

10 Tips for Emotional Growth and Healing

on your spiritual journey

Nobody said being on your spiritual journey of awakening was easy. Follow these 10 Tips to make your journey a little more comfortable.



So you're on your journey.....

Sometimes we go through a growth period without being on our path to awakening. We've all been there. We lost a loved one or pet, we got a divorce or went through a break-up. It was painful, but we got over it.

Being on our spiritual journey or path to awakening is different because we are consciously trying to grow. Part of growing is getting in touch with old emotions so we can let them go. We're putting ourself through pain on purpose.

Oftentimes when we work with healers, psychics, coaches, therapists etc we uncover old stuff and then wonder why we feel bad. This guide is to help you navigate the old stuff that comes up so you can recognize it, then let it go. That's part of the growth process.

Welcome to Awakening!



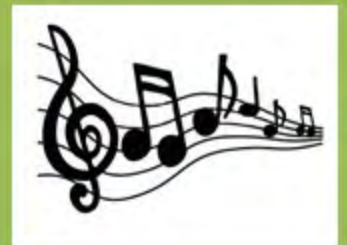
1. No Judging!

Try not to judge yourself about the discomfort you may be feeling. Avoid telling yourself you're being too sensitive, a baby, neurotic etc. Judging yourself is just adding to the pain you are already feeling. Be kind to yourself.

If others attempt to judge you, do your best to ignore them. You don't need anymore criticism than you may already be heaping on yourself.



2. Let it Be, Let it Be....



Let it be, don't fight it, let it happen. Don't resist or deny your feelings and pain because then you aren't experiencing them and can't work through them to let them go. Remember the old saying, "What you resist, persists." If you don't deal with it, it keeps coming back like a boomerang.

3. Feel It

First, don't deny your emotions, then allow yourself to feel them. It's uncomfortable, but that's how you grow. Take a long shower and let the tears flow. Go jogging and pound the anger out of you. Get your journal out and start writing. Whatever it takes, feel it and find an outlet for it. "*The best way out is always through*" – Robert Frost. As a species we are pain-avoidant but we must feel these old emotions to release them.

4. You are Not Your Emotions

When we're feeling bad we tend to define ourselves by our emotions. We often let them overwhelm us (if we're not denying them, that is).

Just because you feel anxious does not mean you are anxious. It means you are experiencing the symptoms of anxiety.

The more self-aware you become, the more you realize you are at choice whether you experience an emotion or not. There is a time to feel them, and time to not. When you want to process them to heal is the time to feel them.



5. It Shall Pass



The uncomfortable feelings shall pass. This painful period won't last forever. It just feels like it right now, but it won't.

Remember when your kids were little and there were tough days? (Think terrible twos and horrible threes.) When you were with them day in day out you thought if you hear one more "NO!" you're going to lose it. You couldn't wait for them to grow up. It felt like forever, but they eventually did. The unpleasant stage ended. You got through it. Your emotional growth is like that – it doesn't feel like it will end, but it will.

Remind yourself as often as necessary, "This too shall pass." I know it sounds trite, but hey, sometimes those old sayings really are true.

6. It's a Process

When you are on your path to awakening you are healing your emotional body of old traumas. That's what this growth is about. When you can let go of the old wounds you get to the last stage of awakening where you are a fully conscious, awake and joyous being.

When you skinned your knee as a kid, you had to bandage it, then let a scab form, then it fell off, then you were back to normal. Healing emotional pain is also a process. Just as your physical body had to heal, so must your emotional body, you just can't physically see it.

7. What Am I Doing?



If your addictions or “negative” habits flare up, so be it. Use them as an indicator that you are stressing out and need to pay attention to what’s going on with you. As long as your habit doesn’t get too out of hand (that’s a judgment call on your end), go with it.

When you are calmer you will put down the pack of cigarettes or walk away from the bag of chips. Addictions arise when we avoid feelings. They subside when we deal with the feelings that cause them.



8. You’ve Got Courage!

Remind yourself how brave you are to be on this path. Growing, healing, waking up isn’t for sissies! It takes courage. Many give up or stall. Bring out your inner warrior, whatever it takes to keep you on path.

Remember the Cowardly Lion in “Wizard of Oz.” He wanted courage. At the end, the wizard told him he had it all along. So do you. It may not feel like it right now, it may seem hidden, but you have it or you wouldn’t still be on your path!

Cut yourself some slack. If you aren't feeling up to doing anything today, don't. If you work in an office take a "mental health" day if you can. If you can't, make a weekend plan of doing nothing. Let yourself off the hook. Dealing with old stuff isn't easy. So don't try to make it easy or tell yourself you should be through this already.

9. Honor the Pain



10. When Will it End?

Try not to question when you will be out of this phase. Some things you just can't rush. There is no timer for healing and growing. When you're done, you're done. Everyone is different so best not to compare yourself to anyone else's progress because you could get depressed or cause yourself unnecessary anxiety.

The sooner you can accept you are healing and growing and move through the pain, the sooner you can move on.

BONUS: Honor the pain and honor yourself. Go easy on yourself. Take a bubble bath, get your nails done, go on a weekend trip. Take a break and relax, pamper yourself. You deserve it after all that emotional pain and growth.

Stages of Awakening

You may have read about the stages of awakening. I have seen people define it many ways from two stages to as many as twelve. There is no right or wrong way to define it, just different descriptions. Mine is four levels.

If you are reading this book, you are not in Stage 1, but probably stage 2 or 3. Once you start engaging in healing work and self-exploration, that puts you on the path whether you realize it or not.

Hopefully these simple tips will help you deal with what you are experiencing whether you know you are on your path or not. Below are the stages as I define them. Please know these are not judgments.

There is no timetable or rush to get through the stages. We each do them at our own pace when we are ready.

STAGE ONE – Mainstream people are in this category. These are people who don't know what metaphysics is, are still heavily entrenched in dogma and doctrines such as religion, government, school etc. They watch a lot of TV and believe what they see. They don't question things. They probably don't eat well and are big consumers. They don't take responsibility for their actions for the most part. They blame, complain, judge etc. They don't realize they create their own reality.

STAGE TWO - In this stage people are dipping their toe in the metaphysical pond. They may start to be curious about psychics and alternative healers. Their mind is beginning to open to other possibilities. They are still blaming, complaining, judging etc.

STAGE THREE – This is the longest and largest stage. It is the largest because most people on their path are in this stage. It is the longest because this is the stage in which we realize we create our reality with our thoughts. Learning to take responsibility and clean up our thoughts takes time. We begin to stop complaining, blaming, judging etc.

STAGE FOUR – Once we reach this stage we are fully conscious and awake. Joy is our main emotion. At that high level of vibration we can manifest anything.

Congratulations!

Congratulations for being on your healing journey and sticking with it. While it may not be an easy journey, it is well worth it.

Imagine a life where your mind is free of useless clutter, where you feel joy all the time and can manifest whatever you like?

That is where you are headed if you can stick with your spiritual awakening journey.

If you are consciously aware you are on this journey, then you have perspective to deal with the emotional fall-out and pain you must experience to heal and continue to wake up. If you weren't aware you were on your path to awakening, hopefully now you know. Use these tips to walk your path with ease and grace.

If you would like assistance on your path, that is what I do as an Intuitive Life Coach, Spiritual Counselor and Psychic.

Feel free to visit my website for more information about my coaching programs and how I can assist you. My focus is helping people navigate their path to awakening.

<http://catherinecates.com/services/coaching/>

In much love and light,

Catherine

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