



Stages of Awakening

Stage One: Commitment to Powerlessness

You believe life, and your experience of it, happens to you. You feel powerless, and blame others or the world for your circumstances. You lean on excuses and reasons why you can't have, do, or be what you want.

Stage Two: Commitment to Overcoming Challenges

You believe you can play a role in creating your life. You seek to improve your experience by changing your circumstances. Your focus is outside yourself, and you rely on action for the changes you want to make.

Stage Three: Commitment to Power Via Ownership

You believe that you create your own reality. You seek to create change by taking responsibility for your desires, choices, beliefs, and emotions, and cultivating a more loving relationship with yourself. You discover the resources of your inner power and use imagination and expectation to creatively generate change.

Stage Four: Commitment to Receiving for No Reason

You awaken to the knowing that you are completely loved by a Divine Source. You allow yourself to love and be loved. You receive, not because you earned it or deserve it, but simply because you are willing to be loved for no reason at all.

For more information about the Stages of Awakening, download our audio recording "The Stages of Awakening" in the Dynamic Emotions series.