

# WORKBOOK

## 24 HOUR SPIRITUAL AWAKENING CHALLENGE

Up-level your life and your business in just 24 hours

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## ABOUT GRIGORIA



### GRIGORIA KRITSOTELIS

SPIRITUAL ENTREPRENEUR & BUSINESS COACH

Grigoria is a marketing consultant turned spiritual entrepreneur and business coach. She is dedicated to lifting the vibration of the earth by spreading the message of light.

Grigoria is a thought leader, entrepreneur and a creative intellect. With years of experience in both the marketing world and the small business world, Grigoria has built a successful career through numerous entrepreneurial endeavours. Having been the owner of a number of successful small businesses she understands firsthand what is required to build a business and what it takes to be successful.

With multiple degrees and diplomas in Marketing and Management Grigoria has the knowhow and expertise to effectively build and grow a business whilst having the passion to share her knowledge with others and build a community of like-minded successful entrepreneurs. With a strong work ethic, attention to detail and a flourishing creative nature, Grigoria is able to creatively work with clients in a way unlike other business professionals, and think outside the box to provide people with unique and distinct solutions. Grigoria is a skilled and driven individual who approaches every project with passion and creativity.

Grigoria is also the Creative Director & Co-Founder of Creative Bar Marketing Consulting Agency.

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# SPIRITUAL AWAKENING EXPLANATION

People experience spiritual awakenings in various different ways. Some of the most common "signs" of your awakening are the following:

## BLISS/EUPHORIA

This is like the initial sign of spiritual awakening where you are cleansing your body from the toxicity of fear, guilt, jealousy, etc. After a while though, the feeling of bliss becomes natural too you, which in time no longer feels like a euphoric experience, because it just is as it is.

## DISORIENTATION

Some people don't ever experience bliss, instead they feel a sense of disorientation. You may feel unsure about life, and the transition between what was (your old habits and beliefs) and now what is (your new found truth) can be confusing. To work on this, you must convert your new found truth into beliefs and habits, to become more clear about your journey. (There is a CLARITY activity included in this workbook).

There are many other common signs, but these are the most popular, and a good place to start your understanding.

This workbook will not guarantee a spiritual awakening for you, but what it will do is open your mind to thoughts and ideas that will lead to a spiritual awakening if you desire it to.

We will focus our awakening from an intuitive hustle perspective. You are most likely here because you have a business and believe in building that business, but the woo woo in you wants to align that business with your spiritual beliefs to make sure you build it ethically and are consciously aware of your soul's purpose.

The activities outlined in this workbook are to open your mind to new ways of thinking that are relatively simple but feel very natural. They will likely be "the next step" from the thoughts you have been thinking.

The four activities outlined in this workbook will take you no longer than one hour to complete. You can complete them all at once or over the day. Make sure to complete them within the 24 hours, to tap into your new truth. This is the stepping stone into your new reality.

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## ACTIVITY LIST

MEDITATION	5-15 mins
CREATIVE VISUALISATION	15 mins
CLARITY	15 mins
GOALS	10 mins

# STEP ONE

# MEDITATION

Watch the video provided on the Spiritual Awakening homepage in the Activity Prompts section about Meditation.

## *Let's Meditate*

### ONE

After watching that video, find a place where you will practice your meditation that feels comfortable. Choose if you will sit or lie down.

You do not need to create a "space" to meditate if you don't want to or you don't have the room. You can meditate anywhere, as meditation is a practice of the mind. It is a practice of spiritual awareness. However, if you would like to create a space for your meditation practices, make it as comfortable as you can. Surround yourself with objects (such as candles, crystals, salt lamps, etc.) and props (cushions, blankets, etc.) that make you feel at ease. But simply sitting on a chair or on your bed is fine. Ideally it is a space away from other people - unless you are doing a group meditation practice.

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# STEP ONE

# MEDITATION

## *Let's Meditate*

### TWO

Choose your soundtrack or just sit in a quiet place. Set your timer if you choose to set a time. (We recommend that you practice for between 5 mins to 15 mins today)

Sitting in silence is very useful for the connection to self within your mind. Sitting in silence during your practice can be very effective, however, again it is more important that you feel comfortable and relaxed. If music relaxes you, the opt for music, but slowly try to integrate silence into your practices and see if they are more effective.

