

Is It Awakening or Breakdown?

10 Signs You're Going Through a Spiritual Awakening, and How to Stay Grounded Through It

AFTERLIGHT
COACHING

A free guide from Jeff Kay
Spiritual Awakening & NDE Integration Coach

You're not broken. Something is opening.

I know this territory personally. After my own spiritual awakening and a near-death experience, I came back to a life that no longer fit. Old goals felt empty. Feelings were louder. Things I couldn't explain kept happening, and the people around me didn't have language for any of it.

If you're reading this, you may be somewhere similar. This guide will help you tell the difference between an **awakening** and something that needs **medical or mental-health care**, and give you simple ways to stay grounded while it unfolds.

The 10 Signs (1–5)

> **1. The old life stops fitting.** Your job, routines, or goals suddenly feel hollow, even if nothing "went wrong."

> **2. Heightened sensitivity.** Noise, crowds, news, or certain people drain you faster than they used to.

> **3. Deep questions won't go away.** Who am I? Why am I here? What happens when we die?

> **4. Meaningful coincidences.** Synchronicities, dreams, or "signs" that feel personal and hard to dismiss.

> **5. Emotional waves.** Old grief or joy surfaces out of nowhere, sometimes both in the same hour.

The 10 Signs (6–10)

6. Relationships shift. Some connections fade; you crave fewer, more honest ones.

7. Body changes. Sleep, energy, and appetite shift. You may feel tingling, heat, or waves of energy.

8. Less fear of death, more love of life. Especially common after an NDE.

9. A pull toward purpose. You want your life to *mean* something and to help others.

10. Feeling alone in it. You're afraid people will think you're "crazy" if you share what you've experienced.

When it's more than awakening. Please reach out to a doctor or licensed therapist if you have thoughts of self-harm, can't sleep for days, lose touch with reality, or can't function day to day. In the US, call or text **988** anytime. Getting care doesn't cancel your awakening. It supports it.

5 Ways to Stay Grounded

> **Feet, then breath.** Press your feet into the floor and take 5 slow breaths, exhaling longer than you inhale.

> **Eat real, regular meals.** Protein and warm foods steady an overstimulated nervous system.

> **Get outside daily.** Ten minutes of sunlight, trees, or water brings you back into your body.

> **Write it down.** Journal experiences without judging them. Patterns become clearer over time.

> **Find one safe person.** You don't need everyone to understand, just one who listens.

Reflection

Which signs did you recognize? What is your life asking you to let go of, and what is it asking you to become?

🎙️ **Listen to *Beyond the Veil*.** Real stories of awakening, near-death experiences, and what lies beyond, including my own. Presented by Afterlight Coaching, wherever you listen to podcasts.

You don't have to integrate this alone.

Book a free 30-minute Clarity Call. We'll talk about what you're experiencing and what support would help.

afterlightcoaching.com · jeff@afterlightcoaching.com · (703) 861-2793

Awakened. Grounded. Whole.

Afterlight Coaching offers coaching, not medical or mental-health treatment.