

3 THINGS TO CONSIDER WHEN SHARING YOUR SPIRITUAL EXPERIENCES



KNOWING HOW TO SAFELY SHARE YOUR EXPERIENCES MAY REDUCE THE TIME AND SEVERITY OF INTEGRATION CHALLENGES

HAVING AN EXPANDING CONSCIOUSNESS DOESN'T MEAN YOU CAN'T SAFELY INTEGRATE YOUR NEW AWARENESS INTO YOUR DAILY LIVED EXPERIENCE



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Hi! I'm Elizabeth Sabet, and I am a transformational and spiritual integration coach and founder of **The Institute of Transformational and Transpersonal Coaching**. I support people who identify as having had a spiritual experience or awakening. Whether you have a call to express "something more," feel like you no longer fit into the world as you once did, or have had a non-ordinary, non-linear experience of any kind, I can help you integrate those experiences in a way that creates more peace, self-love, and creativity in your life. **But first...**

We need to talk about safety. That's not something you may often hear in meditation circles, yoga classes, and retreats. But, one of the most devastating experiences a spiritual experiencer can have is to share their experience with people who can't meet them in their experience or new truth and feel rejected or isolated ~ or even worse, you share it with an uninformed clergy or mental health professional and get told that you're talking to the devil or potentially get a mental health diagnosis when you are going through spiritual emergency and need a different type of support.

So how do you share your experiences in a way that doesn't create trauma for you, or even for your friends and family?

There is a way to be more discerning about sharing your experiences!

The information in this guide shares a few approaches I share with all experiencers in my private practice and in my non-profit work. You will also find information and resources from research and support organizations that you can share with family, friends, and support professionals.

- How to share your experiences and some potential responses to prepare for from those whom you may share with.
- Understand what support you may need to ask for as you integrate your experiences.
- How to identify psycho-spiritually safe support personal and clergy

Blessing and Light,
Elizabeth Sabet

Here's to living an integrated life of beauty, strength, and
the means to enjoy life to its fullest!

HOW TO SAFELY SHARE YOUR EXPERIENCES AND WHAT YOU MIGHT NOTICE AS YOU SHARE

When we have life-changing experiences, be they ordinary or non-ordinary, we want people to share in our experiences. We want connection, love, empathy, understanding, support, and a warm human exchange. When we don't get that, we may experience a myriad of emotions depending on how grounded we are in our own emotional sovereignty. But even the most sovereign human has some emergency emotion when they are not received well, or worse, rejected and dismissed completely. We may hope people will be interested, appreciate, and even benefit from sharing our experiences. And sometimes, that does happen. But often, it does not.

Based on my professional experience, I have listed the **average** responses people receive when sharing their non-linear, non-ordinary experiences with people who may be unfamiliar with them. NOTE! These responses don't happen to everyone! This information is being shared with you to help you prepare for safer communication. More and more information is available to share with families, clergy, and therapists about spiritually transformative experiences and "awakening symptoms." Still, much more education needs to happen to keep people safe in the integration process.

Most everyone has strongly held beliefs. And when those beliefs are challenged, people may respond angrily, show disgust, scoff, get scared, or dismiss the experiences as unreal and as a "figment of your imagination," or insist you are mentally unbalanced, sick, or 'lost.' They may even be worried that you're talking to the devil.

Even you may have responded in some of these ways during or after your experience! Often we may worry for our own sanity.

According to Dr. Janice Holden, who teaches differential diagnoses between psychosis and acute spiritual emergency, if someone knows that what they are sharing is not typically "normal," they are probably not psychotic. When sharing, they will usually say something to the effect of, "You are not going to believe this but...", or "I know this sounds wild, crazy, insane, etc., but..."

Creating safety for yourself is the most important key to a healthy integration of the experience.

Before sharing your experiences, ask yourself the following questions and determine your primary needs as you attempt to be with the experience and process all that is potentially changing for you.

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Do you have the words to describe your experience? If you don't, that's normal! Sometimes the only word a person has to describe their spiritual experience is INEFFABLE! Meaning the experience itself can't be conveyed using words. You may be able to explain how you feel about it, what is different for you now, and what was important about that experience, but not the experience itself. Sometimes trying to give the experience words diminishes the experience, and people prefer not to try to describe it. What is important is that you can describe the changes and challenges you are having because of the experience.

