

Awakening of Soul Consciousness by the Breakthrough Experiences of Life (An Approach to the Reconstruction of Reality)

Iram Gillani

PhD Scholar, Sociology Department, International Islamic University, Islamabad
irumgillani@gmail.com

Razia Shaheen

Federal Urdu University for Arts, Science and Technology Islamabad

Amber Ferdoos

Assistant Professor, Sociology Department, International Islamic University, Islamabad

ABSTRACT

This qualitative research intended to explore with a thematic analysis the role of breakthrough experiences of life that cause the deep awakening of the soul consciousness. With the purposive sampling, a homogeneous group of 10 respondents was selected from multi religions (Muslim, Christian, Zen, Buddhist, Non-dual, Hinduism) belonging to diverse cultural, ethnic, and educational backgrounds. They were identified through their recognized work that was, directly and indirectly, addressing the soul consciousness and sharing their spiritual transformation. Participants belonged to different countries including Pakistan, Lebanon, England, the USA, Norway, India, Canada, and Germany. The in-depth interviews were followed by the thematic analysis to unfold the concealed patterns and connections of their breakthrough experiences to discover the hidden meanings. The most highlighted breakthroughs that cause the awakening of the soul consciousness included loss of the loved one, near death experience (NED), prolonged illness, trauma, love, divorce, and a series of sacred dreams. Resultantly, the prevalent traits of the soul consciousness after the awakening were, deep relationship with God and nature, acceptance of Divine Will, sense of being connected with all, acquisition of wisdom, discovering the purpose of life, altruistic behavior, gratitude, pure intuitive awareness, profound inner peace and serving humanity. This research paper offers a unique paradigm for the reconceptualization of perceiving and describing breakthrough experiences of life. This study explored breakthrough experiences of varying nature as greatly productive and

constructive yet challenging aspects of inner developmental processes and spiritual transformation.

Key Words: Consciousness, Sufferings, Self-actualization, Social reality, Transformation, Divine.

INTRODUCTION

Soul consciousness is the essence of collective conscience, morality, and civilization. It has the responsibility of guiding the ego about its purpose, objective, and aim.⁽¹⁾ ⁽²⁾ Hawkins generated a scientifically validated scale that measures the levels of consciousness also known as the “scale of consciousness” by using a muscle-testing technique named applied kinesiology to articulate the nonlinear spiritual dimension. The scale described the attributes of soul consciousness and spiritual growth between the levels 200 and 500. These levels represent an insightful shift from destructive and negative behavior about life to positive and constructive transformation.⁽³⁾

According to an Islamic scholar Tarhan⁽⁴⁾, soul consciousness connects the human being to their nature and their role in the world and unfolds meanings in everything. Soul Consciousness distinguishes the human being from the other living beings. Soul consciousness is a bridge between spirit and body. God has fashioned man in the best of creation and provided him reflective abilities, cognitive as well as intelligence and soul to differentiate between good and evil.⁽⁵⁾ The human heart is mentioned in the Quran more than 120 times in different viewpoints which is the connotation of soul consciousness, Spirit, and Divine presence.

According to Taylor⁽⁶⁾, in the awakening experience of the soul consciousness, the awareness about the vision of the world and the connection with it is transformed, state of being is realized that brings deep clarity and wellbeing. In this state, people perceive a sense of meaning and harmony and transcend separateness from the world. A sense of

(1) Durkheim (1973). The dualism of human nature and its social condition. In R. Bellah (ed), Emile Durkheim: On Morality and Society, Chicago: University of Chicago Press:149-163

(2) Jung, C. G. (1964). Man and his symbols Garden City, NY: Doubleday

(3) Hawkins, D. R. (2012). Power vs Force, An Anatomy of Consciousness. Published by Hay house INC California. P 95-98

(4) Tarhan, N. (2012). Consciousness (Online). Available: [http://www. Questions onislam.com/article/consciousness#baslik2](http://www.Questionsonislam.com/article/consciousness#baslik2).

