

*Your Integration Report*

# The Awakening Seeker

**A Guide to Support Your Journey**

Created specifically for you by:

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Coach and Consultant

YOUR NAME

*Hello and...*  
*Welcome!*



Understanding your spiritual integration type is the first step toward creating a life that honors both your profound experiences and your practical needs.

Whether you've had mystical encounters, subtle shifts in consciousness, or periods of intense spiritual opening, the integration process requires both self-compassion and practical guidance. This personalized report offers you insights developed through years of professional experience supporting individuals through various stages of spiritual awakening.

Integration is not about making your experiences fit into conventional frameworks, but rather about weaving your authentic spiritual insights into a sustainable, grounded way of living. As you grow, your integration needs will change. Use this guide as a snapshot of your current situation, rather than as a definitive understanding of your potential.

The guidance in this report acknowledges that spiritual growth often challenges existing beliefs, relationships, and life structures while providing practical tools for navigating these changes safely. Your experiences are valid, your questions are normal, and with proper understanding and support, you can move forward with confidence rather than confusion.

*Let's Begin!*

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# WELCOME TO YOUR PERSONALIZED INTEGRATION REPORT

## *Awakening Your Light*

The following pages contain insights, practical guidance, and resources tailored to your specific integration type. This isn't generic advice - it's been developed through 18 years of professional experience supporting people through various stages of spiritual awakening and integration.

**Spiritual Awakening is a normal human experience.**

### **Integration is a Process**

Remember that spiritual integration is not a destination but an ongoing process of weaving your deepest insights into authentic, grounded living. There is no "right" way to do this, and there is no specific timeline to follow.

Be patient and compassionate with yourself as you navigate this journey.

### **What You'll Discover**

In your personalized guide, you'll find:

- **Your Integration Profile:** A detailed description of where you are in your spiritual journey
- **Your Unique Strengths:** The gifts and capabilities you already possess
- **Your Growth Edges:** Areas where focused attention will support your continued evolution
- **Comprehensive Integration Support:** Practical guidance for navigating your experiences safely
- **Self-Coaching Questions:** Tools for deeper self-understanding and reflection
- **Professional Resources:** Information about finding appropriate support when needed
- **Safety Guidelines:** How to share your experiences wisely and protect your energy

# YOUR SPIRITUAL INTEGRATION RESULTS

## *The Awakening Seeker*

**"I'm feeling called to something deeper and beginning to explore what that means."**

### **Where You Are:**

You're either in the early stages of spiritual awakening, renewing spiritual practice, or engaging in inquiry after a period of not practicing, or you have reached a new level of spiritual awareness, and the landscape feels almost as new as when you began your spiritual path. You may be experiencing new insights, questioning old beliefs, or feeling called to explore spiritual dimensions of life more deeply, and you may feel like you have a beginner's mind.

### **Your Strengths:**

- Open and curious about spiritual growth
- Willing to question and explore beyond conventional thinking
- Sensing deeper possibilities for your life
- Beginning to trust your own inner knowing
- Feeling excited about the potential for growth

### **Your Growth Edge:**

- Learning to trust and interpret your own experiences
- Finding supportive community and resources
- Balancing exploration with groundedness
- Developing practices that support your unfolding
- Navigating relationships during times of change

### **Your Integration Path:**

**Supported Exploration:** This is a tender and important time. Having proper community, support, and guidance can help you navigate this awakening process safely and sustainably.



**You're willing to  
explore beyond  
consensus  
reality...**

# Comprehensive Integration Support

## Understanding Your Awakening Process:

What you're experiencing is completely normal and has been documented across cultures and centuries, but understanding why these changes happen can help you navigate them with less fear and confusion.

Questioning is healthy because spiritual experiences often challenge our existing beliefs and worldviews - this happens because these experiences provide direct knowing that sometimes contradicts what we've been taught to believe about reality, consciousness, or the nature of existence.

New awareness takes time to integrate because your nervous system, relationships, and daily life structures were built around your previous understanding of reality, so they need time to adjust to your expanding perspective.

You may feel like you don't know who you are anymore because identity shifts are common and temporary during awakening - this

disorientation occurs because spiritual experiences often reveal that your sense of self is much larger and more complex than your previous self-concept could contain.

Changes in relationships are normal because, as you grow, your values, interests, and ways of relating may shift, causing some relationships to feel strained while others deepen. This isn't a failure; it's the natural result of authentic growth.

If you have unresolved emotional wounds, mental health conditions, or have experienced trauma, awakening and spiritual experiences can be even more confusing. However, even with these challenges, awakening offers an opportunity to heal in a deeply profound way, creating richness and depth in your life.

