

HOW TO INTEGRATE A  
SPIRITUAL  
AWAKENING  
INTO YOUR LIFE



by Zenobia Hong

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# A SPECIAL WORD



When I was 20, a severe skateboarding accident changed my life forever. The morning after my surgery, I experienced a sudden and profound realization: nothing was more important than simply **being**. In that moment, I reconnected with my truest self, recognizing that this essence had always been with me. For the next five to six months, I lived in an awakened state, experiencing blissfulness and clarity that words fail to grasp. Since then, the whole experience served as my North Star.

This guidebook is born out of my desire to help others awaken or transition gracefully into their new existence, recognizing that the world they once knew may no longer align with their newfound elevated consciousness. Waking up to a new reality can be tumultuous—but with deliberate integration, you can navigate this profound shift more smoothly and deepen your self-realization process.

The integration process is as important, if not more so, than the awakening itself. I commend you for taking these courageous first steps into self-inquiry. Here is my attempt to putting it all in a nutshell for you, through my version of the truth, in the hopes that it points you in the right direction for your journey ahead.

*Zenobia*

# 01

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# SYMPTOMS OF AWAKENING



There are many different types of awakening, and they may look different for everybody, as there are many layers to each of them. Whichever way one awakens, with proper integration and practice, they can all eventually lead to a **Spiritual Awakening**, the one I will be referring to in this guidebook. It is the shift in consciousness through the realization with one's **true inner self**, essence and nature, also known as the Inner Being or Higher Self. In other words, it is an Awakening to Spirit—a direct way to Self-Realization.

Depending on certain factors of an awakening, such as the intensity, length, depth, and more, symptoms may vary per person. They are not separate symptoms from one another—they are all interconnected, even though listing them out can seem individually different. Some may overlap, while others may unfold later in your spiritual journey. Any true spiritual teacher will admit that words will never suffice to describe the true definition and description of a spiritual awakening. My take on it is that if you know, you know. It can almost sometimes feel like you've been let into a deep secret that no one else in your surrounding seem to understand, as if you broke some kind of veil of this "reality" as you once knew it.

# Recognizing the Signs

## FREEDOM (LIBERATION)

Moments of profound inner peace, contentment, and blissfulness. Liberation from emotional burdens.

## LOSS OF EGO

A diminishing or shattering sense of ego and personal identity.

## INCREASED AWARENESS

Profound presence and realizations of everything, and everyone, including what goes on internally.

## DISTORTION OF REALITY

A profound questioning of previously held beliefs, values, and perceptions about reality, existence, and one's purpose.

## AWAKENING

## CLARITY & INTUITION

A stronger sense of inner knowing, clarity, insights, and gifts can be revealed.

## SYNCHRONICITIES

### & SIGNS

Frequent occurrences of meaningful coincidences, signs, and symbols that seem to guide you effortlessly.

## REMEMBERING

A familiar feeling, recognizing and realizing who you **really** are. It can make you wonder how you could have missed it when it's been in you this whole time.

# 02 WAKING UP TO A NEW REALITY

One of the main signs of an awakening is that your reality has shifted or completely dissolved. You have been introduced to a glimpse into a new paradigm and dimension of reality, experienced through a shift in your consciousness and in perception from your old reality, life, and and self, marking the point of no return. You've awakened and there's no going back—you've seen too much and know too much.

Take a moment, however long it takes (minutes, days, weeks, months), to sit with the experience of this shift and immerse yourself in fully **being** by simply noticing and acknowledging everything that currently is, moment by moment.

The collective (humanity) is undergoing a mass awakening. In due time, humanity will see an uprise in the collective consciousness, where people from all around the world will be experiencing this phenomena and slowly but surely, shift or tip over towards a new earth. But it begins on the individual level—with you.





# Awareness of the Change

## NOTICING & EMBRACING

Begin to notice, without judgement, the shift that is taking place within you; energetically, emotionally, mentally, and physically. Start to simply observe, whatever is coming up, whether they are realizations or recognitions, without attaching yourself to any of the thoughts rising but simply by acknowledging them. Become aware of the underlying changes within that are coming through. How do you notice yourself eating, picking your clothes, brushing your teeth, interacting with people? Have your needs and desires changed in any way?