(5) Khalidah, K. A., Ramly, Z. and Lau, T. C. (2014). Business Ethics, Shah Alam, Selangor, Malaysia: Oxford Fajar Publishing

(6) Taylor, S. (2017). Exploring awakening experiences: A study of awakening experiences in terms of their triggers, characteristics, duration and aftereffects. The Journal of Transpersonal Psychology, 2017, Vol. 49, No. 1

connection and unity is developed by transcending limitations of normal state and acquisition of intense awareness. There are many causes of the awakening of this level of consciousness, among them are the intense periods of turmoil and trauma that bring about a lasting transformation of identity and developing a new psychological state that is equivalent to self-actualization or even enlightenment. This research aims to discover the role of diverse breakthrough experiences that cause the awakening of the soul consciousness. The purpose of this research is to conceptualize and understand the concealed meanings of the breakthrough experiences and in what specific way they offer their productive role in the awakening of the soul consciousness.

Methodology

This is a qualitative study with the thematic analysis to unfold the hidden patterns and connections within human experiences and discover the concealed meanings of the happening, events, and circumstances of life. For the selection of the participants, purposive sampling was used and those 20 participants were selected who have experienced the awakening of soul consciousness. To maintain the validity and reliability of the study, a group of homogeneous respondents was selected from different religions belonging to different cultural, ethnic, and educational backgrounds. They were from diverse countries including Pakistan, Lebanon, England, the USA, Norway, India, Canada, and Germany. For the data collection, in-depth interviews were conducted by using the interview guide. Data analysis was followed by thematic analysis. Through the process of the coding, data was broken down analytically which provided new insights and understandings and searching about interpreting phenomena reflected in the data. In this process events and actions/interactions patterns were compared with others for similarities and differences and then they were also given conceptual labels. In this way, conceptually analogous patterns were assembled together to form themes.

Results

Role of breakthrough experiences in the awakening of soul consciousness

The respondents shared a number of their breakthroughs that included loss of the loved one, near-death experience (NED), prolonged illness, trauma, love, divorce, and a series of sacred dreams. This study indicates that these breakthrough experiences were the strong motivational force that makes them questions life and led them to find the purpose of their existence. These experiences actually triggered their hidden false identities and persona. According to their experiences, change follows when people are faced with problems they are highly stirred to solve but they could not find the resolution within the (perceived) reality. The incompatibility of core assumptions for the present stage with external data of life experience causes conflicts but the resolution does not

come from within the paradigm of that stage because the conflict is actually the consequence of its ineffective feasibility, but rather through experiencing breakthrough that leads the perceptions and perspective to a new and more holistic worldview. Following are a few of the statements by the respondents which expressed their stance on the breakthrough experiences and in what specific way they have shifted their perspectives regarding their whole of reality. I have presented a few of the statements with a purely descriptive level to give the reader a unique and original expression.

P1: "I was sleeping and my whole life was controlled by the ego-self unless life has thrown me in a number of pains and shocking events that slap me to awake to my true reality. When I was around 14 years old, then, when my father died followed by the years of journey of meeting my twin soul in which I experienced Divine love who awakened me to my truth".

P3: "I have seen a dream of a spiritual personality who inculcated a sense of sanctity in my whole being which was the fuel for my soul awakening. In that dream, our whole discussion is based on soul paradigm and its perspectives and to follows these patterns".

P5: "I have always believed in God, when I was 40 years old, I had a near-death experience (NDE) that changed my world and I started a thoughtful and genuine journey to know more about my true self and become a more awakened being of the planet".

P6: "There have been many breakthrough experiences in my life which had changed the whole course of my life. I had been divorced two times with twin babies that let me in deep grief and intense sorrow. This pain was the major source of my journey of awakening. This experience made my actions and thoughts in perfect alignment with ultimate reality".

In all the cases, the breakthroughs were the catalyst for their awakening. The most common characteristic among all the participants was the deconstruction of the old belief system or understanding of reality. They have found a shift in their perspectives during those traumatic events that brought them to the journey of soul exploration and finding the purpose of life.

Research also found through their responses nature of these breakthrough experiences is not always visible in the form of life incidents and happening. These experiences are highly abstract and implicitly triggered for a big shift. For example, one respondent shared that reading a book regarding self-transformation had a great impact in shifting my consciousness and I had gone through some of the transcendental experiences that led me to explore new realities.