You will read throughout this report how crucial proper support is. It is even more true for those with emotional support needs.

### **Safe Sharing Practices:**

Learning how to share your experiences safely is crucial because the wrong response from others can create trauma that complicates your integration process.

Starting small by sharing with one trusted person before sharing broadly allows you to practice putting your experiences into words and gauge how others respond without risking widespread misunderstanding or concern.

Focusing on changes rather than experiences works better because others can relate to "I'm feeling more connected to nature and questioning what really matters to me" much more easily than descriptions of mystical states or non-ordinary perceptions.

Preparing for mixed responses helps because when people react with curiosity, concern, or dismissal, you'll understand this reflects their own relationship with spirituality and mystery rather than the validity of your experiences. Finding a spiritual guidance counselor becomes important because they can help you navigate difficult conversations with family and provide language for explaining your growth in ways that feel safe for everyone involved.

### **Staying Grounded During Exploration:**

Maintaining daily functioning while exploring spirituality isn't about limiting your growth - it's about ensuring your spiritual



development enhances rather than disrupts your ability to care for yourself and meet your responsibilities. Not making major life changes immediately protects you from making decisions based on temporary states or insights that haven't had time to settle into wisdom - spiritual experiences often create strong impulses to change everything, but sustainable transformation usually happens gradually.

## **Staying Grounded During Exploration Continued:**

Balancing inner exploration with outer activity helps because spiritual growth needs to be integrated into all dimensions of life, not just your private inner world.

Trusting your discernment about what feels safe or exploitative is crucial because spiritual seeking can make you vulnerable to people or teachings that don't have your best interests at heart - if something feels manipulative, expensive in ways that seem exploitative, or asks you to surrender your critical thinking, trust that instinct.

## **Navigating Relationship Changes:**

- Be compassionate with others - they haven't had your experiences and may not understand your changes
- Don't expect everyone to "get it" - some people may be threatened by your growth, and that's about them, not you
- Share from sensitivity - consider the other person's worldview when deciding how much to share
- Seek an understanding community - find others who can relate to your spiritual seeking journey

## **Important Reminders:**

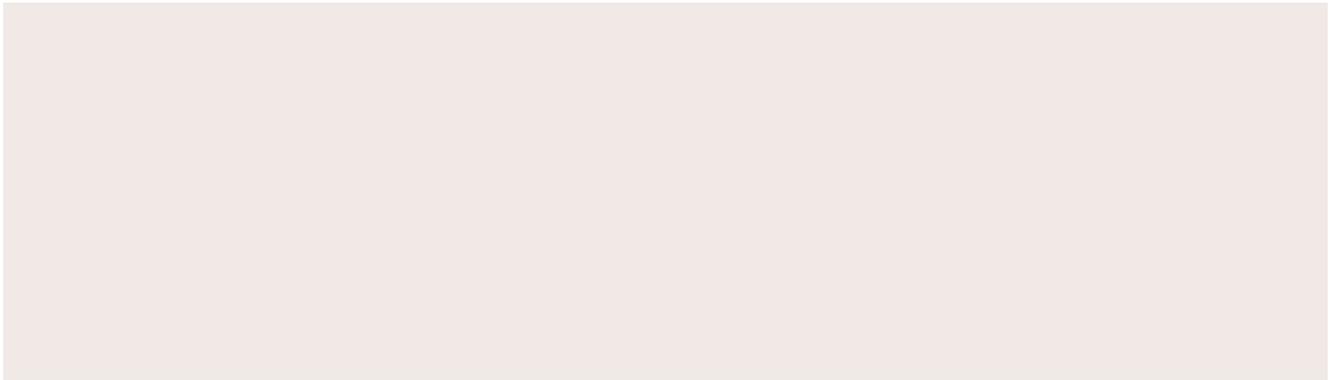
- This is a process, not a destination - awakening unfolds over time, often in waves
- You're not losing your mind - spiritual experiences are documented and normal. Over 50% of people report having them!
- Integration takes time - be patient with yourself as you weave new awareness into daily life
- You don't have to prove anything to anyone - your experiences are valid regardless of others' opinions

The greatest Gift is the gift of knowing yourself. Allow your awakening to reveal the beauty of soul