If you feel like you are still riding the waves of the state of bliss from the remanence of the Awakening, soak it all in to the fullest. Recognize this new energy that is taking place in you. It's all part of the glimpse into a bigger reality, more vast than you ever could have thought previously—this can serve as your North Star for your journey ahead. Through the simple act of becoming aware and acknowledging what you are going through can serve as a handy reference point for you to come back to in the future during your self-inquiry and contemplation phase.



“Awareness is the greatest agent for change.”

—ECKHART TOLLE

# 03

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## CONTEMPLATION



After an awakening, personal and life management can go in many different directions. Occasionally, people might naturally and gracefully ease their way into their new life while many others might feel some degrees of disorientation, confusion, despair, and even panic, which can set them into a dark night of the soul or a depressive state. This occurs when the ego has returned and believes it has “lost whatever that was”, convinced it was somehow a work of its own, something you achieve or gain, which is not the case.

This is where the true integration process begins. When you are in the peak state of awakening, because you are already fully filled by your Beingness in that moment, which is already complete in Itself, it can feel like there isn’t a need for contemplation, naturally. However, just like how anything in life is temporary, so is the initial high state of an awakening.

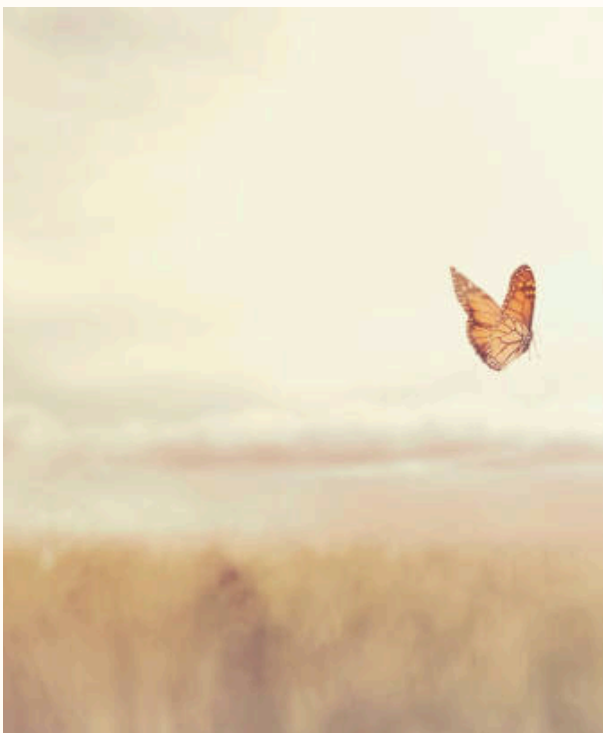
When you wake up from a sleep, the “waking up” part is temporary, setting you up to be awake for the rest of the day. It is only once you begin to feel like you’ve “lost” that sense of Self that you felt deeply during the “waking up” part, which you had embodied, that the process of questioning, contemplating, reflecting, and inquiring comes into play. Hence, the beginning of search for answers.



# The Truth of Who you Are

The truth is, the Real You never goes away. So, you can rest assured that you haven't lost anything; it's been there the whole time. The True Self is not a job title, social status, ethnicity, nationality, or even your personality, gender, sex, or body. Your Higher Self is the non-tangible essence underneath all those layers of self-concepts and identity your mind made you believe you were throughout your life through programming and conditioning. Call it spirit or the soul, it is beyond measure.

The beginning stage of the introspection and **Self-Inquiry** marks the starting point of a seeker's path. The bravery to dig deeper into this deeper and higher reality instead of turning a blind eye is what sets them up for a different kind of life. Their consciousness is widening, expanding, and elevating, opening many doors to what is possible.



