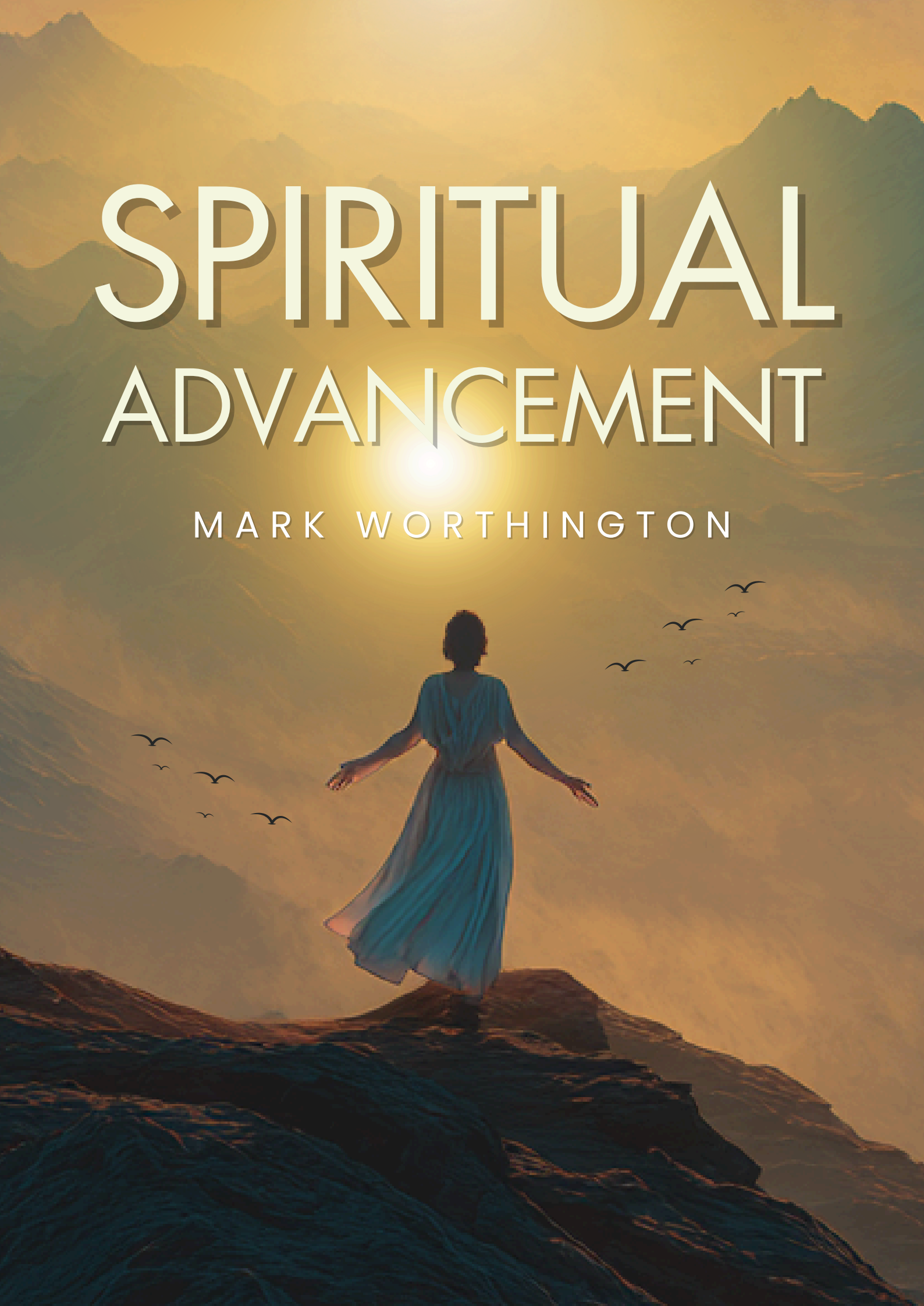


SPIRITUAL ADVANCEMENT

MARK WORTHINGTON



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Introduction

Are you on a spiritual journey, just not sure where it's all going?

Do you marvel at the psychic skills of others, and wish you had some too?

Have you been told that you can manifest from your heart, but it just doesn't seem to work?