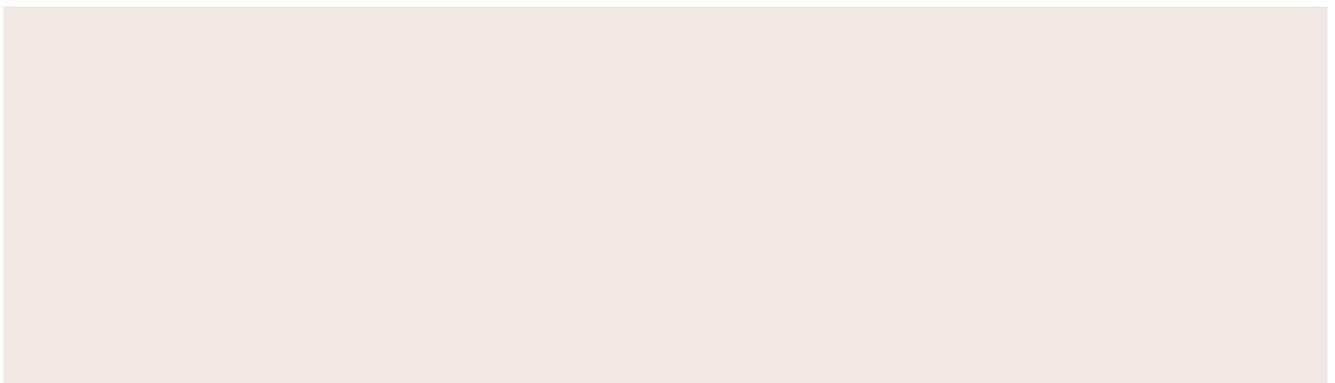
# *Coaching Questions*

## FOR THE NEXT LEVEL OF EXPLORATION FOR THE AWAKENING SEEKER

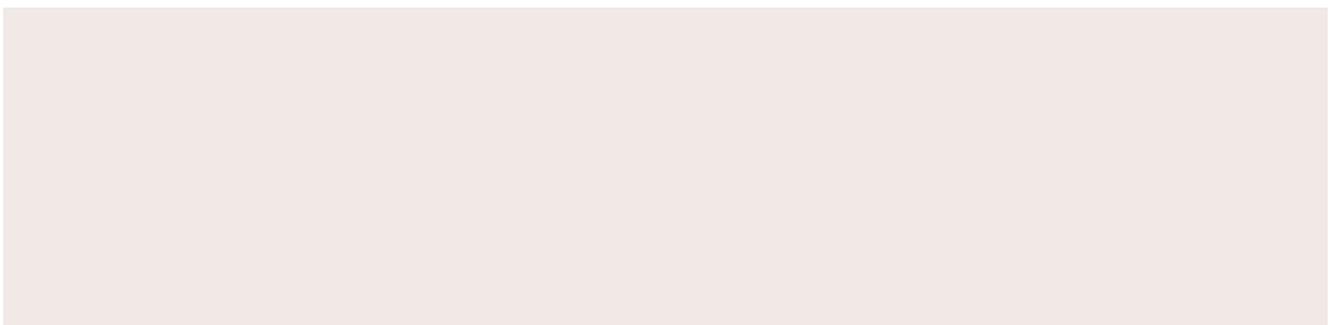
What feels most true for me right now, and what am I questioning?



Who in my life might be supportive of my spiritual exploration?



How can I honor this calling while maintaining my responsibilities?



# *Coaching Questions*

## FOR THE NEXT LEVEL OF EXPLORATION FOR THE AWAKENING SEEKER

What practices help me feel both open and grounded?

Do I have words to describe what I'm experiencing, or is it still ineffable?

What old beliefs no longer serve me, and what new understanding is emerging?

# What Integration Might Look Like for the Awakening Seeker

**Early Exploration Phase:** You're beginning to question beliefs and assumptions you've held your entire life, which can feel both exciting and destabilizing. You might find yourself drawn to new books, teachers, or practices that you wouldn't have considered before. Your curiosity about spiritual matters is growing even as you're not sure exactly what you believe.

**Shifting Perspectives:** You're noticing changes in what matters to you - perhaps material success feels less important while relationships and meaning feel more significant. You may be seeing patterns in your life that you hadn't noticed before or feeling called to make changes without knowing exactly what those changes should be.

## **Seeking Community and Understanding:**

You're likely looking for others who share your questions and emerging interests. You might be experimenting with different spiritual communities

online groups, or practices to see what resonates. You're learning to trust your own discernment about what feels authentic versus what doesn't.

**Relationship Navigation:** You may be experiencing some tension with family or friends who don't understand your evolving interests. You're learning when and how to share your growth without overwhelming others or compromising your own process. Some relationships may naturally shift while new ones develop.

**Integration Practice:** You're beginning to develop practices that support your exploration - this might include meditation, journaling, time in nature, or regular reading about spiritual topics. You're learning to stay grounded in practical responsibilities while allowing space for inner exploration and questioning.

