

## **Twelve Symptoms of Spiritual Awakening**

- 1. An increased tendency to let things happen rather than make them happen.**
- 2. Frequent attacks of smiling.**
- 3. Feelings of being connected with others and nature.**
- 4. Frequent overwhelming episodes of appreciation.**
- 5. A tendency to think and act spontaneously rather than from fears based on past experience.**
- 6. An unmistakable ability to enjoy each moment.**
- 7. A loss of ability to worry.**
- 8. A loss of interest in conflict.**
- 9. A loss of interest in interpreting the actions of others.**
- 10. A loss of interest in judging others.**
- 11. A loss of interest in judging self.**
- 12. Gaining the ability to love without expecting anything.**