

Rachael Jayne Groover, From Personal Growth to Spiritual Awakening - Episode 343

In this Episode:

- Rachael Jayne Groover discusses the journey behind her new book "Unshakable Inner Peace" and the transformative experiences that led to its creation.
- The transition from psychological development to a deeper realm of spiritual awakening.
- The challenges and rewards of letting go of ego identity to embrace true peace.
- The significance of having a receptive body and energy field to truly perceive and interact with the world.
- The challenge of aligning seemingly opposing movements of strengthening the self and losing the self in the spiritual awakening process.
- Know more about The Awakened School, which Rachael Jayne and her husband have been developing over the past few years.

Notable Quotes:

"Unshakable to me means there is something that has taken over the Earth suit."

"Unshakable inner peace is a shift from the ego personality to the silent seer."

"When someone is very unconscious, they can't witness their own thoughts."

"The more you can get distance of just watching, just witnessing your thoughts, emotions, sensations, the more peaceful you get."

"A lot of the inner work we do is about becoming more functional as human beings."

Pearl of Wisdom:

1. Spiritual awakening is less about finding something and more about unwinding something.
2. Be more receptive.
3. You have to look at what you don't want to confront.

Resources:

Rachael Jayne Groover is the Founder of The Awakened School®. This is a community who love having an elevated conversation on spiritual awakening, human potential, and entrepreneurship. Not only is Rachael Jayne a best-selling author of three transformative books, a TEDx speaker, and Inc5000 CEO – but she is also the creator of the Art of Feminine Presence® training, a revolutionary program that has been taught worldwide to over 13,000 women in the last 13 years.

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