



"Fireworks - Adelaide Skyshow 2010" by anthonycramp | CC BY 2.0

Checklist: 101 Signs of Waking Up

Items are listed randomly. Check those that best describe your experience of waking up. You might wish to check this list again in six months or a year. Please feel free to add your own signs.

1. Buzzing over left ear
2. Feelings of well-being
3. Surroundings seem to be surreal
4. See in vivid colors
5. Receive downloads of knowledge or knowing
6. Hear the sounds of silence
7. Spontaneous shaking of body (or parts)
8. Experience spaciousness
9. Feel grounded, rooted in Earth
10. Feel spacy
11. Experience hot flashes
12. Feel you are walking up above the ground
13. Have the experience of no space
14. Have feelings of deja view
15. Have experience of past lives
16. Can hear your subtle inner voice
17. Have glimpses of parallel lives
18. Break into spontaneous prayer
19. Feel you are the same substance as rocks and trees
20. Dislike not being authentic
21. Know that you Are actually Everything
22. Have deep feelings of bliss
23. Experience periods of inexplicable irritability
24. Experience of being Nothing at all
25. Tear up when see beauty
26. Suffer unexplainable pain or discomfort
27. Experience the Oneness of Everything
28. Feel light or buoyed up
29. Spontaneous relaxation of body
30. Able to just witness your mind
31. Recognize behavior patterns that limit you
32. Wake up during the night and process
33. Feel the density of being human
34. Feel the stickiness of the little self
35. Experience deep aloneness
36. Realize how ego gets its way
37. Feel loving in general
38. Feel peaceful inside
39. Wake up excited about the day ahead
40. Have a sense of connection with deeper realities
41. Experience spontaneous joy
42. Feel unexplained inertia
43. Feel connected to people you don't know
44. Realize when you become separated from your Self
45. Know when you are out of alignment
46. Are comfortable being alone

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| <ul style="list-style-type: none"> 47. Feel you are loved 48. Feel full of life and vitality 49. Feel worthy of receiving Source 50. Have discovered spiritual guides 51. Are satisfied with personal relationships 52. You like yourself 53. Know you are really not alone 54. Feel neutrality 55. Feel connected to Source 56. Experience wonder and awe 57. Feel that life is safe 58. My life has value 59. Experience the flow 60. Every experience offers a lesson 61. Feel that what you do counts 62. Experience the illusion of life 63. Feel Life supports you 64. Experience multidimensions 65. Allow unusual things to happen 66. Experience the black velvet spaciousness 67. Allow Life to have Its way 68. Don't have to analyze 69. Don't have to understand 70. Can be a witness to your own feelings 71. Experience feelings without getting engaged 72. Experience from the heart, not the head 73. Discriminate feelings moving through you 74. Pay attention to your inner life 75. Feel more love and compassion | <ul style="list-style-type: none"> 76. Able to feel outer happenings without becoming overwhelmed 77. Take your experience to your heart 78. Notice what brings you down or up 79. Able to give up your stories 80. Comfortable with the silence 81. Curious about life 82. See how concepts & beliefs can hold you hostage 83. Have the experience of melting 84. Merge with nature 85. Feel a subtle level of anxiety 86. Can distinguish between separation and connectedness 87. Observe without becoming engaged 88. Feel the magic of the moment 89. Wonder about the possibilities 90. Experience infinity 91. Feel light-headed but OK 92. Experience spontaneous gratitude 93. See the space between all things 94. Have a sense of wonderment 95. Overwhelmed by love or bliss 96. Tear up with joy 97. Can tolerate intense emotions 98. Feel the hugeness of your Self 99. Feel the freedom to be who you really are 100. Feel unlimited, not constructed 101. Have a sense of open awareness |
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These occurrences are often the natural result of Waking Up. See which signs apply to you. Add your own waking up signs to the list. What did you discover?

Do you have any signs to add to the list? If so, please contact me via my website:

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