

## What does it mean to "awaken"?

Awakening is a spiritual shift in our conscious relationship with God, ourselves, and other beings. Like waking from a deep sleep, spiritual awakening is a process: a slow evolution spiked with bursts of sudden awareness and realization. The rising tide of our spiritual awakening is fluid, layered, tumultuous, and undulating. As our conscious connection to eternity dawns, our hearts open and our horizons expand. We begin to experience illuminations and insights far beyond what is known through the perceptions of our normal "self." We brush against our "Higher Self" and experience deep compassion for others, peace with our own situation, and freedom from difficulties. Yet awakening is non-linear. Without daily practice, we sink down from the awakened state to regular consciousness and functioning, where we again may feel pressured and limited by our immediate circumstances.

## What is the Higher Self?

When we awaken spiritually, we deepen the connection between our limited, human self and the immortal part of us, the "Higher Self." This Higher Self is the aspect of our soul that is connected to truth, divine intelligence, universal consciousness, and all that exists. Because the Higher Self dwells in the realm of eternity, its connection to Divine intelligence is steady and unwavering. Regardless what goes on during our life on Earth, the Higher Self is balanced, harmonious, and unharmed. The Higher Self sits in wisdom, patiently waiting for us to call upon it. Our Higher Self holds the answers to whatever life questions we have. Most of us desperately seek solutions outside ourselves, when what we really need is to go within.

## How can I connect with my Higher Self?

Through meditation; clearing and resetting our energy system; and facing the words, deeds and actions of life while we are still alive, we approach the shore of the Higher Self and anchor ourselves in its truth.

Awakening is a form of Self-Mastery. It takes practice, commitment, dedication, and self-compassion. This class explores ten tools we can use to regularly connect with the Higher Self, in order to achieve a more awakened state of consciousness in daily life.

*If you are interested in self evolution and Higher Consciousness to navigate the times we live in, do not miss this workshop!*

## This Workshop is for YOU if you are:

- looking for spiritual tools you can use in daily life to cope with stress, rise above misunderstandings, and find inner peace on a regular basis
- seeking a deeper understanding of GOD, Higher Self, and how to live peacefully with others
- confused about your spiritual path: which direction to go / which teachings to follow
- struggling to understand, forgive, or accept those whose values and viewpoints differ starkly from yours
- occasionally or regularly alarmed, disgusted, or saddened by is happening in this world and want inner peace and answers

**SAVE!** Register EARLY for only **\$88**  
Regular Registration (after January 31) **\$111**



### Register Online

[transformation-oracle.com/category/events/](http://transformation-oracle.com/category/events/)

**The Awakening Center**

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SONYA SHANNON is an artist, author and teacher in the metaphysical realm. A mystic vision at age 11 revealed

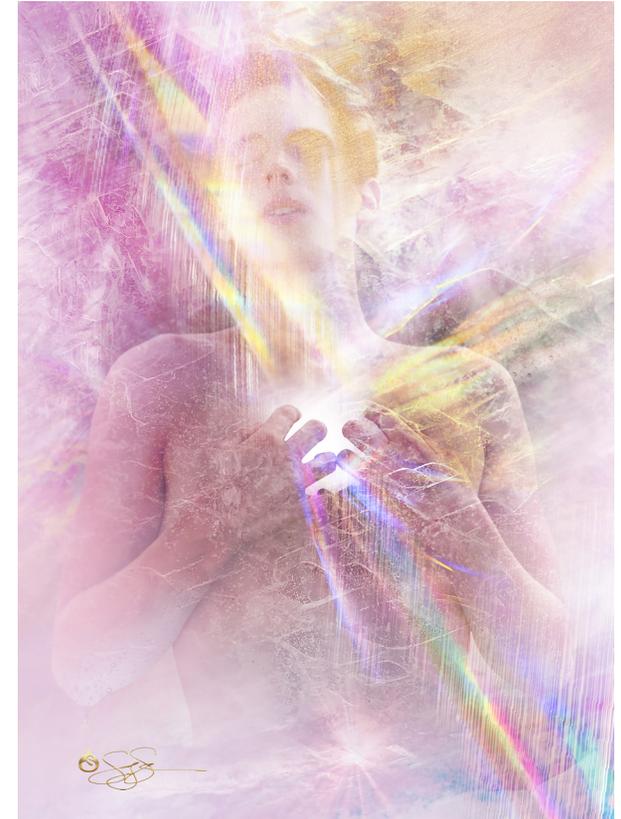


her higher purpose. At 15, she began to create divinely inspired artwork and to channel spiritual messages. Her journey led to Kundalini yoga and meditation as taught by Yogi Bhasan. She is passionate about using her gifts to help people overcome childhood wounds, and believes that all are entitled to our birthright of empowerment, self-fulfillment, and connection to the Divine.