Are you questioning the values and beliefs you were raised to believe? That's normal too! But it can be scary or uncomfortable. Oftentimes spiritual or non-linear experiences can cause us to question our beliefs. Before you tell your family and friends about your questions and concerns, it may be helpful to find a spiritual guidance counselor trained in STEs to help you sort out your questions and perhaps come to new understandings of what you believe. They can also help you have difficult conversations with family and friends.

Are you experiencing high states of love and want to share that love with everyone? Blissful or light-filled experiences can make you unaware of how open and receptive you may have become. Feeling love for all humanity and seeing the beauty in everyone could make you vulnerable to people who want to take advantage of your loving nature and exploit your goodness and desire to be loving and helpful. This has led to dangerous consequences for many people. Unscrupulous and ego-driven spiritual teachers, unhealthy family members, and others could exploit you financially, emotionally, and even sexually. Be mindful of maintaining healthy boundaries, recognize you may still have your own shadow work or therapy to do and have a safe professional that can help you discover where your potential vulnerabilities may lie so you can be proactive in creating safety while expressing your love in the world.

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Are you experiencing a dark night of the soul? A dark night of the soul can happen for many reasons; a crisis of faith and meaning, isolation, a loss of a sense of closeness to God after having had a light-filled experience, and other aspects of spiritual loss. The risks of a dark night process can be isolation from family and community at the least and suicidal ideation at the worst. This process can be very scary for your family and friends as well. Be sure you reach out to a trusted spiritual advisor or spiritual guidance counselor for support and to help you have safe conversations with your family.

If you become suicidal, call the National Suicide Hotline at 1-800-273-8255 or after July 16, 2022, dial 988. You may be at risk for hospitalization, so it is crucial to look at the resources from ACISTE - The American Center for the Integration of Spiritually Transformative Experiences and download their Competency Guidelines for Professionals to share with your mental health provider while you are in care or have them contact your safe support person who can share it with them if you are unable to do so.

Look at the section on the bottom of Page 6, What Support Do I Want? to find the right words to explain what you believe your support needs are.

Did you have a dark spiritual experience or a spiritual experience that scared you? Follow the same advice as for the Dark Night of the Soul.

Above all, be compassionate to the people you are sharing with. They have not had your experience, and no matter how much you explain it, they cannot understand it from the same perspective you do because they did not have the experience. Sharing from a place of sensitivity and compassion will go a long way to helping the people in your life understand the changes and challenges you may be facing.

QUESTIONS TO ASK YOURSELF TO DETERMINE WHAT SUPPORT WOULD BE MOST BENEFICIAL

Do I feel safe? Am I able to function well?- If your experience created a drastic change in your beliefs and world views, you may no longer feel solid and stable in the world.

Many people begin to realize they don't know who they are anymore, or their old belief system just changed in an instant. They don't know how to live from their new belief system without upsetting the people they love and may no longer feel safe in their old relationships.

Sometimes the experience itself could have been frightening.

Sometimes experiencers are so connected to love and bliss that they forget how to function in the 3D and can no longer hold a job, pay bills, or care for their family.

If you don't feel emotionally or mentally safe - It is important to find an STE (spiritually transformative experience) *trained professional* (see the resource section) who can help you determine what needs to shift for you to both feel and BE safe in the world while you are integrating your experience. They can also help you determine what is true for you after the experience and help you sort out what you want to change and what you want to stay the same.

If I need to take time off work and away from the world, do I have enough money to care for my basic needs?- Some people cannot return to normal functioning right away after a strong STE. The period of non-functioning could last a few days, weeks, months, and in some cases, a couple of years. An STE-educated and trained support team can reduce the length and severity of the acute-phase spiritual emergency.

If you are seeking awakening or higher spiritual experiences, it is best to prepare financially, so if you would like to take an extended retreat to support your integration gently, you can. If you are currently in a state of spiritual emergency and need free assistance, please see the resource section for sources of free support.

What support do I want? - Someone who will listen to me who understands? Someone to help me figure out what to do next? Someone to help me communicate with my family? Someone to help me find out what all this means? Someone who can make the experience stop? Someone who can help me find out what this all means? Someone who can help me live my new purpose and calling? I need a quiet place to figure things out where I am safe? Having the words to tell a professional what support you want will help you connect to the right professional for you.

6 Characteristics of a Psycho-Spiritually Safe Professional or Clergyperson

If you don't feel comfortable with a professional, you have the right to seek other support. If you need a specially trained support team, please review the resources at the end of the booklet to find properly trained professionals.

