



ARE YOU EXPERIENCING

THE AWAKENING ?

A Journey to the Spiritual You...

TABLE OF CONTENTS

- INTRODUCTION
- SIGNS YOU ARE AWAKENING - RECOGNIZING SHIFTS IN ENERGY, INTUITION, AND EMOTIONS.
- SELF-ASSESSMENT QUIZ - 20 QUESTIONS TO DETERMINE WHERE YOU ARE ON YOUR AWAKENING PATH.
- UNDERSTANDING THE AWAKENING PROCESS - THE STAGES OF SPIRITUAL TRANSFORMATION.
- ENERGY PROTECTION & GROUNDING PRACTICES - SHIELDING YOURSELF AND STAYING BALANCED.
- SHADOW WORK & INNER HEALING - FACING PAST WOUNDS AND EMBRACING GROWTH.
- NAVIGATING EMOTIONAL SHIFTS - MANAGING EMOTIONS AND FINDING PEACE WITHIN.
- DAILY MANTRAS & AFFIRMATIONS - WORDS OF POWER TO GUIDE YOUR JOURNEY.
- NEXT STEPS ON YOUR AWAKENING PATH - EMBRACING YOUR EVOLUTION AND DIVINE TIMING.



Auntie C

So You Answered the call?

Hey Soultribe, if you find yourself questioning, feeling shifts in your spirit, or sensing an unspoken call towards some greater—know that you are not alone. The awakening is not a coincidence, but a divine orchestration to align you with your highest self. Awakening is a journey, not a destination. It is about remembering who you are beyond the distractions of the material world.

You are stepping into your divine wisdom, embracing the truth of your soul, and reclaiming the light that has always been within you. This book is your guide, your companion through this sacred process.

Let's walk this path together.

Written by Charmaine Carraway

Exclusive



CHAPTER 1: SIGNS YOU ARE AWAKENING

You may feel like life is shifting beneath your feet—your thoughts, emotions, and even your body responding in new and unfamiliar ways. This is your spirit adjusting to a higher frequency. Pay attention to these signs:

**I WILLINGLY LET GO OF OLD
WAYS OF BEING, AND OLD WAYS
OF SHOWING UP IN THE WORLD
THAT NO LONGER SERVE ME!**

- Increased Sensitivity to Energy
 - You sense energy shifts in a room before words are spoken.
 - Certain people, places, or things drain or recharge you significantly.
 - Crowds may feel overwhelming, leaving you seeking solitude.
- A Desire for Solitude & Nature
 - You feel called to the trees, rivers, mountains, and oceans.
 - The stillness of nature speaks louder than human conversations.
 - You find deep peace in simply being alone.
- Heightened Intuition
 - You begin to just know things without logical explanation.
 - Synchronicities and angel numbers appear frequently.
 - Your dreams become more vivid and feel like messages.
- Detachment from Materialism
 - You see beyond the illusion of status, wealth, and material success.
 - You find fulfillment in connection rather than accumulation.
 - Your focus shifts toward purpose, truth, and higher wisdom.
- Physical & Emotional Symptoms
 - Your body may feel like it's calibrating—aches, tingles, or energy waves.
 - You experience emotional purging, releasing old wounds.
 - Sleep patterns shift, with moments of exhaustion or bursts of energy.



XXXX

CHAPTER 2: SIGNS YOU ARE AWAKENING

You can't know where you're going if you don't first understand where you are." This quiz is a reflection tool to help you determine if you are experiencing a spiritual awakening.

Answer 'Yes' or 'No' to each question. If you answer 'Yes' to 10 or more, your awakening is in full motion, and this book will help guide you forward with clarity and confidence.

- Do you feel more connected to nature and the universe than ever before?
- Have you noticed an increase in synchronicities (such as repeated number patterns like 1111 or 444)?
- Do you feel a deep desire for personal growth and self-discovery?
- Have you experienced sudden changes in your emotions, feeling highs and lows more intensely?
- Are you drawn to spiritual topics, teachings, and practices that you never considered before?
- Do you feel a sense of detachment from material possessions and superficial desires?
- Have you had intense or vivid dreams that seem to hold deeper meaning?
- Do you feel an unexplained pull toward certain people, places, or experiences?
- Have you experienced heightened intuition or gut feelings guiding your decisions?
- Do you often feel like you don't belong in the mainstream world or that you're searching for deeper meaning?
- Have your sleeping patterns changed significantly (either difficulty sleeping or waking up at unusual hours)?
- Do you feel overwhelmed by the emotions of others or find yourself more empathetic than before?