If so, the following guidance may help you!

What Awaits Your True Self?

Hi, I'm Mark Worthington. I had a spiritual awakening in 2015 and have been on an intense journey ever since, discovering my deepest truths and levels of awareness I only ever imagined possible.

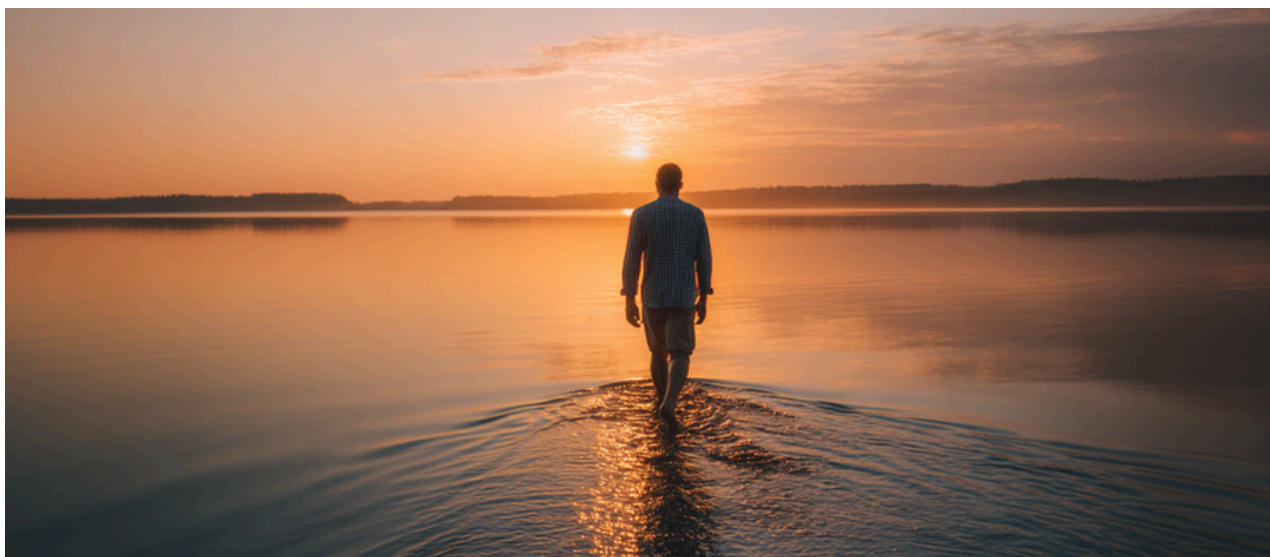
I have loved the whole experience, though it took me many years to understand where all my inner work and spiritual modalities were taking me!

Now I know, however, I realise how epic it's all been.

It's not only changed my life, but the lives of those around me, and the lives of those who follow my guidance to discover their true selves as well.

If you like, I can help you do the same!





How Do You Become Your True Self?

Most people have been taught who they should be from a very young age. In the interests of surviving and fitting in, we thus allow ourselves to become conditioned and we start to behave in certain ways.

In this process, however, we disconnect from the truth in our hearts, and live instead from our egoic minds – minds that separate us from our metaphysical selves. This is most people's normal way of living. But it's not natural.

Even after an awakening, many people start applying multiple spiritual modalities to their lives, though lack focus about where such activities can take them. They also spend a lot of money doing this, hoping to achieve a higher level of happiness.

But unless you have a clear intention from your awakening process, you may never reach the levels you'd like to reach.

E. E. Cummings once said:

The hardest challenge is to be yourself in a world where everyone is trying to make you be like everyone else.

It's so true!

But wouldn't you like to become your absolute true self, no matter what everyone else says or does?





What Does It Mean To Be Multidimensional?

Whether you know it or not, you are multidimensional. We all are.

We are spirits having a human experience, which means we are both extraordinary and ordinary at the same time.

Another way of saying this, is that you are a light being, who is being human.

