

THE AWAKENING STARTER GUIDE

5 SIGNS YOU'RE EXPERIENCING A SPIRITUAL SHIFT

INTRODUCTION

Hello and welcome! I'm Holly, Founder of HC Learning. This guide is for you if you've been feeling different, sensing more, or asking deeper questions.

SHIFT 1: EMOTIONAL WAVES AND SENSITIVITY

You may feel your emotions more deeply or unexpectedly, as though your heart or mind is expanding.

Have you felt more emotionally raw or open lately? When did it begin?

SHIFT 2: HEIGHTENED INTUITION & SYNCHRONICITIES

There may be a stronger sense of your inner knowing, or more frequent moments of "timing" and "meaning" all around you.

When have you felt life's guidance lately?

SHIFT 3: DISCONNECTION FROM OLD ROLES AND SYSTEMS

The structures, stories, or labels that once defined you may start to feel confining or false.

What roles or identities do you feel drawn away from?

SHIFT 4: LONGING FOR DEEPER PURPOSE

Underneath your daily tasks, there may be a growing desire to create a more meaningful life.

What changes have you noticed in what fulfills you?

SHIFT 5: SPONTANEOUS MOMENTS OF CLARITY OR PEACE

You may find yourself feeling calm or clear for no obvious reason — even in the midst of external chaos. These moments feel like "truth" emerging from within.

When have you had a quiet moment recently that felt meaningful or unexplainably peaceful? What did it reveal to you?

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HEIGHTENED INTUITION OR SYNCHRONICITIES

REFLECT ON RECENT TIMES WHEN YOU KNEW OR
SENSED SOMETHING BEYOND “LOGIC” OR ORDINARY
PERCEPTION

Describe:

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REFLECT ON TIMES WHERE YOU FELT YOU HAD TO FIT
A CERTAIN ROLE OR SYSTEM THAT YOU DIDN'T FIT IN?

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STARTER ACTIVITY

THE STILLNESS MINUTE

STEP-BY-STEP INSTRUCTIONS:

1. Choose a quiet moment during your day

- *It could be right after you wake up, during a break, or before bed.*

2. Set a timer for just 1 minute

- *Use your phone or a watch (keep it simple).*

3. Sit or stand comfortably

- *No need for a special posture or space. Just be still.*

4. Close your eyes or soften your gaze

5. Bring all your attention to your breath

- *Inhale slowly through your nose*
- *Exhale gently through your mouth*
- *Notice the air moving in and out*

6. Let thoughts come and go

- *Don't try to control or stop them, just observe*
- *Then, calmly return focus to your breath when distracted*

7. When the minute ends, open your eyes and carry on

Try doing this once a day to start

Why This Activity Works

In just 60 seconds, this simple stillness practice helps interrupt the autopilot mode most of us live in. It creates a small gap in the stream of the mental chatter, stress, and distractions in your life. This moment of conscious pause activates our present moment awareness, grounds you in your body and your breath, begins to build the foundation for mindfulness, spiritual growth, and inner clarity, which are key to Higher Conscious Living.

Benefits:

- Reduces stress and mental overload
- Strengthens the mind-body connection
- Builds emotional resilience
- Improves focus and presence
- Creates space to respond instead of react
- Helps you remember your power to pause and choose