



The Spiritual Awakening Guide: Kundalini, Psychic Abilities, and the Conditioned Layers of Reality

By Mary Mueller Shutan

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The first modern, comprehensive resource on spiritual awakenings, this book is a pragmatic, clear and non-B.S. guide that covers everything from the first step on a spiritual journey to enlightenment, and the different types of spiritual awakenings we may go through.

In *The Spiritual Awakening Guide*, Mary Mueller Shutan presents the concept of the twelve layers that cover an awakened state. As an Acupuncturist, Herbalist, CranioSacral Therapist, Zero Balancer, Spiritual and Energetic practitioner and experiencer of an intense spiritual awakening, she has synthesized years of research and seeking into a comprehensive guide to awakening. She addresses every step of the spiritual journey, starting with the Self and showing how family, ancestral, past lives, karmic, archetypal, and other larger layers such as societal, cultural, global, and cosmic energies condition us to sleep and obscure our realization of an awakened state. Instructions for how to navigate through each of these layers and how to recognize where we are in our spiritual journey are included each step of the way along with common physical, emotional, and spiritual symptoms that may be experienced.

By addressing post-awakening states, oneness, dark nights of the soul, ego death, near-death and severe illness, psychic abilities, addictions, dietary changes, the God self, personal and collective shadow, and psychosis vs. awakening, we understand the experiences we may go through while struggling with spiritual awakenings.

The Spiritual Awakening Guide then delves into types of awakenings. There are many different types of awakenings, each with unique symptoms, experiences, and callings. For the first time the many kinds of awakenings, from the mild and gradual to severe and sudden, are gathered in one book. Milder awakenings include feeling qi or energy moving through the body for the first time, opening of energetic channels in our body, awakening through place or event, and chakra openings. Dramatic or sudden types of awakenings such as the infamous

Kundalini awakening, but also include Shamanic callings, Psychic abilities opening up, Indigo children, and more. All of the awakenings detail meditations, tools, and understandings to help us navigate through our experiences.

While *The Spiritual Awakening Guide* documents the spiritual journey, awakening, and the types of awakenings one may experience, there is a focus on the practical. Its concepts opens new understandings of how to live in the world while going through an awakening, and offers the revolutionary idea that we are meant to be humans, to have a physical body with physical, to feel experiences and emotions. We are meant to live in the world and be a part of the world even as fully awakened individuals. It offers a look at the possibility of leading a grounded, earth-bound life of work, family, friends, and other experiences with an awakened state.

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Editorial Review

Review

"Mary Shutan has done a great service to those on the spiritual path by clearly and simply describing the various experiences and challenges encountered through the natural but often misunderstood process of how consciousness is transformed as we are awakening to our full potential. Her healing wisdom shines through with interesting stories and practical exercises as she makes the steps of blossoming into our authentic selves more real and feasible. This book is a synthesis of many wisdom traditions and speaks to the soul with profound simplicity and compassion." - Mary H. Murphy, LMT, CZB, CST-D Zero Balancing practitioner, faculty member, and Zero Balancing Touch Foundation VP

"We are all part of the overwhelming and joyous experience of the flow of divine unfolding. In this fascinating book Mary takes us for the first time in history on a systematic journey through the different layers of spiritual awakening. A must read for all who are waking up to enlightenment." - Dr. Hans van Latenstein, philosopher

I enjoyed this book and will keep it and likely read it again. I do hope the author comes out with an expanded work with more details on the types of awakenings, or a work solely focused on Kundalini for my own benefit, but this work is clear, succinct, and something I wish I had alongside me on my journey to refer to when needed.--Frank Krieger"Amazon" (08/14/2015)

Mary Mueller Shutan, through a clear and detailed description of the stages a person transitions through during a spiritual awakening, shows us that reaching a level of enlightenment and awareness, and moving towards higher consciousness is an ongoing process where a person navigates their way through many traumas and challenges enhancing intuition along the way. READ THIS BOOK to discover whether you are in a sleeper state, a somewhat awakened state, or truly awakened state and to define the collective whole and how this is understood when in an awakened state. To become opened and able "to see and be seen," is the goal that seekers wish for. You may learn how to surrender to the conditions of the physical world over which you have no control, while maintaining your personal power which will lead you to perfect alignment with Oneness, Universal Spirit and peace. This book helps readers discover that the needs of our inner soul life, when understood, help us balance the influences of the outside world with wisdom and a clearer knowledge of eternal energy.--Sheryl Glick RMT,"Healing from Within" (12/08/2015)

About the Author

Mary Mueller Shutan is an Acupuncturist, Herbalist, CranioSacral Therapist, Zero Balancer, and Spiritual Healer. Mary has helped hundreds of people worldwide navigate their spiritual awakenings and psychic abilities through her programs and consultations.

Users Review

From reader reviews:

Carolyn Livingston:

The book The Spiritual Awakening Guide: Kundalini, Psychic Abilities, and the Conditioned Layers of Reality make one feel enjoy for your spare time. You need to use to make your capable a lot more increase.

Book can be your best friend when you're getting stressed or having big problems together with your subject. If you can make examining a book *The Spiritual Awakening Guide: Kundalini, Psychic Abilities, and the Conditioned Layers of Reality* to get your habit, you can get much more advantages, like adding your own capable, increase your knowledge about a few or all subjects. You are able to know everything if you like to start and read a book *The Spiritual Awakening Guide: Kundalini, Psychic Abilities, and the Conditioned Layers of Reality*. Kinds of book are several. It means that, science e-book or encyclopedia or other people. So, how do you think about this e-book?

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Jose Crawford:

With this era which is the greater man or who has ability to do something more are more special than others. Do you want to become considered one of it? It is just a simple solution to have that. What you have to do is just spending your time not very much but quite enough to possess a look at some books. On the list of books in the top list in your reading list is definitely *The Spiritual Awakening Guide: Kundalini, Psychic Abilities, and the Conditioned Layers of Reality*. This book that is qualified as *The Hungry Hillsides* can get you closer in getting a precious person. By looking way up and reviewing this publication you can get many advantages.

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