



Spiritual Tools for Awakening: A how-to guide – is a counterpart to *Awakening to your Nature as a Spirit Being Incarnated on Earth*. This practical guide offers insights and techniques that can serve as supports on the awakening journey of a spirit being. The guide is written to be broad to cater to the spiritual development interests and needs of different individuals while being specific in each section to include tangible suggestions that can bring improvement into the lives of individuals.

Preface as an excerpt from the book:

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Preface

This book is meant primarily for the spiritually-oriented individual. A spiritually-oriented individual is one who has come to some awareness that their existence is more than simply their physical body with its mechanical processes that support physical life.

In selecting the how-to topics that make up the core of this book, I included topics that I have explored, worked on, and integrated. In addition to my own experiences and realizations, I draw on experiences of others who are on their own spiritual journeys. I decided to write this book because I realized that I and several others who have been on the path to greater awakening lacked a resource such as this one to aid in the awakening process. We had to figure much of it out on our own, and in my case, I made mistakes on several occasions. This book is a result of my wiser self now in a position to share some of its insights and realizations. Once one succeeds in integrating with and following the guidance of their Higher Self, they would have made great gains on the awakening journey.

There are a variety of spiritual tools that feature in this book. Some of these spiritual tools are actual physical tools. One example of a physical tool is a crystal that can be used for spiritual ends. Another example are physical tools used for divination. Other spiritual tools in this book are methods or techniques that involve use of the physical body, such as applying meditation for problem-solving. Yet other tools in this book are attitudes of energy, heart and mind such as learning to love, and learning to feel one's energy field.

The common thread that connects all of these tools is a mindset that realizes that it is possible to empower oneself by adopting spiritual tools such as these to bring improvement of various kinds through spiritual means into one's life. Each individual would have different spiritual needs and corresponding spiritual tools for those. Some individuals may need all the tools shared in this book. This book is therefore a guide for the spiritually-oriented individual to become aware of diverse possibilities for personal growth from which to choose what aspects to develop or explore.

The reader will find that I treat each topic to varying levels of depth and detail. While for the most part I attempt to cover some basics of each topic, often with examples and suggestions for how to apply the concepts in one's life, I intentionally leave room for the reader to explore further, to do their own research, and to potentially build upon the basics. This is done for two main reasons. First, there is such a variety among different individuals that there necessarily would also be a variety in the needs of the individuals reading this book. Therefore, beyond the basics, the specifics would ideally be determined by the reader. The second reason is to encourage the expression of choice and personal responsibility in the reader. In several cases, it would be up to the reader, if they so choose, to explore more by themselves in order to build upon what is introduced in a section if they want to learn more about it.

In essence, my aim in this book is to stimulate the reader to think, to dream, to explore, to deduce, to view, to attain, and more. In each section, the topic I present and then discuss covers an aspect of that topic. It does not cover every aspect. As the reader works through each section, questions might arise in mind. Since not every aspect pertaining to the topic of a given section is covered,

by necessity not all answers shall be available to the reader who is stimulated into thinking, exploring, discerning, integrating, summarizing and otherwise making sense of the content within each section.

The onus, then, primarily falls on the reader to exercise personal responsibility to find their own answers in relation to interests and to questions that might arise when reading a section. While in certain cases I may elect to answer readers' questions pertaining to a section, there would be other cases where I either cannot answer a reader's question or where I may choose not to. In these latter instances, let it be known to the reader that I do so in full respect of the inquirer's ability to seek for and find answers of interest to themselves, and also such action would constitute a support of the reader's personal responsibility for their own intellectual and spiritual development. This could mean that where I may have a question unanswered, that you as the reader would find the answers by yourself.

The journey toward awakening can be a truly exciting one. On this journey, you get to learn more about yourself, about why things are the way they are in the world, and about what our place as Earth humans is, in all of this. This book thus serves as practical counterpart to the book *Awakening to your nature as a spirit being incarnated on Earth*, in which I present a thesis on reasons for the way the world, is and of the processes of awakening of spirit beings currently engaged in the Earth human experience. The material in this book supports the material in that one, and vice-versa.

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Kwame Adapa
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