# Coaching Questions

## NEXT STEPS FOR THE AWAKENING SEEKER

**Find Your People:** Connect with others who understand spiritual seeking through online communities, local groups, or spiritual centers. What are the qualities of the people you feel comfortable around?

**Develop Grounding Practices:** Experiment with meditation, journaling, nature connection, or other practices that keep you centered. What activities help you feel peaceful?

**Go Slowly:** Allow your process to unfold naturally without forcing or rushing. What do you feel is moving too fast that you need to change the pace of to feel more comfortable?

# Coaching Questions

## NEXT STEPS FOR THE AWAKENING SEEKER

**Educate Yourself:** Read about spiritual awakening and integration to normalize your experience. What books are you attracted to?

**Seek Professional Guidance:** Work with someone trained in spiritual experiences to navigate this tender time. Make a list of resources you would like to contact.

# Options for Support and Development

## Professional Options

- Spiritual Integration Coaching - Work with coaches trained in spiritual integration and spiritual experiences
- Spiritual Direction - Traditional spiritual guidance from trained directors familiar with mystical experiences
- Transpersonal Therapy - Mental health professionals who integrate spiritual dimensions into healing work
- Peer Mentoring - Connect with others further along in integration to serve as mentors and guides

## Community Resources

- Integration Circles - Groups of people at similar stages sharing experiences and insights
- Online Communities - ACISTE forums, Spiritual Emergence Networks, and other moderated spaces (**see the resources section at the back of the report**)
- Local Spiritual Centers - Some offer support groups or classes for spiritual development
- Service Opportunities - Teaching, mentoring, or creating resources for others earlier in their journey

## Self-Directed Learning:

- Advanced Training Programs - Deepen your understanding through formal study of consciousness, spirituality, or healing arts
- Retreat Experiences - Intensive periods for deepening integration and clarity about next steps (**ensure you have had therapy for any trauma or profound challenges first, as retreats can often trigger unhealed issues and cause crisis**)
- Creative Expression - Art, writing, music, or other forms that help you express and share your integrated wisdom

# *Six Characteristics* OF A PSYCHO-SPIRITUALLY SAFE PROFESSIONAL OR CLERGY

1. Exquisite self-awareness
  - High emotional intelligence
  - Have a personal growth and devotional practice
  - Has or is developing somatic awareness and the ability to know if what they are noticing is their own or someone else's feelings
  
2.
  - Demonstrates the highest regard, caring, and respect for clients without a personal agenda
  - They care deeply about humanity as a whole without preferential treatment to people of like faith and belief
  - Aware of their biases and endeavor not to project them onto the client/student
  - Has a support team or a professional supervisor to aid in professional development and accountability
  
3.
  - They have incredibly high personal standards
  - Walking the talk and modeling a good life for their clients
  - Humble, open, nurturing, and grateful to the world
  - Holds themselves accountable when they do not meet their standards in a nonpunitive, forgiving manner

# Six Characteristics

## OF A PSYCHO-SPIRITUALLY SAFE PROFESSIONAL OR CLERGY

4.
  - Is educated about potential spiritually transformative experiences or transpersonal experiences (pSTEs)
  - Has a broad knowledge base about the different types of pSTEs and the needs and interests of experiencers
  - Understands their professional responsibilities to spiritual experiencers
  - Understands the other potential causes and contraindications and makes appropriate adjustments to their practices, teachings, and techniques to support the client's well-being
  - Knows which experiences they want to work with and which experiences they will refer to other professionals
  
5.
  - Has solid personal psychological, emotional, and energetic boundaries
  - Understands the basics of transference and countertransference and knows when it is occurring and how to stop it.
  - Has clearly defined written guidelines that they share with clients, students, and community members on what their clients can expect from them, and what they expect from their clients, students, and community members
  - Do not use their influence to coerce clients, students, or community members into having sexual or romantic relations
  
6.
  - Non-Competitive
  - Refers to other professionals who can support their client or student's wellness
  - Does not speak ill of other professionals in the field
  - Reports abuse to the appropriate authorities

# Additional Resources

## **1. Spiritual Emergence and Emergency Videos by Elizabeth Sabet**

### **2. The American Center for the Integration of Spiritually Transformative Experiences [www.aciste.org](http://www.aciste.org) -**

-A FREE Private Experiencer Forum moderated by trained moderators. This forum is for all types of spiritual experiences to share with other experiencers in a private and safe setting.

- A Support Directory of mental health professionals, spiritual coaches, spiritual guidance directors,

- A Cultural Competency Guideline for ALL mental health professionals. Please be sure to print this out and take it to your appointments to help your professional understand what you think you are experiencing.

