



Getting Real About  
*Enlightenment*

a modern companion to your journey  
of sovereign spirituality

KIM SEPPÄLÄ

*To angels and dragons, pirates and poets,  
and all the other consciousness explorers  
of this world, who dare to plunge into the  
Beyond, again and again...*

# Getting Real About Enlightenment

*A modern companion to your  
journey of sovereign spirituality*

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*Getting real about Enlightenment* is my first 'spiritual' book. It is a self-help book for people facing the challenges that come with self-transformation. It is well structured and leads you ever deeper into the mysteries of enlightenment. The author gives insight into her journey and the message is clear: if you're struggling, you're not alone, but it can be done and the journey is worth it. The interviews with people who have come far on their journey round off this guide. An interesting and well written book. - *Angela Jorzik*

This is the kind of book that you should read when going through awakening towards enlightenment! One of the main points is going from self-improvement to self-acceptance. The author points out that awakening rips you apart, shakes your world – not as a punishment, but to let you release what keeps you from being less than you are. It is a practical book, telling you what to expect on your journey. It is reassuring to know that being tired, depressed or feeling empty without passion is “normal” when going through awakening. Each person's path to enlightenment is unique; we can't compare, but we can share our experiences and inspire each other. I highly recommend this book! - *Anne Maribo Andersen*

A truly useful book for the serious pioneer on the path to realization without all the New Age distractions. Here you get insights, guiding as well as in-depth interviews with eight awakened humans. - *Erik Istrup, author & publisher*

## Dear Reader

Please note that this book is written for the sovereign human who takes responsibility for his or her life and creations. The author offers the insights contained in this book as spiritual perspectives, and neither author nor publisher assume any responsibility for how this information is used. Please consult a physician or mental health practitioner if you are uncertain about how certain techniques may affect your wellbeing.

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*Darkness fell*

*and the darkness made me stumble*

*and the stumbling made me open my eyes*

*and my open eyes saw the light*

*and the light fell upon my darkness.*

# Introduction

Dear reader, are you ready to awaken to the conscious experience of life, to the blossoming realization of all that you are? It is easier to keep spirituality as a concept or discipline or devotion – a habit that is badly out-dated. It is seductive to perceive spirituality as something intangible and mysterious, something sacred yet unattainable... But have you ever dared to wonder what it would feel like to be aware of Spirit within you while driving a car or washing the dishes or looking another person in the eyes?

There are many reasons for the popular tradition of casting spirituality out of the more prosaic aspects of life and why spirituality was “trademarked” by the selected few, the priests, the Brahmins and hermits, for most of history. Yet there are other reasons – worth exploring – for breaking this tradition that is so suitable to the past but so misplaced in this era. I, for one, firmly believe that *it is time to bring our spirituality down to Earth*. And by ‘spirituality’ I mean consciousness. If you, also, are ready (or even curious about what it’s like) to embody and express divinity through your human self, then this book is for you.

We are living in chaotic, revolutionary and exciting times – politically, economically, socially, technologically and spiritually speaking. The world is changing at a faster pace and on a larger scale than ever experienced on this planet. This means we have more potentials in life than ever before and more opportunities for expansion; however, it also means more pressure than ever to take responsibility for our choices and consciously design our lives and even our beliefs.

We are living at the threshold of a huge technological breakthrough; we are on the brink of a new world that we cannot even imagine yet. We cannot be certain whether this new world will be more violent or safer than our current reality, whether it will bring countries and cultures closer together or further apart. All we can know for certain is that there will be a lot of change – change that will act as a catalyst for questioning everything. Humanity will come to face questions such as: What remains constant at a time when everything around us seems to be moving? What is true in a world where suddenly everything is unpredictable? What can we hold onto, when old structures and systems are falling apart? How can we find inner peace in a world that worships technology and intelligence? How will the human mind be affected by the creation of artificial intelligence? What are our freedoms and responsibilities in a world where none of the old rules apply? And what happens to love when the world is distracted by fear?

This is the point where many will turn to spirituality. The once clear line between atheists and the religious becomes very fuzzy in an era where biology and technology are melded together. When the line between a human mind and an artificial mind gets blurred, the question of consciousness becomes critical.

