

What's happening to me?



Are you experiencing colours, fog, unusual sounds, difficulty concentrating, dizziness, feelings of panic, big ideas, or involuntary movements? These can all be signs of a spiritual crisis—an experience that has profoundly shifted your perspective on the world around you. Such shifts can be triggered by various events, like an operation, trauma, an ayahuasca ceremony, or other experiences that may affect people differently. Rest assured, this

is a normal response, and these sensations will eventually subside.

1. Typical Symptoms

- Seeing coloured lights, clouds, fog, visions
- Involuntary movements
- Intense emotional experiences
- Altered states of consciousness
- Hearing sounds such as choirs, music, talking
- Unable to sleep
- Restless, mind very active but can't concentrate
- Not eating, not hungry
- Panicky feeling
- Dizzy
- Feel presence of other being/s
- Big temperature changes
- Ego-inflation; could believe reincarnation of Jesus or Mary

2. Take action

Grounding

- Spend 10 minutes barefoot on the ground outside
- Stop meditation practice
- Vagal breathing, in breath for count of 4 and out breath for count of 8
- Eat porridge, stews with barley (meat is very grounding)
- Yoga, Tai Chi, or Qigong exercise

Cleansing

- Shower and imagine clear pure energy brushing down your body, cleansing you physically and energetically
- Cold shower can be very good for this
- Smudge your place by; burning herbs, using Holy water, Clearing and protection sprays, Aqua de Florida water

Reconnecting

- Physical exercise, walks, swimming, running etc
- Take your time, don't make quick decisions
- Sitting with your back to a tree and feeling the deep connection down into the earth and asking for support
- Paddling in a stream
- Be with understanding friends
- Connect with support networks
- Express yourself, drawing, painting or stream of consciousness writing
- Relaxing in a soothing bath
- Avoid stimulants; tea, coffee, fizzy drinks, excessive amounts of sugar

3. Understanding

A spiritual crisis is a dramatic opening up to the sacred, to the higher realms. In some cultures, this is celebrated and a well known

phenomena, but here in the UK and the West we have lost that understanding, and don't have any framework of reality that this experience fits into. The intensity of the experience will gradually reduce, and you will understand the world in a slightly different way afterwards.

4. Support

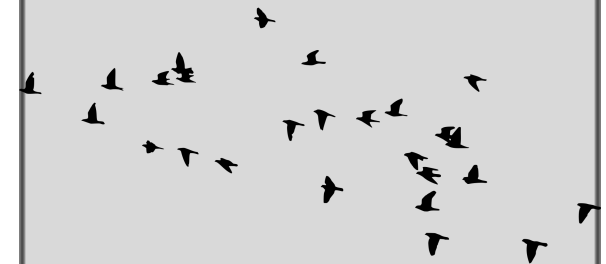
Internet

- Spiritual Crisis Network, UK
- The International Spiritual Emergence Network
- Facebook: Spiritual Crisis Network

Books

- *In Case Of Spiritual Emergency*, by Catherine G Lucas
- *Spiritual Emergency: When Personal Transformation Becomes a Crisis*, by Stanislav & Christina Grof

Spiritual Crisis



Information
Leaflet

Shamanichealerscircle.com