## Self-Inquiry Questions

### 01 What did it feel like?

What were some of the feelings during your awakening? (ie: bliss, confusion)

### 02 What were some of the realizations you made?

What did you begin to recognize within yourself during this process? (ie: I am enough, just be)

### 03 How were you behaving?

What were some of the changes you noticed in the way you acted, spoke, and "were" overall?



# 04

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## LETTING GO: The Art of Liberation

*“The absolute letting go is letting go of the one who is letting go.”*

—ADYASHANTI

# "Your new self is going to cost you your old one. "

—BRIANNA WEST

Letting go can sometimes be easier said than done. Once you've awakened, a certain level of energy clearance happens in your internal pathway, where you begin to feel an intensified rush of energy coming through. This can overflow outwardly into your life as well since everything is energy and connected. In order for this new energy from your new (true) self to emerge, the old you must first die (you'll be going through many death & rebirth cycles throughout your life) but this might be the big first one. You might begin to notice that things you were once attracted to begin change or drop away:

jobs, relationships, friendships, hobbies, activities, and even your personality can begin to shift.

Letting go of what no longer is in resonance with this newfound self can initially be scary and painful but the rewarding feeling of relief, peace and fulfillment can follow quicker than expected afterwards. It is an exchange of energy—You are replacing the old energies by making space for the new ones to come in. What may feel like a leap of faith can be disguised as guidance from your heightened intuition from your Higher Self.



**Fear Not:** The ego will want to keep you safe and sound by trying to keep you away from the unknown. Realize that the fears you feel are not your own.



**Release:** Whatever is wanting to get out of your life, gracefully let go without clinging onto it. You got fired? A friend is cutting ties? This is old energy clearing out to make space for the new.



**Path of Least Resistance:** Go where the current takes you next. Don't resist or fight it but rather, get curious about where your Higher Self wants to take you and let it guide you.



A big part of letting go is **forgiveness**. However, forgiveness takes on a different meaning in the awakening process. It is not so much about the effort it takes forgiving someone out of the good will of your heart. It is rather an effortless effort that becomes a natural part of the **Liberation** process. Dropping the emotional burden such as resentment, grudge, anger, jealousy, envy, and icky feelings you ever had towards anyone, including yourself, turns into natural forgiveness. Thus, even making way for unconditional love to come through.

### **FORGIVENESS**

According to the Bible, true unselfish love is taught as the basis of true forgiveness. “**It keeps no record of wrongs**” (1 Corinthians 13:5). Forgiving others means letting go of resentment and giving up any claim to be compensated for the hurt or loss we have suffered.

The total surrender and acceptance of everything will inevitably be followed by a feeling of peace and freedom—**a full emptiness**, so to speak. There follows a swift realization that the heavy emotional burden simply don't matter and never did, no matter how righteous you feel about it. Everything simply is. By hanging onto negative feelings, you carry a heavy burden that weighs you down and keeps you down. Let go.



