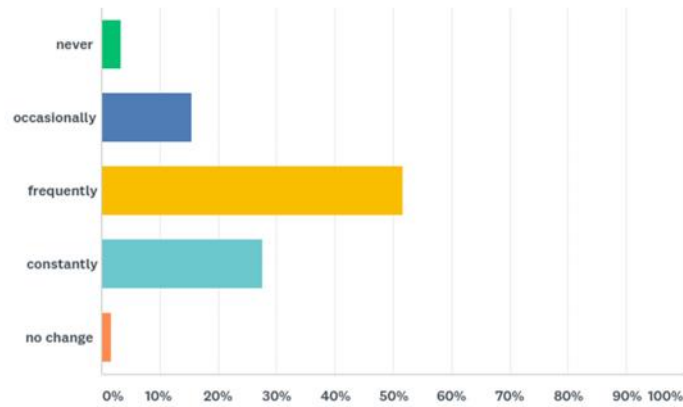
Q55 Reduction of mental chatter, such as the ability to use and focus the mind as needed without mental distractions



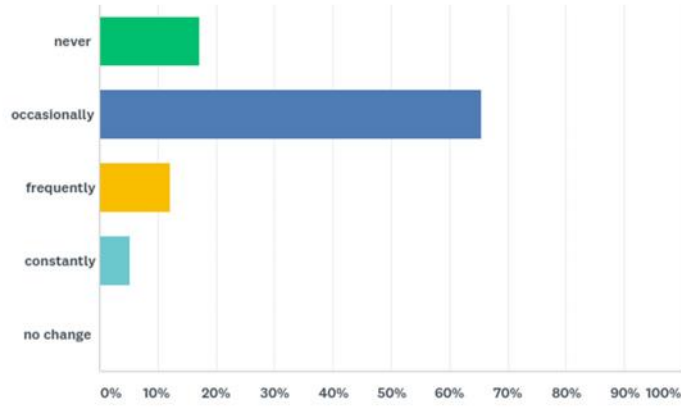
Q56 Changes in perceptions and beliefs manifest as increased peace of mind and happiness in daily living



Q57 Comfort living life without the need for explanations or understandings



Q58 Uncomfortable energy movement and sensations in my body



Q59 Recognizing the importance of having support, guidance, assistance for the "Awakening Process"

