

Three Sacred Steps to Awakening

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3 Sacred Steps to Awakening

Awakening isn't something that happens outside you—it's the art of remembering your true nature. The 3 Sacred Steps of Awakening open inner gates to your true Self.

- ◆ The first step, Pulling Your Attention Inward, teaches you to reclaim your power and presence from the outer world.
- ◆ The second step, Meditation, guides you into stillness where the noise of the mind dissolves, and the heart begins to speak.
- ◆ The third step, Develop a Relationship with Yourself, grounds your awakening in everyday life—through love, nourishment, and embodiment.

Together, the 3 Sacred Steps awaken the mind, purify the heart, and anchor the soul into its natural state of peace.

3 Sacred Steps to Awakening

by *Kumari Devi*

Happiness, Spiritual Awakening and Enlightenment are not abstract ideals—they are living, disciplined paths that guide you beyond the limitations of the ego into a direct experience of your True Self.

Attaining enlightenment and spiritual awakening are doable with a committed ongoing effort for anyone willing to walk with awareness, devotion, and consistent practice.

No matter where you are in life—whether your focus is personal happiness, conscious success, or the realization of enlightenment—the *3 Sacred Steps to Awakening* will help you deepen your connection with yourself and expand your awareness in a grounded, healthy way.

An invitation is extended to you to begin the journey of Self-awareness, Self-knowing, and ultimately, Self-realization.

Sacred Step 1

Pull Your Attention Inward

We are conditioned to direct our energy outward—helping, fixing, teaching, or worrying about others. But awakening begins when you reclaim that energy and turn it inward.

Spiritual awakening isn't isolation. You're never truly alone—your friends, family, and relationships reflect who you are becoming. As you grow, your connections may shift, and that's a natural sign of your evolution.

Stop trying to manage the lives of others and become deeply curious about your inner landscape.

Step One is about consciously bringing your focus back to your emotions, body, needs, and truth. The more attention you give to yourself with honesty and compassion, the faster the layers of illusion fall away. The first Sacred Step to Awakening is to redirect your focus inward—to reclaim your attention, energy, and appreciation.

Sacred Step 1

Pull Your Attention Inward

Practice--Find Yourself in the Line

Close your eyes and imagine standing in a long line with your friends, family, and lovers.

Now, find yourself in that line. Where are you standing—front, middle, or back? Who's next to you? How do you feel standing there? Don't judge—just notice.

Now, step out of the line and stand in the number one spot. Stand at the top of the line and feel what it's like to be first in your own life. Honor your presence. Feel that you matter and are worthy of your attention.

Daily Practices

1. Notice your energy changing. Throughout the day, observe when your attention moves toward others and when it returns to you. Listen closely to what your mind says when you focus on other people and situations. Write down any thoughts that arise.

2. Heart practice. Place your hands gently over your heart chakra and say aloud: "I pay attention to myself." Repeat several times throughout the day. Feel the words sink in, grounding you in self-love and safety.

With a little practice, the simple act reprograms the subconscious mind, teaching it that you are loved and deserving of your own focus.

Sacred Step 2

Meditation – the Bridge Between Mind & Spirit

Meditation is spiritual medicine. It restores harmony between your mind and body and gently draws your attention from the outer world into the sacred space within. Through meditation, the mind softens, the heart opens, and awareness deepens.

At first, meditation may feel uncomfortable. Sitting still and quieting the mind can be challenging when you're used to constant motion or distraction. Each time you return to stillness, you strengthen the bridge between your human self and your sacred self.

Within minutes of starting your meditation practice, your mind wants to get up and do something else. That's normal. But remember—it's like taking your body to the gym, you're training your mind to become strong, peaceful, and present.

Meditation releases the tangled web of thoughts that cloud awareness. With regular practice, you begin to experience victory over the mind's repetitive patterns, leading to greater physical ease, emotional balance, and spiritual clarity.

Sacred Step 2

Meditation – the Bridge Between Mind & Spirit

Practice 1: Stillness Meditation

At least three times a week, sit quietly with no phone, no pets, and no distractions. Gently tap your forehead three times, then press your bum into your seat to ground yourself. Feel your body settle down. Notice any twitches, sighs, or restlessness—these are good signs of release. Allow yourself at least ten minutes for your energy to calm and another 10 minutes for your awareness to expand inward.