P2: "After studying Noor-ul-Huda by Hazoor Sultan Bahoo RA, I felt a mega shift in my perspective. I felt a deep inner transformation in the state of my being as if many things are reshuffling and many other dimensions are opening that I never experienced before. I had gone through many "mushadidat (witnessing)" the open the door for new understanding and wisdom.

The most prominent factor among all the cases was the deconstruction of old ego-based life and reconstruction of soul-based consciousness. There was a considerable shift in their psycho-social patterns that were the result of this shift.

Transformation in their psycho-social patterns

The most interesting finding of the transformation in their psycho-social patterns is, there was strong compatibility between the attributes of the soul consciousness with those traits that respondents have experienced after going through the breakthrough experiences. These attributes were highly attuned and harmonious. These psycho-social and spiritual elements include recognition of God, mindfulness, the realization of “who am I”, wisdom, positivity, altruism, finding the purpose of life, discrimination of essential and nonessential, and acquaintance about the other dimensional realities. These findings strongly affirm that this was actually the consciousness of the soul that was awakened as a result of these breakthrough experiences and they have recognized their soul that was internalized in the forms of these attributes. This fact was also confirmed in a research study by Taylor⁽¹⁾ which states that psychological turmoil act as a source of awakening experiences.

P1: “I no longer identify with a separate, independent, “self-existing” or “self-powered” being. I am free of this dream. I accept, and I am grateful for the uplifting experiences, I do not feel separate from the totality of existence. I am in a constant state of change, just like a child changing slowly into an adult. It is more like an evolution”

P2: “It has a huge impact on my beliefs about the existence, I can now mostly differentiate the space within while talking or doing something. My awareness is growing continuously, I have learned to letting go and moving on with the flow of now moment, knowledge regarding self and nature much fascinates me with growing interest in religious practices”.

P7: “I have deeply understood the fact, “There is a place between thoughts and I will meet you there”. I now realize the illusion of the ego-self, I comprehend that only Divine love is eternal, everything else is the lesson for the soul's growth. Sometimes I step out on faith through the whole world disapproves. I am in the group ego-mixed mind and yet not of the group ego-mixed mind”.

P9: “It made me turn towards real essence and dimension of Islam and into a deep study of soul which was a beacon of light for me. I have greater ease with myself and others. I value equality, I am strengthened by faith and I offer this strength in service to others”.

(1) Taylor, S. (2017). Exploring awakening experiences: A study of awakening experiences in terms of their triggers, characteristics, duration and aftereffects. *The Journal of Transpersonal Psychology*, 2017, Vol. 49, No. 1, 58-62

One more contributing and essential factor is the surrender and acceptance of the divine will which respondents have identified during these intense experiences. They revealed that the absence of this essential factor can prolong internal growth. This fact was also endorsed by⁽¹⁾ his study which mentioned that avoidance reduces the potential for transformation. Lancaster and Palframan⁽²⁾ also found that posttraumatic growth can be reduced when individuals escaped to face the reality. Though, those who face these challenges and accept their difficulty endured substantial personal growth.

P4: "I have learned during my painful period that if we do not accept the will of God and do not endure patience then our suffering become more intense and we keep our self in loop of unending web of thoughts of self-proclamations. We must surrender to the will of God, only then we can attain the hidden blessings of those incidents because these pains are actually the way for inner light to emerge but acceptance and surrender is the key".

P9: "It is due to the unconditional acceptance to what Divine offers you, only then transformation can be realized, otherwise our logical mind keeps us wondering in resistance to the Will of God. My unconditional acceptance during the period of my cancer has enabled me to realize how the whole thing is affected and how to be mindful of my thoughts and intentions"

P10: "I have Claustrophobia and during the process of my city scan, I have experienced a very unusual mystic experience, this process takes at least 20 min and I was too much scared of going inside, but this was the moment I have experienced the presence of God very deeply and closely, I have recited Ayatul Qursi (verses of Holy Quran) and my whole process was completed in a time which I took in completing Ayatul Qursi and interestingly these verses only take five min to complete. I asked my daughter how much time I take, she said 25 minutes, and I was amazed at this transcendental experience".

