



# Insights of Awakening

Your go-to insights & foundation of your awakening journey are the key and simple truths that we can always come back to and rely upon to keep us centered and aware on our journeys.

Your Keys to Ascension

[5DFULLDISCLOSURE.ORG](https://5DFULLDISCLOSURE.ORG)

# INSIGHTS

All energy must be expressed either consciously or unconsciously. If your environment, experiences, or life does not reflect joy, abundance, growth, and love, then you are unconsciously creating your reality versus consciously.

All pain, illness or disease is based on energetics. Every ailment within the body has an energetic root cause, and an emotional root cause. You can heal any ailment if you heal the underlying energetic.

Any thought that does not bring you joy or inspiration is based in EGO/lower thought.

What you resist persists, what you look at, you let go of.

Accept, embrace & allow.

Triggers are treasure. Anything you do not like in another, exists in you.

# INSIGHTS

If something is not working for you, change it.

If something is working for you, do not change it. Doing the same thing over and over and expecting a different result, is insanity.

We are all God, with God.

Source is feminine, the yin, internal. She exists within us all, she birthed our souls. The masculine are outer, the yang, the structure and direction of feminine energy.

Awareness transforms into consciousness.

Love and the unknown are the only real energies in existence.

Non-attachment is true freedom.

Be the change you wish to see.

The present moment of now is where all things exist.

# INSIGHTS

Separation is an illusion.

What is real will always remain.

Nothing in existence can be known, only felt.

We don't know shit.

There are no mistakes. Everything is either a lesson or a blessing.

Surrender is key.

Do not lead with words, lead with action. Lead by example.

Trust the process.

When in doubt, ask your angels for 3 synchronicities or confirmation.

Do not take ANYTHING personally. Only the EGO gets offended.