



FREE STARTER GUIDE

7 Signs You May Be Experiencing a Spiritual Energy Surge

A grounded way to notice what is happening

NOTICE	GROUND	REGULATE	INTEGRATE	ALIGN
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For education and reflection. Not medical or crisis care.

S.J. Emit



SIGN 1

Body sensations become harder to ignore

Tingling, buzzing, warmth, pressure, chills, or waves may become more noticeable during meditation, rest, breathwork, or ordinary moments.

NOTICE

Where is the sensation? Is it changing, spreading, softening, or staying steady?

A GROUNDED RESPONSE

Name the physical facts before assigning meaning. Feel your feet, look around the room, and let the breath remain natural.

A sensation can be meaningful without needing an immediate explanation. Stabilize first. Interpret later.

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ENERGY SURGE METHOD

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SIGN 1 OF 7

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1

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Remember

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SIGN 2

Your attention keeps returning to the sensation

You may find yourself scanning the body repeatedly or checking whether the feeling is still present.

NOTICE

Am I observing with curiosity, or monitoring from fear?

A sensation can be meaningful without needing an immediate explanation. Stabilize first. Interpret later.

A GROUNDED RESPONSE

Widen attention. Notice three neutral objects, two sounds, and one point of physical support.

The sensation does not need all of your attention.

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SIGN 2 OF 7

Your attention keeps returning to the sensation

You may find yourself scanning the body repeatedly or checking whether the feeling is still present.

2**NOTICE**

Am I observing with curiosity, or monitoring from fear?

A GROUNDED RESPONSE

Widen attention. Notice three neutral objects, two sounds, and one point of physical support. The sensation does not need all of your attention.

Remember

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SIGN 3

You feel unusually wired or overstimulated

A practice that once felt calming may leave you alert, restless, emotionally charged, or unable to settle.

NOTICE

Can I stop this practice willingly? What would less intensity look like today?

A GROUNDED RESPONSE

Pause stimulating practices. Choose food, water, ordinary movement, conversation, and familiar routines before doing more inner work.

A sensation can be meaningful without needing an immediate explanation.
→ *Stabilize first. Interpret later.*

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SIGN 3 OF 7

You feel unusually wired or overstimulated

A practice that once felt calming may leave you alert, restless, emotionally charged, or unable to settle.

3**NOTICE**

Can I stop this practice willingly? What would less intensity look like today?

A GROUNDED RESPONSE

Pause stimulating practices. Choose food, water, ordinary movement, conversation, and familiar routines before doing more inner work.

Remember

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Stabilize first. Interpret later.

SIGN 4

Sleep or daily rhythm changes

You may have difficulty winding down, feel activated late at night, or lose the steady rhythm that usually supports you.

NOTICE
What happened before the change in sleep, energy, or routine?

A GROUNDED RESPONSE
Reduce evening stimulation and return to a predictable wind-down. Rest is part of integration, not an interruption of it.

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SIGN 4 OF 7

Sleep or daily rhythm changes

You may have difficulty winding down, feel activated late at night, or lose the steady rhythm that usually supports you.

4

NOTICE

What happened before the change in sleep, energy, or routine?

A GROUNDED RESPONSE

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Remember

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SIGN 5

Emotions rise more quickly

Tears, tenderness, fear, irritation, grief, or relief may appear with less warning than usual.

NOTICE

What emotion is here, and what does it need from ordinary life?

A GROUNDED RESPONSE

Let the feeling be information rather than proof of a spiritual conclusion. Slow down, journal briefly, and seek trusted support when needed.

*A sensation can be meaningful without needing an immediate explanation.
Stabilize first. Interpret later.*

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SIGN 5 OF 7

Emotions rise more quickly

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5**NOTICE**

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A GROUNDED RESPONSE

Let the feeling be information rather than proof of a spiritual conclusion. Slow down, journal briefly, and seek trusted support when needed.

Remember

A sensation can be meaningful without needing an immediate explanation. Stabilize first. Interpret later.

SIGN 6

You feel pressure to find an explanation

Searching, comparing stories, and collecting interpretations can become more urgent as the experience becomes unfamiliar.

NOTICE
Is this explanation helping me become steadier, or making me more afraid?

A GROUNDED RESPONSE
Set a limit on searching. Keep interpretations provisional. Choose the explanation that supports safety, agency, and daily functioning.

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SIGN 6 OF 7

You feel pressure to find an explanation

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A GROUNDED RESPONSE

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Remember

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SIGN 7

Intensity is followed by a quiet phase

After a charged period, sensations may lessen and the experience can feel ordinary, flat, or strangely distant.

NOTICE
What remains useful now that the intensity has changed?

A GROUNDED RESPONSE
Do not force the experience to return. Let insight become sleep, boundaries, kinder choices, and small actions that fit real life.

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SIGN 7 OF 7

Intensity is followed by a quiet phase

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7**NOTICE**

What remains useful now that the intensity has changed?

A GROUNDED RESPONSE

Do not force the experience to return. Let insight become sleep, boundaries, kinder choices, and small actions that fit real life.

Remember

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ONE-MINUTE RESET

Notice. Ground. Regulate.

Use this when an experience feels intense, confusing, or difficult to place.

1

Notice

Name three physical facts without interpreting them.

2

Ground

Feel the floor, the chair, and the room around you.

3

Regulate

Lower intensity. Stop the practice if you need to.

4

Integrate

Ask what ordinary action would support you now.

5

Align

Choose the smallest grounded next step.

Safety first

New, severe, persistent, or concerning symptoms deserve appropriate medical or mental-health support. Grounded spirituality respects your health.