Awareness level of the participants regarding the soul consciousness

Participants shared their level of awareness, insights, and perceptions about the soul consciousness. They have expressed this phenomenon in different ways through which they internalized the soul essence as part of their beings and materialized this awareness into their daily life as social actions. According to them, soul consciousness is the real essence of every human being. They perceived the soul as a non-tangible reality that is

⁽¹⁾ Taylor, S. (2012). Transformation through suffering: A study of individuals who have experienced positive psychological transformation following periods of intense turmoil. *Journal of Humanistic Psychology* 52(1) 30–52

⁽²⁾ Lancaster, B. L., & Palframan, J. T. (2009). Coping with major life events: The role of. Spirituality and self-transformation. *Mental Health, Religion and Culture*, 12, 257-276.

manifested and expressed in the form of Divine attributes through social action by the medium of the human body.

P3:“Awakening of soul essentially means to be aware of a hidden and powerful divine system behind the working of our material world and all spheres of life and realizing that we are more than just a cognitive animal. Awareness about the soul is actually inner knowing that there are hidden layers to be known and unfolded”.

Respondents revealed that the soul is the innermost reality of every religion. The soul keeps the body alive and guides the deeds and actions according to the Will of God. They observed the essence of the soul as the combination of the knowledge of God, existence, sacred energies, and the human self. The respondents from almost all the religions mentioned in their own unique way that acquiring soul awareness or consciousness is all about balancing the inner and outer aspects of human reality. The internal and external three-dimensional materialistic world should be well-adjusted and composed.

P4:“Soul awakening is the acquisition of the true reality of the soul and to know one’s real self. This is the search for the truth and a journey that leads us to our God. The soul is the bridge between Almighty God and His creation. There are many dimensions of the awakening of the soul which starts from one’s own self and embraces the way of God in all sphere of life”.

They particularly mentioned that the inner state determines outer reality thus change comes from within, through practices, we can be aware of our inner dimensions. Faith was considered by many respondents as a major factor in the alignment of one’s consciousness with divine reality and in bringing this awareness into action. Having faith in the physical and metaphysical aspects of a human being is the core gesture of awakening of soul and inner experience. Following Divine rules of Spirit in every matter including at the individual and collective level of human life is the whole crux of soul essence. This would further mean feeding the soul as carefully as we nourish our material body. Awakening holds continuous life long process of human life”. Many respondents were of the view that duality is the main hindrance on the way of awakening. It creates misapprehension and deceptions in understanding the truth of any phenomenon.

P1:“Soul consciousness is freedom from all sorrows, pains, conditionings, false ideas and concepts, prejudices, unhealthy traditions, and untrue beliefs. This is being here/now. When the mind and brain are completely silenced then only then innate balance sprouts forth to give birth to wisdom and intelligence of soul then one is capable of living the human expression in the light”.

P3:“Albert who is instructor and master trainer of soul awakening in the US elaborated in detail the concept of soul consciousness and said, I will say that it is acting by and in pursuit of qualities of spirit. For example: choose to act truthfully, honesty, patient, trusting, always accepting appropriately responsibility for clothing, feeding,

educating, sheltering, and applying generosity, humility, forgiveness, tolerance, and gentleness, to or for all, Provide help and acceptance. Ultimately, it is connecting us to spirit, to omnipotence, omnipresence, and omniscience”.

P5:“Consciousness awareness is dissociated into needs adaptations that we experience as instinctual physiological, security, belongingness, esteem, actualizing, and spiritual impulses. Soul consciousness is the release from the conditioning mechanisms of psycho-social impulsive and embraces wholeness. Wholeness is the perceptual content of spirit”

P6:“Soul awakening needs an understanding of one’s innermost and following Shariah (Divine law) accompanied with the path guided by a mentor to learn about principles of soul consciousness and recognizing the spirit”.

They coined the term soul consciousness with “*who am I*”. According to them internalization of the soul consciousness into the self is actually the “discovering the authentic self” and realizing of “*who you are*”.

P1:“Soul consciousness is to dissolve the false identity and to realize our genuine self which gives the answer of “who am I”. The mind is not capable of merging in pure awareness very easily. For example when we are thirsty, who tells us? It is the consciousness as witnessing witness the thirst and reflects it in a mirror (mind) when our thirst has quenched, the consciousness as witness reflects in mind but the consciousness is pure from thirst. The growth of this witnessing is soul awareness which is not dependent on duality to experience”.

