

Stages of Awakening

Stage One: Commitment to Powerlessness

At this stage, you believe life, and your experience of it, happens to you. You feel powerless, and get caught up in blaming others or the world for your circumstances.

Stage Two: Commitment to Overcoming Challenges

In this stage, you believe you can play a role in creating your life. You seek to improve your experience by changing your external circumstances. You get caught up in working hard to create external change.

Stage Three: Commitment to Power Via Ownership

You believe that reality is a reflection of the inner self. You seek to create change by taking responsibility for your choices, beliefs, and emotions, and cultivating a more loving relationship with yourself. You discover the resources of your inner power.

Stage Four: Commitment to Receiving for No Reason

You awaken to the knowing that you are completely loved by the Source of all Love. Rather than seeking to improve your experience, you allow yourself to love and be loved. You receive, not because you earned it, but simply because you are willing to be loved for no reason at all.