There is an app called "Calm" which has background sounds that you can play while you meditate.

Start with 1 minute, then gradually increase to 5 minutes, and then try for 10 minutes. It is important that you don't force yourself to meditate for long periods of time if you are not ready for that. It will be physically and mentally exhausting and you will not achieve your desired results. Instead take time to gradually increase your practice. You want to be able to relax your mind without causing stress to your physical body. Do what feels right for you, regardless of what others are doing.

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# STEP ONE

# MEDITATION

## *Let's Meditate*

### THREE

Close your eyes and surrender your thoughts.

Most people find it easiest to close their eyes, as they find it works best to relax the mind and eliminate distractions. However, you may also choose to keep your eyes open, by lowering your eyes and letting your gaze be soft. Again, it is important to find a method that feels comfortable to you.

When you notice your mind begin to wander back to thoughts, you can come back to the present moment by returning to your breath. Re-focus on your breath. Do not be discouraged or worried if this happens multiple times, this is normal and it will become easier to come back each time through practice. Also, don't try to stop your thoughts, they are natural, acknowledge they are there and then release them and come back to your breath.

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# STEP ONE

# MEDITATION

## *Let's Meditate*

### **FOUR**

Begin with a long deep breath in. Hold your breath and then release slowly.

Focusing on your breath is a great way to eliminate distractions and allow your mind and consciousness to be present in the moment. Try focusing on the inhaling and exhaling of each breath. Breathe in, hold, breathe out. The length of each action doesn't need to be moderated, again, find a pattern that feels comfortable to you. However you may like to try, breathe in for 4 counts, hold for 6 counts, breathe out for 8 counts.

### **FIVE**

Feel your blood flowing through your body to all your extremities.

### **SIX**

Focus your thought on the action of your breath.

If you are finding it difficult to settle and you keep being distracted to outside noise, try counting your breaths. For every 20 counts, return to one. Alternatively you could focus on just one of the outside noises, such as a bird chirping or the washing machine circling. Rhythm is a great tool for relaxation. Your third option is to use a meditation soundtrack. There is an app called "Calm" which has background sounds that you can play while you meditate.

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## STEP TWO

# CREATIVE VISUALISATION

Watch the video provided on the Spiritual Awakening homepage in the Activity Prompts section about Creative Visualisation.

### *Let's Visualise*

For 2 minutes sit in a creative visualisation meditation and proactively create visions of what you want to see. Enjoy the positive feelings that the visions ignite. End with "It's this or something better."

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# STEP THREE

# CLARITY

## *Let's Get Clear*

Let's do that in 30 seconds.

Getting Clear - It's this simple, "where does your mind wander?" What do you find yourself constantly thinking about? Trust your intuition.

Stop reading the rubbish online about, target markets, return on investment, conversion rates, blah blah blah. If you aren't doing what makes your soul happy, none of that matters. If you love something enough, and you believe in it with your entire being, then God will align you with the opportunities to allow you to monetise on that desire.

It may not be in the form you expected, but it will be even better. So just listen to yourself, listen to that gut feeling. You already know the answer, you just need to bring it to the surface and bask in its beauty.

**Write down a list of all the things that you find yourself thinking about. This could be things you want for your career, for love, for humanity, for spiritual awakenings.**

Once you are clear about exactly what you want, the universe will present those things to you in expected and unexpected ways.

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# STEP FOUR

# GOALS

## *Let's Reverse Engineer*

### **ANSWER THE FOLLOWING QUESTION**

Where do you want to be 20 years from now?

This may be physically, emotionally, spiritually, etc. Let your soul speak to you. Don't rely on the things you think you've always wanted, allow things to flow to you in this present moment.

If 20 years seems too far fetched, try 5 years from now.

### **BASED ON YOUR ABOVE ANSWER**

Let's make a plan to work backwards from that end goal. This process is called reverse engineering.

What would you need to do a month before you reach your goal?

What would you need to do a year before you reach your goal?

Etc. Until you reach today. You'll find that it is much simpler than you imagined.

**TRUST THE UNIVERSE TO HELP YOU WITH YOUR PLAN - IN WAYS YOU MAY NOT KNOW OR UNDERSTAND. BE OPEN TO ALLOWING.**

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