P4:“John internationally recognized author of six books related to the soul consciousness explained the consciousness as “I AM a free Being, this means that ‘I’ of myself, no longer has a personal identity. The Self or God or Consciousness or One or Allah, etc., all mean the same thing ‘is’ All That There Is in Truth and it is who is addressing you now. There ‘is’ nothing but “One”.

P8:“Soul awareness is an unfolding of one’s own flowering intrinsic nature. Growth is actually the attribute of the inner being. This is the realization of attainment of unity-consciousness. All the meditation techniques or religious practices are actually for the realization of our inner truth. Cultivating one’s body, mind, emotion, and energies to a certain level of maturity permeate a spring in one’s life which I feel is soul consciousness. Realizing this level of awareness needs to uproot the attention from the field of manifestation into being”.

Many respondents have explicated that universal energy is the soul consciousness which is present where ever life exists and which encompasses the Divine essence. Soul awakening was taken as a way of living and life directed to self-realization.

“Awakening of the soul means that there is more to life on this earth which can be internalized by connecting with your true, non-physical self and living this human experience with the afterlife (real life) in mind”.

P2:“Soul consciousness is the relationship with the spirit and core essence of our being. It is a remembering and rewiring with the Divine source energy of creation, who we truly are, and why are we here. This is inner knowing that is overwhelming and irresistible truth of life”.

P3:“It is the sense that there is something larger than us, whether it is meaning or energy or whatever. I feel we are all Spirit; it is what we are born from and what we will return to when our bodies (Shell/form) return to when we die. In this life, we have a choice to be aware and live our lives in Spirit which is love and peace or to follow ego which is opposite and always taking, wanting, needy and selfish. Spirituality is how we choose to live a life of love and peace and extend that to others in everyday life.”

P6:“Soul consciousness has the power and knowledge that guides this body. It is the energy of love and compassion which is our original state. The personal connection to what is beyond this immediate illusion. To bring in the illusion and yet not part of the illusion. We have a spiritual eternal family where we belong. Hell is a part of the lesson. Heaven's worlds are real and eternal. To play the game, I have to judge somewhat. That is the flaw to realize”.

P8:“Either bhakti yoga or jnana yoga, in both we take the attention away from mundane and give the attention to some mantra synchronized with breath or to some transcendental entity called Self/Atman/concentrator/witness. This practice of making the mind silent/quiet and then, in the case of jnana yoga, abiding in Self changes the body, dissolves conditioning of false self, and eventually, we are free from conditioning completely like a three-year-old baby.

Results

#	Significant statements	Formulated meanings	Themes
1	“During the painful period of my life, I started sharing my pains and suffering from God, and seeking his guidance and love”.	1. God realization 2. Seeking peace in God’s presence during pain	Deep awareness about the presence of God in one’s life
	“During my prolonged cancer chemotherapy, my relationship with God become more intense, and during those days, reconnecting with God was the most empowering. Those moments were actually the source of my connection with God”.	1. Alignment with the Divine 2. Empowerment through the connection with God	

2	<p>“Breakthrough experiences or shocking events slap us awake and make us ask questions that awaken us to our true selves”.</p>	<p>1.Questioning the phenomena 2.Unexpected happenings</p>	<p>Recognition of actual meaning and concealed purpose of phenomena/circumstances/happenings</p>
	<p>“I now realized that everything happens for a reason, these experiences come with divine messages for our soul growth. I surrender and accept to whatever happen universe offers me, whether a loss or pain”.</p>	<p>1.Everything happens for a reason 2.Surrender and acceptance</p>	
3	<p>“I now realize the illusion of the ego-self, I comprehend that only Divine love is eternal, everything else is the lesson for the soul growth. Sometimes I step out on faith through the whole world disapproves”.</p>	<p>1.Deconstruction of ego 2.Growth of the soul</p>	<p>Reconceptualization of the social reality</p>
	<p>“It has a huge impact on my beliefs about the existence, I can now mostly differentiate the space within while talking or doing something. My awareness is growing continuously, I have learned to letting go and moving on with the flow of now moment”.</p>	<p>1.Shift in the perspective about life 2.Pure inner awareness</p>	
4	<p>“The experience began a process whereby I consciously chose to live my life differently”.</p>	<p>1.Conscious living 2.Transformation process</p>	<p>Existential inquest and discovering the purpose of life</p>
	<p>“My first inquest after recovering from such acute illness was, why God saved me, what was the purpose of my life, why am I here on this planet”.</p>	<p>1.Who am I 2.True purpose of being</p>	
5	<p>“This experience has purified my thoughts and my actions become more concrete. It has increased my belief in</p>	<p>1.Purification of thoughts 2.Strengthening of</p>	<p>Socio-psychological and behavioral</p>

