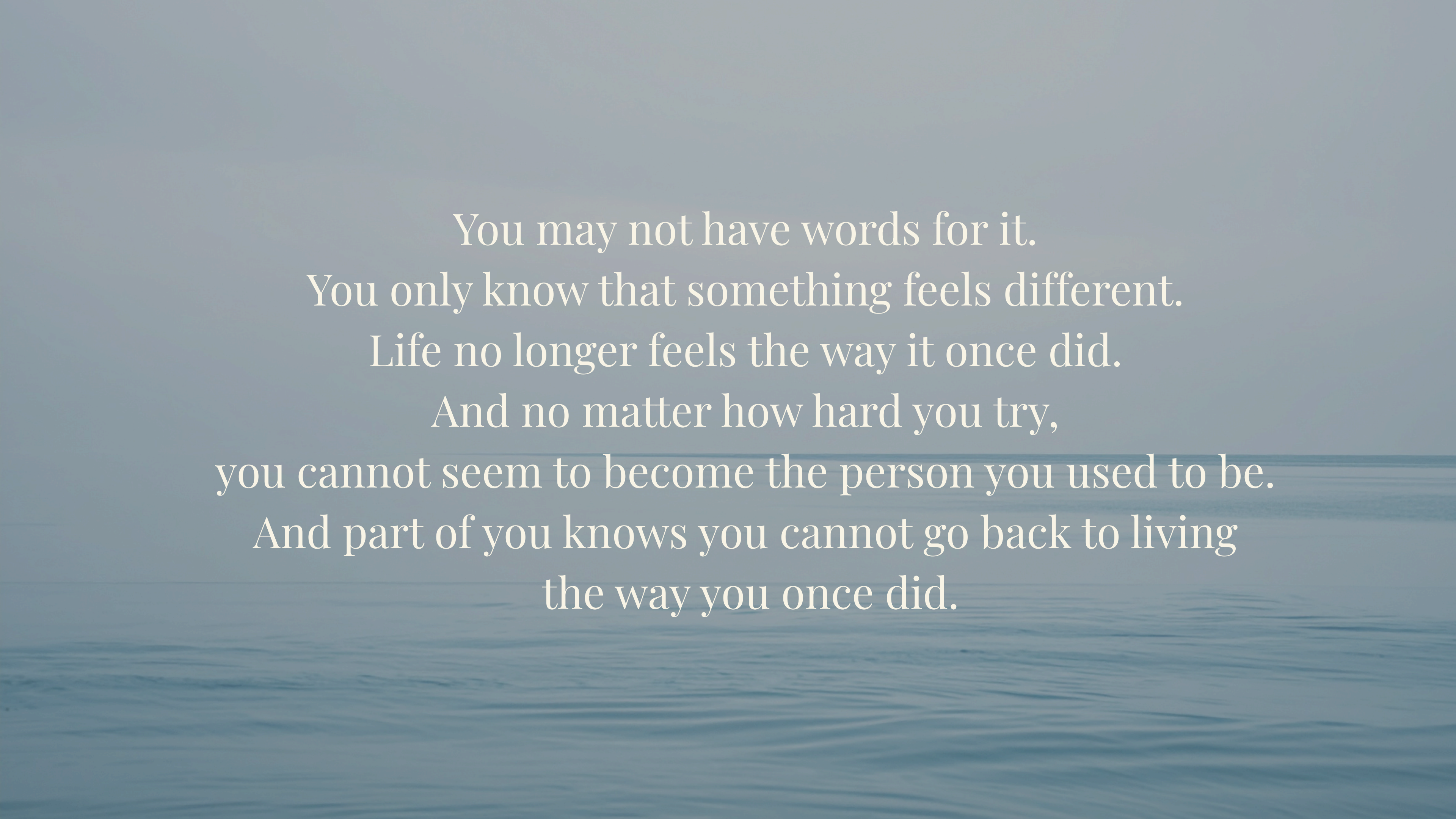