The fact is that spirituality has expanded itself beyond organized religions already some time ago and continues to redefine itself; spirituality, like all other human creations, is going through deconstruction.

## *New Age - Old News?*

You probably are very familiar with the New Age phenomena. New Age spirituality, here defined as an eclectic form of Western esotericism, has its roots in 19th Century theosophical philosophy led by new thought leaders Madame Helena P. Blavatsky, H.S. Olcott and C. Q. Judge in collaboration with El Morya Khan and other masters of the East. As such it is not very new, although the New Age movement gained momentum in the 1960s and 1970s with the influence of Eastern spirituality brought to America by Yogananda's movement. New Age philosophy has also been impacted greatly by the field of psychology in the 20th century: Especially theories of the subconscious self (brought forward by S. Freud), the concepts of the collective consciousness, archetypes, and the shadow self (C. Jung), the emphasis on freedom and existential questions (existential psychologists), awareness as the agent for change (around which most schools of psychology are built on), and the importance of integrating disowned aspects of the self (Gestalt therapy), have contributed to the development of the New Age.

Today the New Age has evolved from a fringe movement to a fairly common philosophy in the West. It is also a considerable industry due to its far-reaching popularity. Although countless sceptics look down upon the New Age, we should not underestimate the spiritual earthquake it has set in motion especially in the West. And yet, despite it growing ever more fashionable, the New Age, as it has been experienced in the past five decades, is transforming into something truly new. This book is concerned with a form of spirituality – or rather a lack of form – that is now emerging on Earth, unlike anything that

we have known before.

## *Sovereign Spirituality*

*“When there were no churches, no creeds or sects, but when every man was a priest unto himself” Helena Petrovna Blavatsky, The Secret Doctrine*

The New Age, as we have known it, had a significant purpose: it brought into awareness alternative ways of experiencing spirituality that went beyond the old Western paradigms of either following an institutionalized religion, or on the other extreme opting for atheism or agnosticism and ignoring spirituality altogether. Organized religions have provided individuals with many comforts (such as: community, answers, meaning, hope etc.), but freedom certainly isn't one of them. Atheism, although free of dogma and rules, has served as merely another kind of limiting belief system: the belief in a reality that can be seen and felt only with the physical senses and understood with the thoughts of the mind.

The New Age brought the element of freedom to spirituality and demonstrated to the Western world what had long been acknowledged in the East: Yes, there are other forms of spirituality; you *can* connect to the divine without having to ascribe to the rules of a religion that you don't resonate with. You can live a “spiritual life” that doesn't involve going to church on Sundays or reading the Koran. You can explore metaphysical concepts without being initiated into the secrets of the Kabbalah or Sufism. You can practice spirituality on a yoga mat or through meditation. What a concept!

## *About the Author*



Kim Mirjam Seppälä is a Finnish-German consciousness explorer, writer and psychologist in training. She has spent much of her life travelling the world, and also the multidimensional landscapes of consciousness. Her upcoming books will be about *Conscious Romance* and *Creativity as a Path to Consciousness*. She is a facilitator of transformative creative retreats, as well as an actor and playwright for the international *Royal Shaumbra Theater* group. You may contact her via e-mail at: [kim.seppala@gmx.com](mailto:kim.seppala@gmx.com), or read more about her projects on: [www.kimseppala.com](http://www.kimseppala.com).

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This book lifts the veils of mystery around embodied spirituality and sovereignty.

What happens to our minds, hearts and bodies when we allow the alchemical process of self-realization?

How does it affect our lives and relationships, and how can we navigate through the dark night of the Soul into the dawn of enlightenment?

These are some of the themes covered in this book. Whilst each path is unique and personal, there are certain tools that can be supportive on this bizarre adventure. In addition to such tools of clarity and inspiration, the book includes interviews with modern masters, awakened humans who are walking their paths of self-realization whilst living very human, 21st century lives. Above all, the purpose of this book is to support the reader in connecting with and embodying their inner voice of wisdom and mastery.

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