	the truth of all the divine rules given in the scriptures and my attitude towards people become tolerant. It has enhanced my insights by providing many answers to my quires”.	religious beliefs	transformation
	“I no longer identify with a separate, independent, “self-existing” or “self-powered” being. I am free of this dream. I accept, and I am grateful for the uplifting experiences, I do not feel separate from the totality of existence”.	1.Redefining the self-identity 2.Totality of existence	

Below are the most concrete and consistent themes that came out of the above discussion which was the subjective approach to highlight their insights and directly lived experiences. The above discussion is presented at a purely descriptive level that is followed by the level of abstraction and conceptualization that is deemed the theoretical approach mentioned below. The reason for presenting the direct experience in the above discussion was to give the reader the most original and genuine expression that also offers a rich discourse from the diversified backgrounds. I have generated these premises by identifying the most prevalent patterns, establishing the most rational relationship between them, and then creating the relational statement that provides a unique and new perspective and perceptions regarding the autopsy of breakthrough experiences and awakening of soul consciousness.

Theoretical Elements

Deep awareness about the presence of God in one’s life

Premise: God is the ultimate authority and possesses the central position in the all-encompassing reality at the micro and macro level.

Premise: Breakthrough experiences are God’s work in the most suitable and highly intellectual way that brings human beings to the deepest core of their inner self. Resultantly, soul consciousness which is the essence of the inner self is knocked down as a result of these experiences.

Relational statement: breakthrough experiences cause the deep inner awareness about the ultimate truth and presence of God through the awakening of the soul consciousness.

Recognition of actual meaning and concealed purpose of phenomena/circumstances/happenings

Premise: Every phenomenon/circumstance/event and happening in life are not random but are presented by the Divine with highly meaningful and unique lessons,

purposes, and objectives that are part of a mega scheme of the divine with the highly articulated aspects.

Premise: Soul consciousness has the inherent tendency with deeper inner knowing to unfold the true purpose and meanings of these phenomena/circumstances or happenings.

Relational statement: Breakthrough experiences bring higher awareness into the conscious experience about the meaningfulness and purpose of happenings in life. These intense experiences unfold the wisdom of the soul which is intrinsically aware of the concealed meanings behind any phenomena.

Reconceptualization of the social reality

Premise: soul consciousness possesses its own complete intrinsic action/interaction paradigm which is specialized with the highly intellectual and well-informed awareness that contains immediate truth about reality.

Premise: breakthrough experience in the form of turmoil, pains, and suffering shatter the false belief about reality.

Relational statement: the awakening of the soul consciousness causes the reconceptualization of the social reality. This awakening deconstructs the false perceptions, beliefs, and ideologies by offering its own internal awareness which is encapsulated with the Divine essence and truth of the phenomena. This inner shift unfolds the actuality of the phenomena.

Existential inquest and discovering the purpose of life

Premise: soul consciousness is the unique expression of the being with specialized traits and inherent scheme for the purpose of life in the world

Premise: Soul consciousness can be internalized in different ways and the manners in which consciousness is crystallized into a social reality that may take one of the wide ranges of possible conceptions and understandings.

Relational statement: The awakening of the soul through the breakthrough experience unfolds the true purpose of life and answers the question of “*Who Am I*”. Soul consciousness is self-aware about phenomenological experiences and their fundamental significance.

Socio-psychological and behavioral transformation

Premise: Breakthrough experiences act as a tool for the purification of the old false beliefs, ideologies, and perspectives that are not in alignment with the divine truth.

Premise: Deconstruction of the old paradigm is accompanied by the internalization of the new perspectives and standpoint through the pure awareness from the soul consciousness.