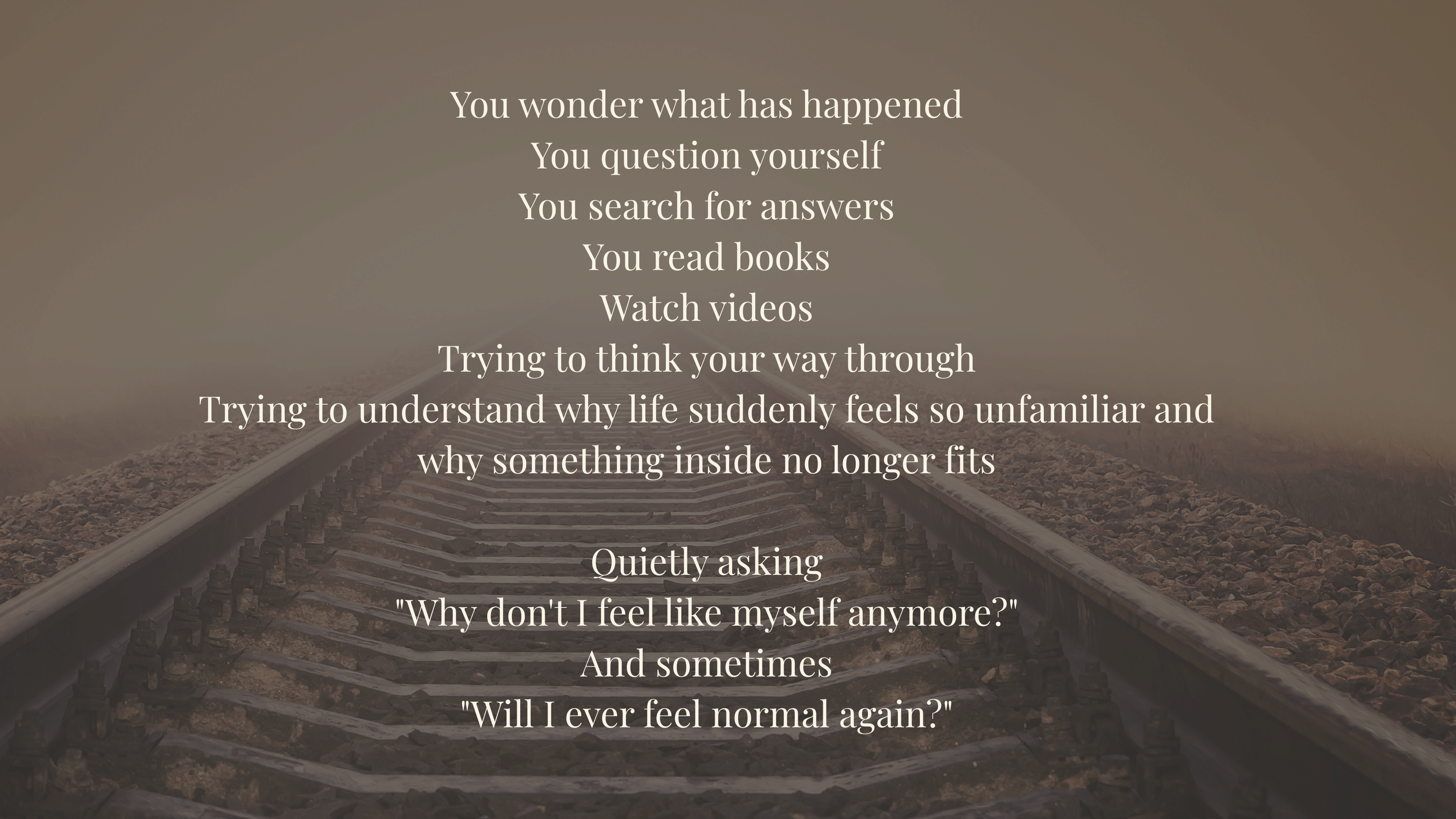