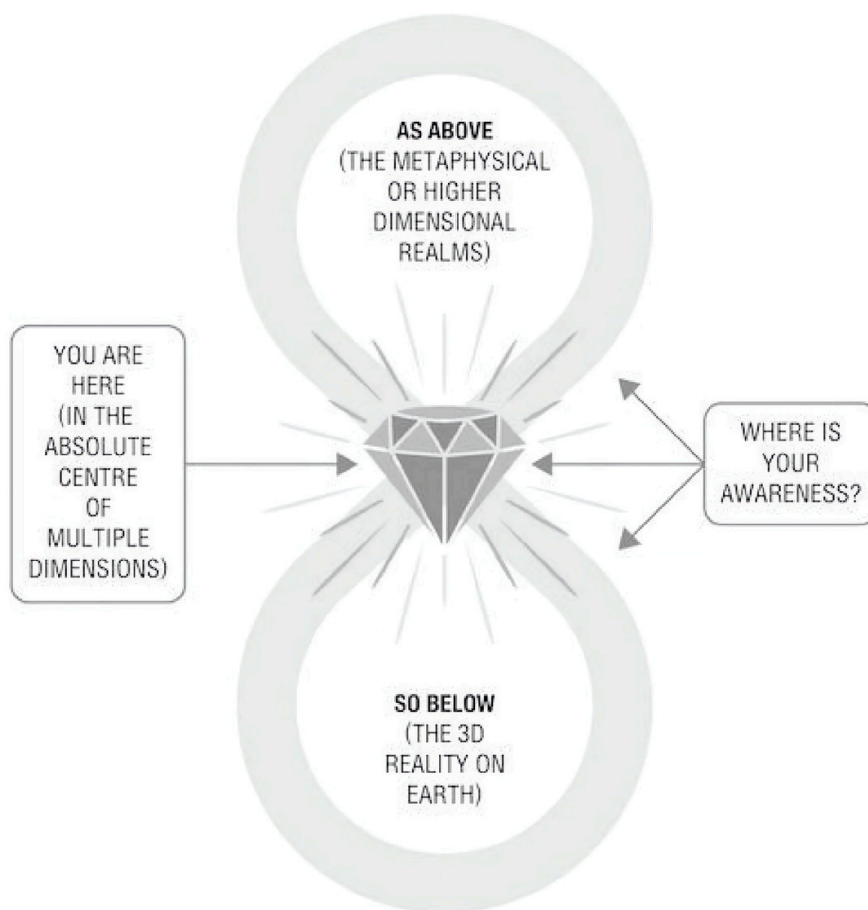
Some of you might be thinking, 'so what, I knew that?'

Well, okay, but do you also know what's possible for you once you do the work to come into the full awareness of both aspects of yourself – you as a light being, and you as a human being?

The answer is everything!

There are no limits for a person who reconnects to their full metaphysical powers and expresses them in the physical world.

Consider this picture:



When you become fully aware of your own light and bring it into the world, you will be able to live your life at a whole new level.

You can essentially master the metaphysical and physical dimensions simultaneously.

Here you become aware that you are the diamond in the middle of the multiple dimensions you already inhabit. You become the absolute truest version of yourself.

But this is no small feat and requires commitment. It is the 'holy grail' for those on a spiritual quest.

Of course, many don't realise that this is possible for anyone who fully opens to their soul energy and dissolves their ego.

What Are The Soul's Powers?

Your soul manifested you onto this planet, right here, right now, in order to live your current life. It is experiencing your life through your human body.

Your soul is of a higher dimension than the 3D body that you live in, and has powers beyond your imagination. This applies to all of us, without exception. And it is the right of all of us currently in human form to discover their special 'psychic' gifts.

Your soul is:

- ✦ Connected to infinite intelligence
- ✦ Knows both your future and your past
- ✦ Understands who you will love and why
- ✦ Knows your life purpose
- ✦ Has a myriad of psychic abilities, including the ability to be omni-present, undertake telepathy and self-healing capabilities.
- ✦ Is eternal, thus when you connect to it fully the rate at which your body ages can slow dramatically.

Your soul is truly magical and beyond this world!

If you do the 'work' to move into your soul energy, you are essentially able to live with the same abilities as your soul, depending on what it bestows upon you.



How Do I Align With My Soul Energy?

In my book *From Pain to Possibility*, I outline the natural way to move into this vaulted place.