Relational statement: the awakening of the soul consciousness consequently causes the socio-psychological and behavioral transformation due to the deconstruction of the

old false perceptions and ideologies. This transformation is more productive and constructive with the optimistic and progressive approach to the purpose of existence.

Contrasting traits and attributes of self before and after the awakening of soul consciousness and spiritual transformation

<i>Category</i>	<i>Before the soul awakening</i>	<i>After the soul awakening</i>
<i>psychological state</i>	Restlessness	Peace
	Sadness	Joy
	Attachment	Liberation
	Analytic	Holistic

<i>Behavior</i>	Clever	Innocence
	Hardhearted and callous	Loving and caring
	Selfish	Compassion
	Showoff and arrogant	Down to earth and kind
	Pretenders	Genuine

<i>Emotions</i>	Limiting	Liberating
	Fear	Love
	Doubt	Trust
	Envy	Gratitude/ Appreciative
	Greed	Generosity
	Anger	Forgiveness

<i>Attitude</i>	Deceptive and dishonest	Honest and truth-aligned
	Instant fulfillment	Patience
	Limiting	Liberation

<i>Gain</i>	Power	Piety
	Wealth	Satisfaction
	Physical needs	Heart-based

	and desires	happiness
--	-------------	-----------

<i>Path</i>	Worldly guidance	Divine guidance
	Materialistic	Transcendent / Spiritual

<i>Expression</i>	Loud	Quiet
	Aggressive	Peaceful
	Panic	Calm
	Live in doubts	Trusts in the Divine
	Obsessive thinking	relaxed, just being, awareness

Discussion

Awakening of soul consciousness

Results indicate a visible shift in the contrasting attributes of their psycho-social and spiritual perspectives. During the experiences of intense turmoil and suffering, their old way of looking at reality was challenged and shattered which deconstructed their thoughts patterns, beliefs, attitudes that were not aligned with their truth. This shift in their whole schemata led them to a journey of self-exploration of “who they really are”. They started reshuffling, reordering, and reorganizing their whole paradigm about existence. This great shift actually indicated the emerging of soul consciousness because all the attributes and characteristics of the self are actually the special qualities of the soul consciousness. There is a number of evidence from different researches that support this argument about the attributes of the soul consciousness. Kastner’s research⁽¹⁾ on a group of breast cancer patients showed personal development and coined the term thriving to describe their experience of personal development. She came up with the findings that people become more responsible and genuine and develop a more deep relationship with the Divine. In another study, it was stated that due to post-traumatic growth, a great shift occurs in people’s lives that result in more spiritual evolution, refined thoughts, positivity, and connection with the divine.⁽²⁾ According to Georg Simmel, human beings

(1) Kastner, R. S. (1998). Beyond breast cancer survival: The meaning of thriving. Dissertation Abstracts International: Section B: The Sciences and Engineering, 59(5-B), 2421.

(2) Fosse, M. J. (2005). Posttraumatic growth: The transformative potential of cancer. Dissertation Abstracts International: Section B: The Sciences and Engineering, 66(3-B), 1716.

have a creative consciousness. He supposed that humans possess individual conscience and values and norms of society are internalized in the consciousness.⁽¹⁾ The attribute shown by this research are also similar to the Hawkins⁽²⁾ scale described the attributes of soul consciousness and spiritual growth between the levels 200 and 500. These levels represent an insightful shift in self with the traits of bliss, peace, love, acceptance, and courage. Respondent shared that when they experience this shift, it gave them new meaning to life, they found their purpose of existence, their connection with God/Divine becomes more strengthened with a more peaceful state of mind, body, and soul.