**3. IANDS.ORG**, A research and community organization for anyone who has experienced a Near-Death or Near-Death-like experience. FREE participation in groups.

**4. Brent Spirit**, A Kundalini specialist who offers a free course on Kundalini integration, a podcast, and other services.

### **5. The International Journal of Spiritual Direction**

[www.sdicompanions.org](http://www.sdicompanions.org) - This edition of the journal provides the latest research and guidance for clergy about spiritually transformative experiences.

**6. Emerging Proud [www.emergingproud.com](http://www.emergingproud.com) - Reframing mental distress as a potential catalyst for positive change.**

# Additional Resources

## **7. Spiritual Awakening International -**

<https://spiritualawakeningsinternational.org>

Spiritual Awakenings International™ (SAI) is a non-profit worldwide network of individuals and groups who are interested in collaborating to raise awareness, network and share personal experience relating to diverse types of Spiritually Transformative Experiences™, “STEs™”, to raise global spiritual awareness.

## **8. Shades of Awakening [www.shadesofawakening.com](http://www.shadesofawakening.com)**

[sofawakening@gmail.com](mailto:sofawakening@gmail.com) The MISSION of this Facebook group is to provide a rich forum for discussion on the topics of Spiritual Emergence(y) (SE) and spiritual crisis so that those seeking support may receive the community validation, normalization, friendship, insight, understanding, education, and healing they seek.

## **9. The Spiritual Emergence Network**

<https://www.spiritualemergence.org/directory/>

SEN provides individuals who are experiencing psychospiritual difficulties with a specialized mental health referral and support service.

# Your Next Steps Forward

## *A Personal Note From Elizabeth*

Having walked my own spiritual integration journey and supported many, many others through theirs, I understand both the profound gifts and the real challenges that come with spiritual awakening.

My commitment is to provide a psycho-spiritually safe space where you can explore your experiences without judgment, receive practical tools for integration, and connect with others who understand your path.

Whether you're just beginning to awaken or have been on this journey for years, there is always a next level of integration, service, and authentic living available to you.

*I would be honored to support you in embodying your  
psycho-spiritual process!*

## *The Journey Continues*

You've taken an important step in understanding your spiritual integration process. Knowledge is powerful, but transformation happens through supported action and continued growth.

**You Don't Have to Walk This Path Alone  
Join the Free Monthly Extraordinary Experience Sharing Group**

Every month, I facilitate a free sharing group for you to connect with others who have had extraordinary, non-linear awakening experiences. Please go to [elizabethjsabet.com/group-sessions/](http://elizabethjsabet.com/group-sessions/) to learn more and register.

# Professional Support Makes a Difference

## Research and experience show that having proper professional support during spiritual integration:

- Reduces the time and intensity of challenging integration phases
- Prevents spiritual emergency from becoming a spiritual crisis
- Helps you maintain relationships during periods of growth and change
- Provides tools and frameworks for ongoing integration
- Connects you with a community of others on similar journeys

### Ready to Explore Working Together?

If you're feeling called to deepen your integration journey with personalized support, I invite you to explore how we might work together.

### Your Free Consultation Invitation

To help you determine the best path forward for your unique situation, I offer a complimentary 30-minute consultation where we can:

- Explore your specific integration challenges and goals
- Discuss which approach would be most supportive for you
- Answer your questions about working together
- Ensure we're a good fit before making any commitments

### How to Connect

#### Schedule Your Free Consultation:

 **Schedule Your Appointment: [HERE](#)**

#### What to Include in Your Message:

- **Your integration type from this assessment**
- **Brief description of what you're experiencing**
- **What kind of support are you most interested in exploring**
- **Your availability for a phone conversation**

# *Professional Support Makes a Difference*

## **Elizabeth's Specialized Services for Spiritual Integration**

### **Awakening and Spiritual Integration Coaching**

For all integration types

- Private or group coaching options
- Safe container for processing experiences
- Practical tools for daily integration
- Community with others who understand your journey in the Monthly Extraordinary Experiences Sharing Group

### **Core Success Activation Private Workshop**

Especially supportive for those feeling stuck or unclear about next steps

- 2-hour intensive breakthrough session
- Identify and release blocks to authentic expression
- Create a clear roadmap for moving forward
- Foundation for ongoing coaching work

### **Spiritual Response Therapy (SRT)**

For those seeking energetic clearing and deeper healing

- Clear subconscious blocks and limiting beliefs
- Address spiritual interference or attachments
- Support for those experiencing spiritual emergency
- Complement to integration coaching