



The Spiritual Awakening Guide: Kundalini, Psychic Abilities, and the Conditioned Layers of Reality

Mary Mueller Shutan

Download now

[Click here](#) if your download doesn't start automatically

The Spiritual Awakening Guide: Kundalini, Psychic Abilities, and the Conditioned Layers of Reality

Mary Mueller Shutan

The Spiritual Awakening Guide: Kundalini, Psychic Abilities, and the Conditioned Layers of Reality

Mary Mueller Shutan

The first modern, comprehensive resource on spiritual awakenings, this book is a pragmatic, clear and non-B.S. guide that covers everything from the first step on a spiritual journey to enlightenment, and the different types of spiritual awakenings we may go through.

In *The Spiritual Awakening Guide*, Mary Mueller Shutan presents the concept of the twelve layers that cover an awakened state. As an Acupuncturist, Herbalist, CranioSacral Therapist, Zero Balancer, Spiritual and Energetic practitioner and experiencer of an intense spiritual awakening, she has synthesized years of research and seeking into a comprehensive guide to awakening. She addresses every step of the spiritual journey, starting with the Self and showing how family, ancestral, past lives, karmic, archetypal, and other larger layers such as societal, cultural, global, and cosmic energies condition us to sleep and obscure our realization of an awakened state. Instructions for how to navigate through each of these layers and how to recognize where we are in our spiritual journey are included each step of the way along with common physical, emotional, and spiritual symptoms that may be experienced.

By addressing post-awakening states, oneness, dark nights of the soul, ego death, near-death and severe illness, psychic abilities, addictions, dietary changes, the God self, personal and collective shadow, and psychosis vs. awakening, we understand the experiences we may go through while struggling with spiritual awakenings.

The Spiritual Awakening Guide then delves into types of awakenings. There are many different types of awakenings, each with unique symptoms, experiences, and callings. For the first time the many kinds of awakenings, from the mild and gradual to severe and sudden, are gathered in one book. Milder awakenings include feeling qi or energy moving through the body for the first time, opening of energetic channels in our body, awakening through place or event, and chakra openings. Dramatic or sudden types of awakenings such as the infamous Kundalini awakening, but also include Shamanic callings, Psychic abilities opening up, Indigo children, and more. All of the awakenings detail meditations, tools, and understandings to help us navigate through our experiences.

While *The Spiritual Awakening Guide* documents the spiritual journey, awakening, and the types of awakenings one may experience, there is a focus on the practical. Its concepts opens new understandings of how to live in the world while going through an awakening, and offers the revolutionary idea that we are meant to be humans, to have a physical body with physical, to feel experiences and emotions. We are meant to live in the world and be a part of the world even as fully awakened individuals. It offers a look at the possibility of leading a grounded, earth-bound life of work, family, friends, and other experiences with an awakened state.

 [Download The Spiritual Awakening Guide: Kundalini, Psychic ...pdf](#)

 [Read Online The Spiritual Awakening Guide: Kundalini, Psychi ...pdf](#)

Download and Read Free Online The Spiritual Awakening Guide: Kundalini, Psychic Abilities, and the Conditioned Layers of Reality Mary Mueller Shutan

From reader reviews:

Judith Lucas:

Reading a reserve can be one of a lot of exercise that everyone in the world loves. Do you like reading book therefore. There are a lot of reasons why people fantastic. First reading a book will give you a lot of new info. When you read a guide you will get new information because book is one of numerous ways to share the information or perhaps their idea. Second, looking at a book will make anyone more imaginative. When you reading through a book especially tale fantasy book the author will bring you to imagine the story how the character types do it anything. Third, you are able to share your knowledge to others. When you read this The Spiritual Awakening Guide: Kundalini, Psychic Abilities, and the Conditioned Layers of Reality, you are able to tells your family, friends in addition to soon about yours publication. Your knowledge can inspire the mediocre, make them reading a guide.

Mary Tiller:

Spent a free time and energy to be fun activity to do! A lot of people spent their sparetime with their family, or their particular friends. Usually they accomplishing activity like watching television, about to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your free time/ holiday? Can be reading a book may be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to test look for book, may be the guide untitled The Spiritual Awakening Guide: Kundalini, Psychic Abilities, and the Conditioned Layers of Reality can be good book to read. May be it could be best activity to you.

Robert Mangino:

Reading can called brain hangout, why? Because when you are reading a book especially book entitled The Spiritual Awakening Guide: Kundalini, Psychic Abilities, and the Conditioned Layers of Reality your thoughts will drift away trough every dimension, wandering in every single aspect that maybe mysterious for but surely might be your mind friends. Imaging each word written in a publication then become one contact form conclusion and explanation which maybe you never get previous to. The The Spiritual Awakening Guide: Kundalini, Psychic Abilities, and the Conditioned Layers of Reality giving you an additional experience more than blown away your brain but also giving you useful facts for your better life within this era. So now let us explain to you the relaxing pattern is your body and mind are going to be pleased when you are finished studying it, like winning a game. Do you want to try this extraordinary spending spare time activity?

Richard Barbosa:

You could spend your free time you just read this book this reserve. This The Spiritual Awakening Guide: Kundalini, Psychic Abilities, and the Conditioned Layers of Reality is simple to bring you can read it in the recreation area, in the beach, train in addition to soon. If you did not have much space to bring the actual

printed book, you can buy typically the e-book. It is make you quicker to read it. You can save often the book in your smart phone. And so there are a lot of benefits that you will get when you buy this book.

**Download and Read Online The Spiritual Awakening Guide:
Kundalini, Psychic Abilities, and the Conditioned Layers of Reality
Mary Mueller Shutan #VP35XFAGULY**

Read The Spiritual Awakening Guide: Kundalini, Psychic Abilities, and the Conditioned Layers of Reality by Mary Mueller Shutan for online ebook

The Spiritual Awakening Guide: Kundalini, Psychic Abilities, and the Conditioned Layers of Reality by Mary Mueller Shutan Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Spiritual Awakening Guide: Kundalini, Psychic Abilities, and the Conditioned Layers of Reality by Mary Mueller Shutan books to read online.

Online The Spiritual Awakening Guide: Kundalini, Psychic Abilities, and the Conditioned Layers of Reality by Mary Mueller Shutan ebook PDF download

The Spiritual Awakening Guide: Kundalini, Psychic Abilities, and the Conditioned Layers of Reality by Mary Mueller Shutan Doc

The Spiritual Awakening Guide: Kundalini, Psychic Abilities, and the Conditioned Layers of Reality by Mary Mueller Shutan Mobipocket

The Spiritual Awakening Guide: Kundalini, Psychic Abilities, and the Conditioned Layers of Reality by Mary Mueller Shutan EPub