Conclusion

The research concludes a very interesting fact about the relationship between extrinsic breakthrough experiences and the intrinsic awakening of the soul consciousness. Breakthrough experiences are not random but are highly meaningful with unique lessons, purposes, and objectives. They manifest in the form of any distress, loss, pain, and suffering that distort reality. These distortions move the individual to the deepest core of their beings as of result which they bring higher awareness into the conscious experience about the meaningfulness and purpose of happenings in life. These intense experiences reveal the wisdom of the soul which is intrinsically aware of the concealed meanings behind any phenomena and disclose the actuality of the phenomena. The key point of extracting the true meanings from these breakthroughs is surrender and acceptance of what life offers them because God is the ultimate authority and possesses the central position in the all-encompassing reality at the micro and macro level. Breakthrough experiences are actually the divinely designed tools for the refinement of the self that is based on false beliefs, ideologies, and perspectives about life and reality and not in alignment with the truth. This deconstruction of the old paradigm is accompanied by the internalization of the new perspectives and standpoint through the pure awareness from the soul consciousness which has its own complete intrinsic wisdom that is specialized with the highly intellectual and well-informed awareness with immediate truth about reality. There are diversified means through which Soul consciousness is socialized into social reality. Soul consciousness has an intrinsic propensity with profound insights to reveal the true purpose and meanings of any phenomena/ circumstance or happenings. The significant consequences of awakening the soul consciousness are the reconceptualization of the social reality and socio-psychological and behavioral transformation due to the deconstruction of the old false perceptions and ideologies. The awakening of the soul through the breakthrough experience unfolds the true purpose of

(1) Ritzer, G. (1996). *Sociological Theories International edition 1996*, 4th edition. University of Maryland.

(2) Hawkins, D. R. (2012). *Power vs Force, An Anatomy of Consciousness*. Published by Hay house INC California. P 95-98

life and answers the question of “*who am I*”. This transformation is more creative and dynamic with a more optimistic and innovative approach to the purpose of existence.

Limitation of the study

Not everyone who has experienced any form of breakthrough can experience the awakening of soul consciousness. Therefore the findings of this study can only be verified from those individuals who have experienced deep soul awakening. The attributes of the soul consciousness are mentioned in the discussion in the form of direct expression of the respondents and also explained in the finding in the form of theoretical interpretation.

Recommendation for future researcher

What actually happens at the deeper level during the breakthrough experiences that distort the existing perceptions about reality and causes the awakening of their soul. This fact needs to dig into the fundamental nature of the consciousness with cross-cutting themes of religion, spirituality, and mainstream sciences.

BIBLIOGRAPHY

1. Blumer, H. (1969). *Symbolic Interactionism*. Englewood Cliffs, NJ: Prentice-Hall.
2. Chalmers, D. J. (2002), *Consciousness and its Place in Nature*, Published in (S. Stich and F. Warfield, ed), *Blackwell Guide to the Philosophy of Mind* (Blackwell, 2003), and in (D. Chalmers, ed) *Philosophy of Mind: Classical and Contemporary Readings* (Oxford, 2002).
3. Durkheim (1973). *The dualism of human nature and its social condition*. In R. Bellah (ed), *Emile Durkheim: On Morality and Society*, Chicago: University of Chicago Press:149-163
4. Fosse, M. J. (2005). *Posttraumatic growth: The transformative potential of cancer*. *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 66(3-B), 1716.
5. Goswami, A. (1993). *The Self-aware Universe: How Consciousness Creates the Material World*. New York: Penguin Putnam.
6. Hawkins, D. R. (2012). *Power vs Force, An Anatomy of Consciousness*. Published by Hay house INC California. P 95-98
7. Jung, C. G. (1964). *Man and his symbols* Garden City, NY: Doubleday
8. Kastner, R. S. (1998). *Beyond breast cancer survival: The meaning of thriving*. *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 59(5-B), 2421.
9. Khalidah, K. A., Ramly, Z. and Lau, T. C. (2014). *Business Ethics*, Shah Alam, Selangor, Malaysia: Oxford Fajar Publishing
10. Ritzer, G. (1996). *Sociological Theories International edition 1996*, 4th edition. University of Maryland.
11. Tarhan, N. (2012). *Consciousness (Online)*. Available: <http://www. Questions onislam.com/article/consciousness#baslik2>.
12. Taylor, S. (2017). *Exploring awakening experiences: A study of awakening experiences in terms of their triggers, characteristics, duration, and aftereffects*. *The Journal of Transpersonal Psychology*, 2017, Vol. 49, No. 1
13. Taylor, S. (2012). *Transformation through suffering: A study of individuals who have experienced positive psychological transformation following periods of intense turmoil*. *Journal of Humanistic Psychology* 52(1) 30–52