The Middle of Awakening™

A SHORT ORIENTATION

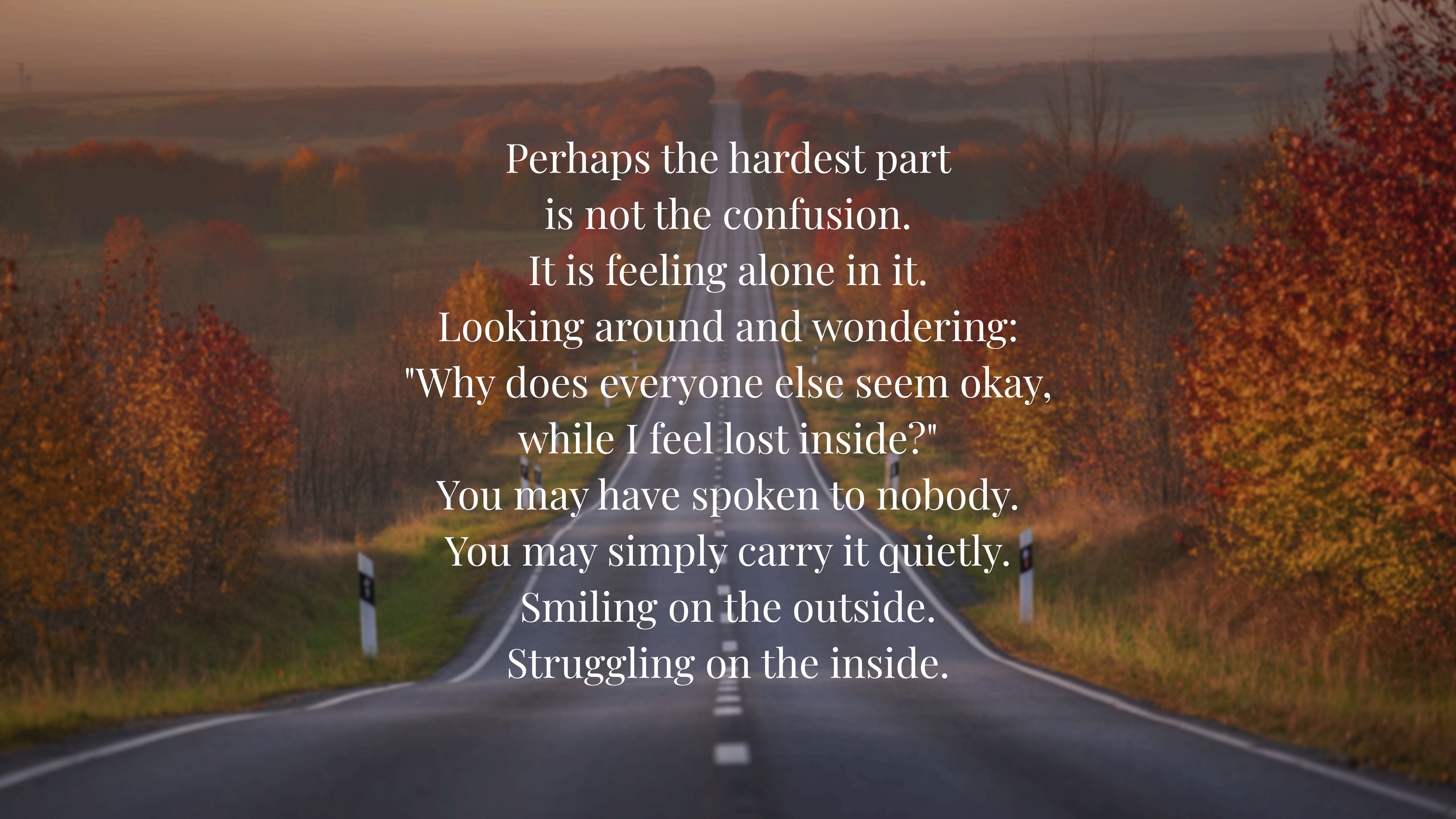


You may not have words for it.
You only know that something feels different.
Life no longer feels the way it once did.
And no matter how hard you try,
you cannot seem to become the person you used to be.
And part of you knows you cannot go back to living
the way you once did.