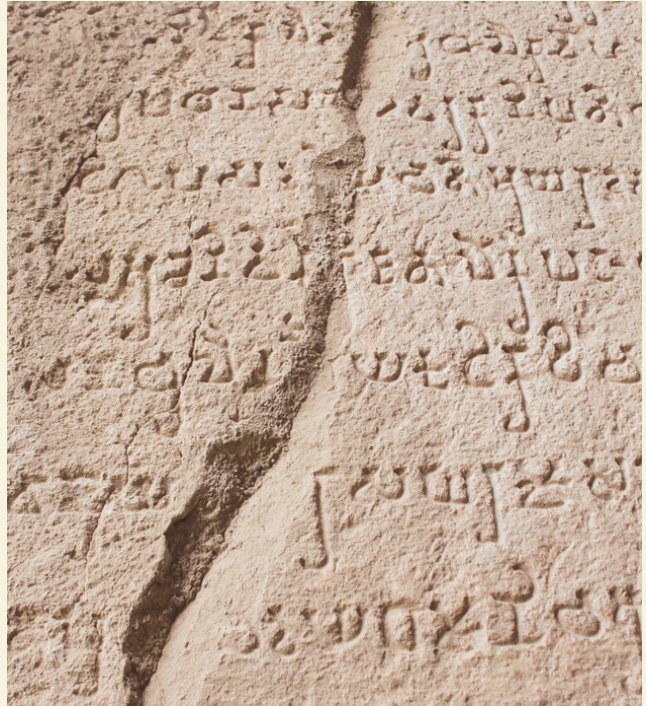
# 05

# KNOWLEDGE IS POWER

There has been a number of devout seekers, mystics, and enlightened ones who have gone through what you are going through across eras. In this digital age, there has never been a better time to access knowledge than the present. You are a few clicks away from getting deeper knowledge into ancient and sacred wisdom.

As you get deeper into your spiritual journey and the expansion of your mind, heart, and soul, finding the right teachers, guides, coaches, books, courses, and content that are compatible and resonates with you can play a significant and powerful role in your spiritual development and expedite your growth. It is an investment into yourself and to your overall soul evolution.

Seeking and receiving support and help just like you would for any area you need help in can cut your learning curve.



## DISCERNMENT

Mindful consumption of knowledge **through discernment** is critical as the subject of spirituality gains popularity and trendiness—it is important to remember to check in with yourself before letting any information in your system. Do not ever put anyone on a pedestal and question everything.

# 06 PRACTICING PRACTICE

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Just like any sport or skill, it takes practice in order to develop a skillset. Spiritual practices are no different—meditation particularly can be frustrating at the beginning because your mind has been so conditioned to think incessantly, a modern day mental disorder that seems to have been normalized. And although there is no such thing as perfect, you already are perfect in your mere Beingness.

A flower on a dirty side road shines bright like it's the most deserving and beautiful flower it ever lived, showing its face and petals ever so confidently facing the sun, screaming, "look how beautiful I am." If well nourished, you will never see it feeling sorry for itself; it will only grow and expand. The flower, a metaphor for your inner being or true self, yearns to sprout from you. As the desire to want to live with a higher consciousness emerges, the base and foundation to sustain and expand your consciousness is **practice**—nourishment for the soul, just like flowers needs light and water.



# Different Practices

Exploring different options to find the right practices and methods for you is a practice within itself. Then, the development of discipline and consistency to follow through with them by setting intentions and mindfulness can be extremely powerful if used regularly as the basis or foundation of your day-to-day. Becoming grounded in your practice can build up energy.



## MEDITATION & PRAYER

By centering oneself with a focused intention and awareness, you can begin to feel peace and fulfillment.

## JOURNALING

Writing can oftentimes help unlock certain realizations as you become in a state of flow of the writing process.

## MOVEMENT

Exercises like yoga can help move energies in your body through release the overflowing or stagnant energies.

## RITUALS & CEREMONIES

Daily rituals such as chanting or lighting up an incense can activate a sense of calmness by setting the tone for the day.

# 07

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## LIVING IN ALIGNMENT

Once you have eventually reached a certain level of spiritual maturation from this awakened state, your life becomes one with the flow of the current of life (path of least resistance). All layers added on top of your beingness, such as acting, speaking, behaving stem from a conscious state of being.

Living in alignment is when you live from a place where your thoughts, feelings, and actions are coherent and connected to each other and to your Higher Self. This is what happens when you let go of any preconceived notion of what your life should look like. It is being able to discern between what the ego wants versus what wants to emerge from you.

Eventually, as your life unfolds from this place, you'll look back it hindsight and realize that you are living your purpose and destiny.



## Conclusion & Next Steps

As you continue on your spiritual journey and path, spending time in solitude can bring space and time for true contemplation and realizations to arise. Eventually, a healthy balance between spending time alone and a spiritual group or a community with like-minded people will further nourish and propel your growth. A support system is part of a spiritual practice that becomes your sanctuary. Your vibe attracts your tribe.

### QUESTIONS?

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*“We need enlightenment, not just individually but collectively, to save the planet. We need to awaken ourselves. We need to practice mindfulness if we want to have a future, if we want to save ourselves and the planet.”*

—THICH NHAT HANH