CHAPTER 2: SIGNS YOU ARE AWAKENING

- Have you had moments where time seems to speed up, slow down, or feel different than before?
- Do you feel an increasing connection with animals, plants, or the cosmos?
- Have you felt drawn to meditation, yoga, energy healing, or other spiritual practices?
- Do you feel a sense of unity and interconnectedness with all things?
- Have you experienced spontaneous moments of deep gratitude, love, or peace?
- Do you feel a strong inner knowing that you are here for a higher purpose?
- Have you started questioning old belief systems, traditions, or societal norms?
- Do you feel like your old habits, relationships, or lifestyle no longer resonate with you?

Understanding Your Results:

- **0-5** Yes Answers: Your awakening may be in the early stages, but your soul is beginning to stir. Stay open and trust the journey ahead.
- **6-10** Yes Answers: You are experiencing the shifts of awakening and beginning to see the world with new eyes. Take time to nurture your spirit.
- **11-15** Yes Answers: Your awakening is in full motion. You are shedding old layers and stepping into a new level of consciousness. Embrace the transformation.
- **16-20** Yes Answers: You are deeply connected to your spiritual path. Trust your intuition, align with your highest truth, and continue growing into your divine self.

Remember, beloved, there is no rush. Every journey is unique, and every step is sacred. You are exactly where you need to be.

With love and light,

Aunty Charmaine



YOUR NOTES:



BREATH.. YOU ARE OK!!

Do not fear the changes you are experiencing. Growth often feels uncomfortable because it stretches us beyond our familiar limits.

Trust the divine timing of your path. The Universe has not brought you this far to abandon you now.

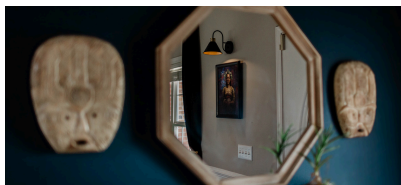


CHAPTER 3: UNDERSTANDING THE AWAKENING PROCESS



Spiritual awakening isn't a straight road; it's a spiral. You will revisit lessons, deepen your wisdom, and move through cycles of transformation. Each stage has its own purpose:

WHAT IS THIS?



- **The Call to Awakening** – That inner knowing that you are meant for something more.
- **The Dark Night of the Soul** – The breaking down of old beliefs, the emotional storms that clear the way for renewal.

BE READY FOR THE CHANGE



- **The Expansion** – A new vision, deeper wisdom, and a higher frequency.
- **The Integration** – Bringing your newfound awareness into your everyday life.



WORDS OF WISDOM

Beloved, this journey is not about reaching a final destination—it is about becoming, unfolding, and remembering who you truly are.

The awakening process can be challenging, but know that every lesson, every shift, and every transformation is leading you to greater wisdom, love, and alignment with your soul's purpose.



Auntie C





CHAPTER 4: SPIRITUAL PRACTICES FOR AWAKENING

RITUALS & SACRED SPACE

- Create an altar with meaningful objects, candles, and crystals.
- Light incense or sage to cleanse your space regularly.

Surround yourself with love, patience, and grace. Protect your energy, nourish your spirit, and keep your heart open to the guidance that is always available to you.

MEDITATION & MINDFULNESS

- Practice daily meditation to quiet the mind and connect with the Divine.
- Focus on breathwork to regulate energy and emotions
- Shielding Meditation: Visualize a protective white light around you.
- Earthing: Walk barefoot on grass or soil to stay grounded.
- Salt Baths: Use sea salt or Epsom salt to cleanse energy.

Protect your energy, nourish your spirit, and keep your heart open to the guidance that is always available to you.

JOURNALING FOR REFLECTION

- Keep a spiritual journal to track synchronicities, dreams, and insights.
- Write about your emotions, fears, and breakthroughs.





Affirmation



- "I am open to receiving divine wisdom and guidance."
- "My intuition is my truth, and I trust its voice."
- "I release all that no longer serves me and step into my highest self."
- "I am aligned with the Universe, and all is unfolding in divine timing."

Mantras

- Om Mani Padme Hum - Awakens compassion and higher wisdom.
- So Hum - Aligns you with the essence of existence.
- I Am That I Am - A powerful statement of divine connection.



THIS IS NOT GOODBYE, RATHER, SEE YOU LATER

Hey Soultribe,

As you stand at this crossroads of transformation, know that you are exactly where you are meant to be. The awakening process is not about perfection, but about surrendering to the flow of divine wisdom. Every challenge, every shift, and every revelation is a stepping stone to a deeper understanding of yourself and your connection to the Universe.



Anita C

Graceland Plaster House
Bought 1994
323 Broadway
Hartsville TN 37074



THANK YOU JOINING THE TRIBE!



with love



CHARMAINE
CARRAWAY
AKA: AUNTY



OUR TEAM
THANKS YOU!