Over the last eight years, I have been mentored by spirits of infinite wisdom on how to make this journey home to my true self, and master the dual realms of Earth and the ether beyond. I call this process the Natural Arc of Human Transformation (the 'Arc').

The Arc embodies a nine-stage process that takes you all the way to your true self.

At the end of this process, you become the true creator that you are. Your karma will be fully released and your full awareness of your connection to the universe is restored.

Some might call this being one with all.

What's Involved In The Path to Full Embodiment?

The Arc is a detailed process, but it can be summarised into three key stages. The stages are:



1

UNDERSTANDING

Reassessing your beliefs and thoughts to eliminate your core limiting mindsets, both conscious and subconscious. It also includes expressing the emotions of past painful experiences, so that negative energies can leave your form.

I did a lot of reading, and even travelling, in this phase to discover new ideas and spiritual concepts that were already known to others, but to which I had not been previously exposed.

This was a phase of understanding my life and what had gone 'wrong'.

2

KNOWING

This stage involved interacting through synchronicities and real-life events to put into practice what I had by then become aware that I needed to change.

In this part of my journey, I also had many experiences with metaphysical energies. This was a first for me, but they really tested my belief structures, given what I encountered.

As this phase unfolded, I became more adept at connecting to my soul and listening to its wisdom. My ego gradually diminished, and I experienced self-healing, eliminating medical issues that had once caused me great pain.

3

BEING

I did a lot of inner-work in the first two phases of this journey, including meditation. This work substantially dissolved my ego, and allowed me to enter a place where my soul energy was dominant in my form.

This last phase was very energetic and was largely driven by my soul. I had kundalini activations, went through the dark night of the soul, learned to transmute negative energies, and experienced the cleansing of much karmic energies.

As this phase unfolded, my interactions with the metaphysical realms became more profound. These types of experiences are typically very different for each of us.



How Will This Enhance Your Manifestation Abilities?

We all manifest, all the time. Mostly we manifest from our minds, but is this the best place from which to project?

Spiritual people are often aware that, as you become closer to your heart, you can start to manifest from the centre of love, our hearts.

When you become your true self, you are completely in soul energy, and become aware that you are pure love. You will therefore start to manifest everything from your heart.

This puts you in alignment with the universe, and means that universal support can start to come your way.

When it does, it is infinite in its possibilities!



How Can I Help You Further?

I have spent many years discovering my true self, aligning with my soul energy, and journeying along the path to full embodiment. There is so much I wished I'd known at the beginning, or even along the way.

Why take the long road, when I can share with you everything I've learnt, and help you avoid all the setbacks and pitfalls I experienced? The sooner we can all advance ourselves spiritually, the sooner the world will become a better place for all!

I've therefore written several books to guide those who wish to know more about themselves, and the natural process to the true self is set out in more detail in my book *From Pain to Possibility*.

I also offer life and spiritual coaching, consulting, and presentations – and I would love to help you advance your spirituality, regardless of your current level.

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This is Just the Beginning

If this book has sparked something in you, let's talk.

I offer private sessions, spiritual coaching, and keynote presentations for individuals and groups interested in understanding what is possible on the spiritual path, when we drop our limiting beliefs.

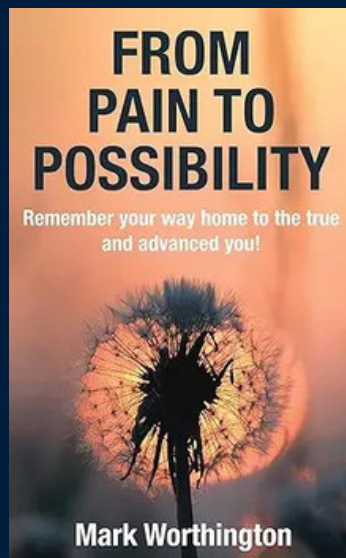
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From Pain To Possibility

MARK WORTHINGTON



If you found this guide helpful, you may want to explore Mark's powerful book **From Pain To Possibility**. My books are available in hard copy and in electronic form on various distribution outlets including Amazon.

It's a deeper journey into becoming more advanced spiritually, the steps you need to take to free your life from pain, and how to increase your level of awareness.



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