



# The Awakening Inventory Quiz

By Dr Shuna Marr

*Welcome!*

Your awakening journey can be an exciting and transformative time, but it can also be confusing and overwhelming. That's why we created our flagship course **Ok I'm Awakening - What Happens Now?** to help guide you through it.



Everyone's awakening journey is unique and there is no one-size-fits-all approach. However, there are some common experiences and stages that many people go through.

One of the first things that often happens in an awakening is a shift in perspective or a realisation that there is more to life than what we have been conditioned to believe. This can be a liberating and eye-opening experience, but it can also be scary and disorienting.

Next, you may start to question your beliefs, values, and the way you've been living your life. You may feel a strong desire to live more authentically and align your life with your true self. This can involve making big changes in your career, relationships, and lifestyle.

Our course is designed to provide you with the knowledge, skills, and tools you need to navigate through these transitional stages and come out the other side feeling more empowered and aligned with your true self.

**I invite you to take the quiz  
to see how many pieces of the awakening jigsaw you already have  
and how much you'd benefit from taking our flagship online  
awakening course...**



**Use the following options to respond to the prompt:**

- A) If you are unsure of what I am talking about or the answer is no, mark the box with an A
- B) If you have heard of it but are uncertain or the answer is maybe, mark the box with a B
- C) If you have some knowledge but would like to understand more, mark the box with a C
- D) If you are already well-versed in the topic, mark the box with a D

**Allocate each question either A, B, C or D**

1. I have an established self care and energy management routine in place
2. I can easily navigate major changes and upsets in my life without anxiety
3. I love every aspect of myself, unconditionally
4. I know why I self-sabotage and how and why I may project onto others
5. I know how to deal with my emotional triggers and have tools in place to unpick them
6. I understand what emerging from 'under the veil' means and what this entails
7. I understand the concept of 'service to self' and 'service to others' and know why there is this choice and what it entails
8. I know about the different types of guides and support we have within a soul matrix structure and who and what my higher self is
9. I understand why so many are awakening now and what we are here to do.
10. I know what the main stages of awakening are and where I am in relation to these stages and at what stage I reach ascension

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- D) If you are already well-versed in the topic, mark the box with a D

**Allocate each question either A, B, C or D**

11. I know what affects vibrational frequency, how to raise and control my own frequency and how this affects others

12. I am confident in my ability to co-create my own reality

13. I have worked with ancestral and family lineages and know how to heal these

14. I know what timelines are and how to shift timelines onto my highest and best path

15. I am aware of the concept of planetary fields and how to work with and channel them

16. I understand the difference between densities and dimensions and how living in the 5th dimension will differ from living in the 3rd.

17. I know what my individual clairs and gifts are and how to access and develop them

18. I know why I have awakened at this time and what my purpose is

19. I know how to find balance in my life in all aspects of my being

20. I know the universal laws that govern manifestation and how to work with them effectively to manifest my best life.

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# The Awakening Inventory Quiz

How to score the quiz

Count up how many you got of each letter

How many A's?

How many B's?

How many C's?

How many D's?

Score the points for each

Calculating Your Score: An Example

To determine your score, simply follow these steps:

**For each A = 0**  
**For each B = 1**  
**For each C = 2**  
**For each D = 3**

- If you scored 6 A's, multiply 6 by 0 to get 0.
- If you scored 14 B's, multiply 14 by 1 to get 14.
- If you scored 8 C's, multiply 8 by 2 to get 16.
- Add the individual totals for each letter grade (A-D) in the corresponding boxes.
- Then, combine the totals into a grand total in the big box below.

**A**

**B**

**C**

**D**

Total overall Score between 0-60

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## How to Interpret the Quiz

### If your score was 0-19

You fall into the very newly or recently awakening category as you don't yet seem to have many pieces of the awakening jigsaw yet. This is brilliant because you would totally benefit from taking the **Ok I'm Awakening -What Happens Now?** course, as this would give you a really firm grounding and help you to progress more smoothly through your awakening.

### If your score was 20-39

You seem to have already gathered quite a few of the jigsaw pieces but there may be still a few gaps that the **Ok I'm Awakening - What Happens Now?** course could fill for you. You could also benefit from the overview and framework of where to slot these pieces of the puzzle you have, that the course would give you.

### If your score was 40-49

You appear to have a lot of the jigsaw puzzle pieces, which is great - although maybe you haven't yet managed to piece them all together into a cohesive overview and so there may be still some gaps that the **Ok I'm Awakening - What Happens Now?** course could fill for you.

### If your score was 50-60

You already seem to have a solid understanding of the awakening process and how all the pieces fit together. You might be more interested in looking at some of our other courses that expand specific skill sets.

## What to do now

If this quiz has drawn you to find out more about the "[Ok I'm Awakening - What Happens Now?](#)" course, I invite you to link through to the course details to find the package that's right for you - or [check our Everything page](#) for all our offerings.

## Hi, I'm Shuna and thank you for taking our awakening inventory quiz. I hope you found it illuminating

As the founder of Spiritual Awakening Support, my mission is to compassionately guide individuals through their awakening journeys with wisdom and insight. My personal experience with transformative growth began 26 years ago, leading me to a heightened level of consciousness in 2016. Raising my children and now as a proud 'Nanma,' has added practical wisdom to my spiritual insights.

While my journey has not been without its share of challenges, my awakening process prompted deep healing and a journey into my deepest fears, the release of old traumas, and the unraveling of limiting beliefs and trapped emotions.



Dr Shuna Marr

### I now guide others to navigate this same journey in their own unique way

If you resonate with:

- A history of giving away your power to others.
- Seeking safety and self-worth outside of yourself.
- Over-extending yourself or experiencing burnout in your efforts to meet others' demands.
- Coping behaviors that numb pain and unhappiness.
- Prioritising the needs of others over self-love.
- A readiness to embrace your true self and step into your own power.
- A desire to deepen your psychic abilities and discover your purpose.
- The yearning for a life filled with abundance and joy.

Then, you might find 'Ok I'm Awakening - What Happens Now?' the perfect course to support your journey - we have self study, personal support and business support package options.

This course is designed to help you find balance, embrace your psychic potential, and navigate the transition to 5D living with a clear roadmap. Say farewell to feelings of inadequacy and the need to 'fix' yourself; it's time to embrace your true self and live your dream life.

With love and gratitude,