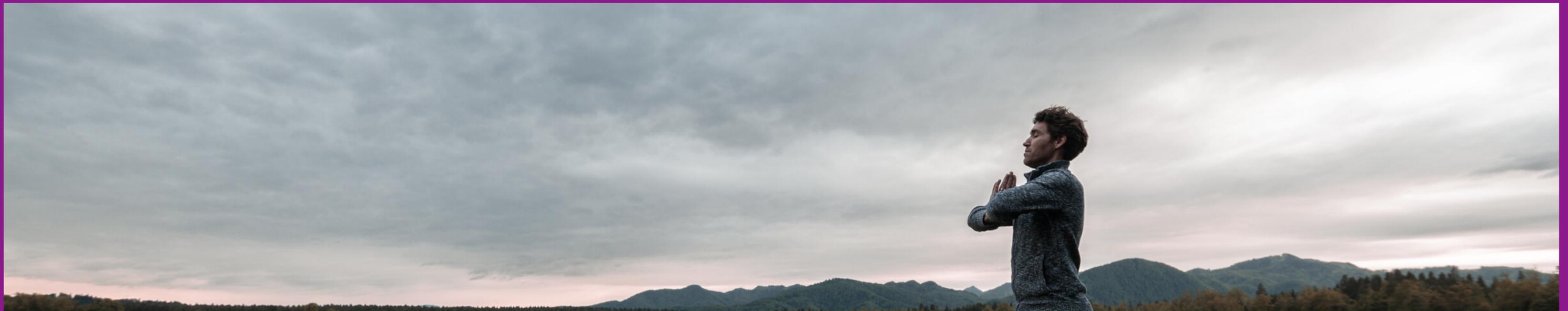


9 things you need to know
about your spiritual awakening!



with Lindsay Banks x

Published by Lindsay Banks

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LINDSAY BANKS

Welcome from Lindsay Banks

Hey, firstly thank you for signing up for this handy guide! Let me introduce myself. I work as a channeller for Source sending messages of love and inspiration to those on their spiritual path.

Having gone through my own awakening back in 2017 and my own Dark Night of the Soul, I have gone through various stages of the awakening journey. It hasn't always been easy and I wish that someone had created something like this for me when I felt lost and stuck at the very beginning.

My journey has been slow however the tools I have learnt along the way have helped me live comfortably in the 3D world whilst allowing me to fulfil my purpose of helping others to ascend to 5D consciousness.

This guide is merely that, a guide. This is the beginning of an awesome journey for you and one which is to be embraced and enjoyed. I wish you love and light along your path x



Introduction

Knowing where to begin your spiritual journey can feel overwhelming. With so many books/YouTube videos/podcasts who do you turn to for advice and guidance?

Often our friends and family don't understand what we are talking about so we can often feel alone

We may feel like a square peg in a round hole when it comes to society

Can you imagine breaking out of that and learning to embrace the journey?

Well, you can.....

Introduction

Having spent the last 10 years reading, listening and experiencing a variety of spiritual healing modalities and tools there are some which keep cropping up and these are the ones I am going to share with you today

I know they work because I have used them myself along my spiritual journey.

if you are ready to embrace your awakening instead of shying away from it then let's dive on in

Tip #1



Remember the *Musketeers*? All for one and one for all?

You are not alone on this journey. There are others out there going through awakenings.

They may be at different stages but they are out there.

I created my FB group as I had no one to speak to about angels and spirit guides at the start of my path. I created my tribe. Come and join or create your own with people that you may know going through the same stuff.

There is also your spiritual army out there cheering you on, spirit guides, angels, higher beings etc.

Tip #2

ASK

If you are feeling stuck and feel like you need guidance in any particular area reach out

Ask either a physical person in the here and now where am I headed

What do I need to do next

REMEMBER

to also ask upstairs/Source/The Universe

They will help but as we have free will they can only help when we ask!

Tip #3

Meditate, meditate and meditate some more

There are loads of meditation books out there that you can read and different types of meditation. Guided, silent, music.

Feel what works for you. Some peoples voices grate on me and sometimes I like to sit in stillness. Do what feels right for you. Begin slowly with 5 mins a day and work up to spending more time in meditation

When we meditate it brings calm, clarity and stillness to our lives

Tip #4

Take your time

Your spiritual journey is not a race to see who can reach enlightenment first

Every day brings a new opportunity to grow

A new experience to learn from

It doesn't always show up in the way we expect either- that's another thing drop any expectations you may have as they will only limit you

Embrace each day

Tip #5

Practise mindfulness

How are you feeling now? Today? In this moment?

What can you see around you?

What can you feel?

What can you hear?

There is no need to wallow in the past

Write down some thoughts about where you are now and what is going on around you

Start practising every day living in the moment

Tip #6

Gratitude

What can you be grateful for today?

Has someone paid you a compliment?

Did you get a parking space near the entrance to a store?

Was the sun shining?

Write down 5 things every night that you are grateful for before you go to sleep

Tip #7

Look out for signs and synchronicities

Some of you may already be seeing numbers, 12:22, 11:11, 3:33

Pay attention as these are signs from Upstairs/Source/The Universe trying to send you a message

You might keep hearing certain songs on your car radio, one of mine is by Swedish House Mafia,

"Heavens got a plan for you"

Someone might keep mentioning the same name to you or the same healing modality or the same book.

Pay attention to what you are hearing or seeing as there will be a message for you in it

Tip #8

Do not berate yourself or beat yourself up for doing/saying something that you don't feel is spiritual.

We are all on our own path and learning as we go.

Your tastes may change as you evolve and ascend. You may find that you don't want to eat meat anymore. You may decide to go Vegan. You might smoke. You might drink alcohol. Spirituality doesn't have a set of rules that **MUST** be followed in order to BE spiritual. When I began my journey I was still eating steak. It didn't make me any less spiritual. It was my journey and process. I mostly eat a plant based diet now but that is a recent change for me.

Also swearing is good for clearing your throat chakra, just saying...:)

Tip #9

When we begin our spiritual journey it can feel exciting as we are entering into the unknown, a new adventure! There will be moments and periods where you feel on intense highs, however just a word of caution, in order to feel those highs you will also have to feel the lows.

These lows may feel like tears, heaviness, similar symptoms to depression, where you don't want to get out of bed, you might not feel like talking to anyone. This is where the above tips come in REALLY handy.

You are releasing 'stuff' as you do healing work on yourself and the way it comes out can be through tears. When you are having moments like this cry, be kind to yourself and accept it is part of a process

Thank you for investing your energy in
you today!

Thank you so much for choosing to invest your energy in yourself today and
taking the time to read my tips.

I hope that you can begin to utilise some of them as you head through your
spiritual awakening

If you want to find out more about me and how I can help you on your journey
head to www.lindsaybanks.uk

Lindsay x