# Ten Tools for AWAKENING

10 am - 5 pm • Saturday 2/22/2020

A Spiritual Consciousness Workshop  
with Sonya Shannon



**Awaken Your Self!**  
**The Awakening Center**  
694 E Spaulding Ave  
Pueblo West CO 81007

## Ten Tools for Awakening

The Divine abides in every person and illumines each and every heart. Divinity is not remote and removed from us: we dwell in the Divine and the Divine dwells in us. This workshop explores our relationship with the Divine through the Higher Self, which each of us can access through tools that heighten our consciousness.

Awakening is a spiritual event whereby our consciousness vastly expands: our understanding of the "individual self" with its desires, personality, beliefs, and human limitations shifts irrevocably into heightened awareness, compassion, and divinely inspired intention. With expanded consciousness comes deeper responsibility for our actions and words, as well as initiation into increased powers of manifestation and psychic healing abilities.

Awakening can be painful, messy, lonely, and confusing. Awakening is a daily non-linear journey that moves sometimes forward, sometimes seemingly backward. This workshop provides a toolkit designed to facilitate your own awakening and help you stay intentionally focused on heightening your consciousness. Some of these tools may be affirmingly familiar and others entirely new.

- The tools in this workshop help us:
- ✓ face our shadow-self
  - ✓ maintain balance in the outer and inner worlds
  - ✓ reset our psyches regularly and reliably with proven techniques
  - ✓ discern recurring patterns through sacred shapes
  - ✓ find discipline & strategies to meditate regularly
  - ✓ listen with compassion and use our voice wisely
  - ✓ learn when we are operating from a non-awakened state and how to shift into higher consciousness
  - ✓ find / affirm our unique gifts for fulfillment and service

Whether you are brand new to the concept of spiritual awakening or well on the path, this workshop will give you a solid grounding and memorable stories to assist your process. Human beings have always had the potential to awaken, though most lives did not provide the circumstances and conditions by which this fact could easily be known—let alone transpire. At this time of the planetary shift, many people now have lives that allow awareness of awakening, along with the tools and conditions that make awakening possible. If you are reading this brochure up to this point, chances are that this workshop is just what you need! Join us for a truly enlightening experience and ten powerful tools to awaken and maintain higher consciousness!



### What People Are Saying...

*"Sonya is a beautiful Light in this world. I highly recommend her workshops."*

~ Violet Rayne | Littleton, CO

*"Your teachings provided me with peace, light, and hope when I needed it most. You will never know or understand how much your class has helped me make it through each day. I wish for you to ALWAYS have God's blessings for you to continue spreading the knowledge and warmth that you do."*

~ Michelle Whitehead, Colorado Springs CO

*"An angel on earth seems pretty close to the truth. Thank you so much, Sonya! I loved how you integrated spirit working through you and the knowledge you shared into an intuitive and logically presented workshop."*

~ Dwight Rixman | Peyton, CO

*"Sonya takes you on journey of personal self discovery and insight in her weekend intensive classes. Her stories and in-depth spiritual downloads will keep you on the edge of your seats, begging for more—3 days is just not enough."*

~ Cynthia Santana | Lakewood, CO

*"I went into Sonya's workshop as a total beginner. I was a little apprehensive, yet the class kept calling to me! I'm so glad I went. Sonya conveyed the information beautifully, and I left feeling empowered. Thank you!"*

~ Sue Cobb | Lakewood, CO

*"Thank you Sonya Shannon for a fantastic workshop! I loved every minute of it. I am looking forward to applying what I have learned to bring awareness and love to people who are seeking answers."*

~ Sandy Schneider | Colorado Springs, CO