- 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 theirs or someone else's feelings
- Holds no personal agenda
 - Highest regard, caring, and respect for clients without 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 to not project them onto client/student
 - Has their support team or a professional supervisor to aid in professional development and accountability
- 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
- 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 (see Definitions) 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
- 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 (see definitions)
 - 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
- Non-Competitive
 - Refers to other professionals that can support their client or student's wellness
 - Does not speak ill of other professionals in the field
 - Reports abuse to the appropriate authorities

Resources

PLEASE SHARE THESE RESOURCES WITH FAMILY, FRIENDS, AND ANY SUPPORT PROFESSIONALS YOU ARE WORKING WITH!!!

- 1. The American Center for the Integration of Spiritually Transformative Experiences 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, and FREE small zoom support groups run by trained facilitators.
 - A **Cultural Competency Guideline** for ALL mental health professionals. Be sure to print this out and take it to your appointments to educate your professional about what you think you are experiencing.
- 2. The International Association of Near-Death Experiences - www.iands.org**
 - A research and community organization for anyone who has experienced a Near-Death or Near-Death Like experience. FREE participation in groups.
- 3. The Kundalini Research Network - www.kundalininet.org**
 - A research and information organization to support those experiencing a Kundalini Awakening.
- 4. The International Journal of Spiritual Direction www.sdiccompanions.org**
 - This edition of the journal provides the latest research and guidance for clergy about spiritually transformative experiences.
- 5. The International Spiritual Emergence Network - www.isen.org**
 - A collaboration of not-for-profit support organizations around the world. Each network is run by volunteers and offers information and referrals at no cost to those experiencing or affected by Spiritual Emergencies.
- 6. Emerging Proud www.emergingproud.com**
 - Reframing mental distress as a potential catalyst for positive change.

Resources

6. 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.

7. Shades of Awakening -<https://www.facebook.com/groups/1389895917996438>

- Guidelines for Shades of Awakening
- www.shadesofawakening.com 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.

8. Spiritual Emergence Network - <http://www.spiritualemergence.org/>

- SEN provides individuals that are experiencing psychospiritual difficulties a specialized mental health referral and support service. In a culture that has not understood issues surrounding spiritual development, the gift of being heard and understood by a knowledgeable and supportive listener can be life-altering. Our referrals are licensed and trained mental health care professionals who are preferably in your area (but many also work by phone or encrypted video) who have expertise with many specific psychospiritual issues.

9. The Silent Stay Hermitage - <https://www.silentstay.com/>

- We are in the planning stages of opening our Silent retreats here in Montecito, California. We will be announcing our schedule within the coming months. Please request our newsletter to stay informed of our progress.

10. Antarabhav - <https://antarabhav.org/>

- To build a FREE community with the help of volunteers, for those who are undergoing a turbulent period of psychological opening and transformation.

What's happening in your body as you read this guide? Are you excited or nervous at the thought of integrating your awakening?

If you are nervous but intrigued or excited and want to learn more, I invite you to set up a free conversation with me to discuss the dilemmas you are facing in your integration process and help you decide on the most helpful support for you at this time. **This is not something you can read a few books and watch a few YouTube videos about and come to an informed decision.**



--Email Elizabeth at
elizabethj.sabet@gmail.com
or call at **806-928-7242**

**For a FREE 30 minute consultation
to help you discover your best course
of support**

Elizabeth Sabet **Spiritual Integration Coach**

Elizabeth Sabet, the founder of The Institute of Transformational & Transpersonal Coaching, helps people who are awakening discover what these experiences mean for them and how to integrate and answer the call that arises from deep within their soul.



Her coaching philosophy is based on the belief that all professionals working with people need to start by connecting and listening to the client's spirit first; we can then support the client in a fuller psycho-spiritual evolutionary process. She believes each spiritual or transpersonal experience deepens the client's awareness of higher consciousness levels and their calling. These experiences develop new aspects of the soul and call us to use our talents, gifts, and skills to support the evolution of our minds and that of planetary consciousness.

The dilemmas experiencers face are many. Their values may have changed but may still be living according to their values before the awakening. They are afraid of drastically changing their lives and possibly losing friends and family, OR they want to change their whole life but don't know what step to take first. With 14 years of experience as a Transformational Transpersonal Coach, Elizabeth helps her clients navigate both the light and dark aspects of the awakening process to create a life of purpose, sustainable connection, and empowerment through her SpiritPath Coaching Method.

Her professional background is in administrative law dispute resolution, training, the management of early childhood programs, and transformational, transpersonal coaching. She lives in Lubbock, Texas and has raised two beautiful daughters, and is a proud grandmother to two amazing boys.



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