

# Awakening and Enlightenment Insights

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**I've been asked by a number of people about awakening and enlightenment. That said, I'll provide some of my insights down below: (1-8)**

- 1). Awakening and Enlightenment can be intellectual, spiritual and psychological in nature.
- 2). Awakening and Enlightenment can be instant, gradual or possibly never.
- 3). There's a difference between awakening and enlightenment. An awakening is a shift in consciousness whereas enlightenment is the knowledge and information you've obtained.
- 4). What you believe (perceive) and know may be two completely different things.
- 5). Many people know things, but they can be careless until they're personally affected. Trust me, experience itself could be your best teacher and only then you can truly relate and understand.
- 6). Knowing what I know, awakening and enlightenment can be induced in various ways.
- 7). Awakening and enlightenment can have both positive and negative effects, consequences, outcomes or results.
- 8). For awakening and enlightenment, it's helpful to seek guidance and have support.

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