Practice 2: Breathing Meditation

Your breath is the rhythm of your soul. It anchors the mind in the present moment and connects your body to spirit. Begin with 24 breaths—slow, deep, and rhythmic. Count each breath in and allow yourself to fully exhale before drawing in the next.

Once you mastered 24 breaths, expand the practice to 100 breaths, allowing deeper stillness and focus.

Practice 3: Advanced Meditation — Untying the Mind

When you're ready for deeper work, choose a quiet place away from distractions. If it supports you, play soft music or begin with the breathing meditation above. Ask your mind to resolve the looping conversation you had a few days ago, or the feeling of being stuck in life. Ask yourself, why do I continue to think about so, in so (friends or lovers). Advanced meditation is the art of untying the mind from the outer world so your consciousness can rest in stillness, peace, and clarity.

Sacred Step 3

Develop a Relationship with You

The Practice of Self-Awareness

Sacred Step 3 to Awakening is building an authentic, loving relationship with yourself. This is more than positive thinking—it's a deep, ongoing friendship with yourself.

As you develop a relationship with yourself—you learn more about you.

- ◆ What you like or dislike about yourself.
- ◆ What scares you and what elates you.
- ◆ What keeps you distracted or what keeps you present.

The more you turn inward and listen to yourself, the more you understand what nurtures, heals, and expands you.

Step 1: Like Yourself

It begins with something simple—liking yourself. Liking yourself opens the doorway to self-acceptance, and self-acceptance naturally deepens into unconditional love. When you truly like who you are, you no longer seek approval or validation outside yourself. You begin to experience inner peace and sovereignty—the freedom of being at home in your own skin.

Sacred Step 3

Develop a Relationship with You

Step 2: Nourish Your Body

Your body is your temple. Treat it as sacred. Let food become a form of love and self-respect. Reduce sugar, processed foods, and seed oils—they dull your inner clarity and emotional balance. Instead, choose whole, living foods rich in amino acids, vitamins, and minerals to nourish both body and spirit. As your diet lightens, so does your energy field. The body becomes a clearer channel for awareness and intuition.

Step 3: Move Your Body Daily

Movement keeps your life flowing. Whether it's walking, yoga, dancing, or stretching, every conscious movement reconnects you to your aliveness.

Yoga Practice: Presence on the Mat

Yoga isn't just exercise—it's a mirror. Your mat becomes sacred ground—a space for honesty, patience, and connection. When you step onto your mat, you step into presence. Think of a yoga mat as your square (ok, rectangle), and the practice of breathing and focus is between you and the mat. The mat doesn't judge if you fall, wobble, or argue. It welcomes you exactly as you are. Through breath and movement, yoga teaches you to stay with yourself in each moment. Over time, that presence expands beyond the mat into every area of your life.

Coming Home

to Yourself

As you deepen your relationship with yourself, something profound begins to happen. Fear, anger and resistance softens. You stop judging your emotions or labeling yourself as broken or behind. Instead, you begin to meet every part of you with understanding and compassion.

Emotional and mental conditioning no longer feel like obstacles — they become gateways to greater self-awareness. Each trigger, each uncomfortable emotion is simply an invitation to heal and grow.

From a space of kindness and curiosity, transformation goes deeper.

Self-awareness opens the door. **Meditation** clears the path, where you develop a relationship with yourself—giving you the courage to walk the path to awakening —present, and deeply at peace with being you.

Beginning steps to reset your foundational consciousness leading you to sustain and embody awakening. Think of the **Sacred Steps 1, 2, and 3** as a homecoming into your sacred Self.

As you continue to cultivate self-awareness the journey doesn't end here—it deepens.

The **12 Sacred Steps to Awakening** expand on the foundations, guiding you through emotional healing, energy alignment, and spiritual embodiment.

Together, they form a complete map for living consciously and awakening fully in everyday life.

Join the 12 Sacred Steps to Awakening beginning January 2026 and continue deepening your journey toward wholeness.