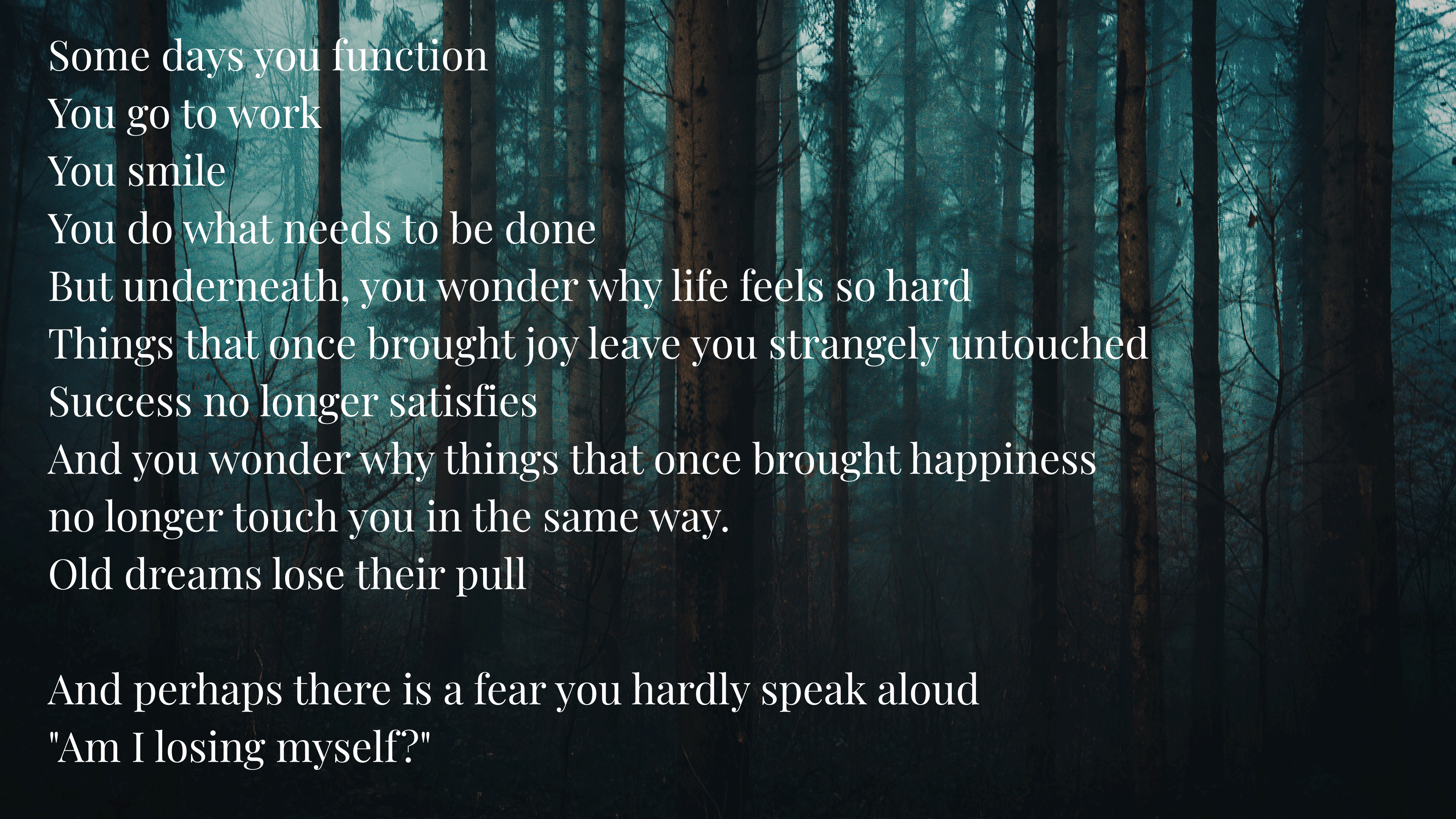


You wonder what has happened
You question yourself
You search for answers
You read books
Watch videos
Trying to think your way through
Trying to understand why life suddenly feels so unfamiliar and
why something inside no longer fits

Quietly asking
"Why don't I feel like myself anymore?"
And sometimes
"Will I ever feel normal again?"

A photograph of a two-lane asphalt road winding through a forest. The trees on both sides are covered in vibrant autumn foliage, with shades of orange, yellow, and red. The road has a dashed white line down the center and solid white lines on the edges. The sky is a soft, hazy orange, suggesting a sunset or sunrise. The overall mood is contemplative and serene.

Perhaps the hardest part
is not the confusion.
It is feeling alone in it.
Looking around and wondering:
"Why does everyone else seem okay,
while I feel lost inside?"
You may have spoken to nobody.
You may simply carry it quietly.
Smiling on the outside.
Struggling on the inside.



Some days you function
You go to work
You smile
You do what needs to be done
But underneath, you wonder why life feels so hard
Things that once brought joy leave you strangely untouched
Success no longer satisfies
And you wonder why things that once brought happiness
no longer touch you in the same way.
Old dreams lose their pull

And perhaps there is a fear you hardly speak aloud
"Am I losing myself?"

Perhaps what hurts most is not knowing who you are anymore.

No longer feeling at home in the life you have built.

Feeling caught between two worlds.

Missing the person you used to be.

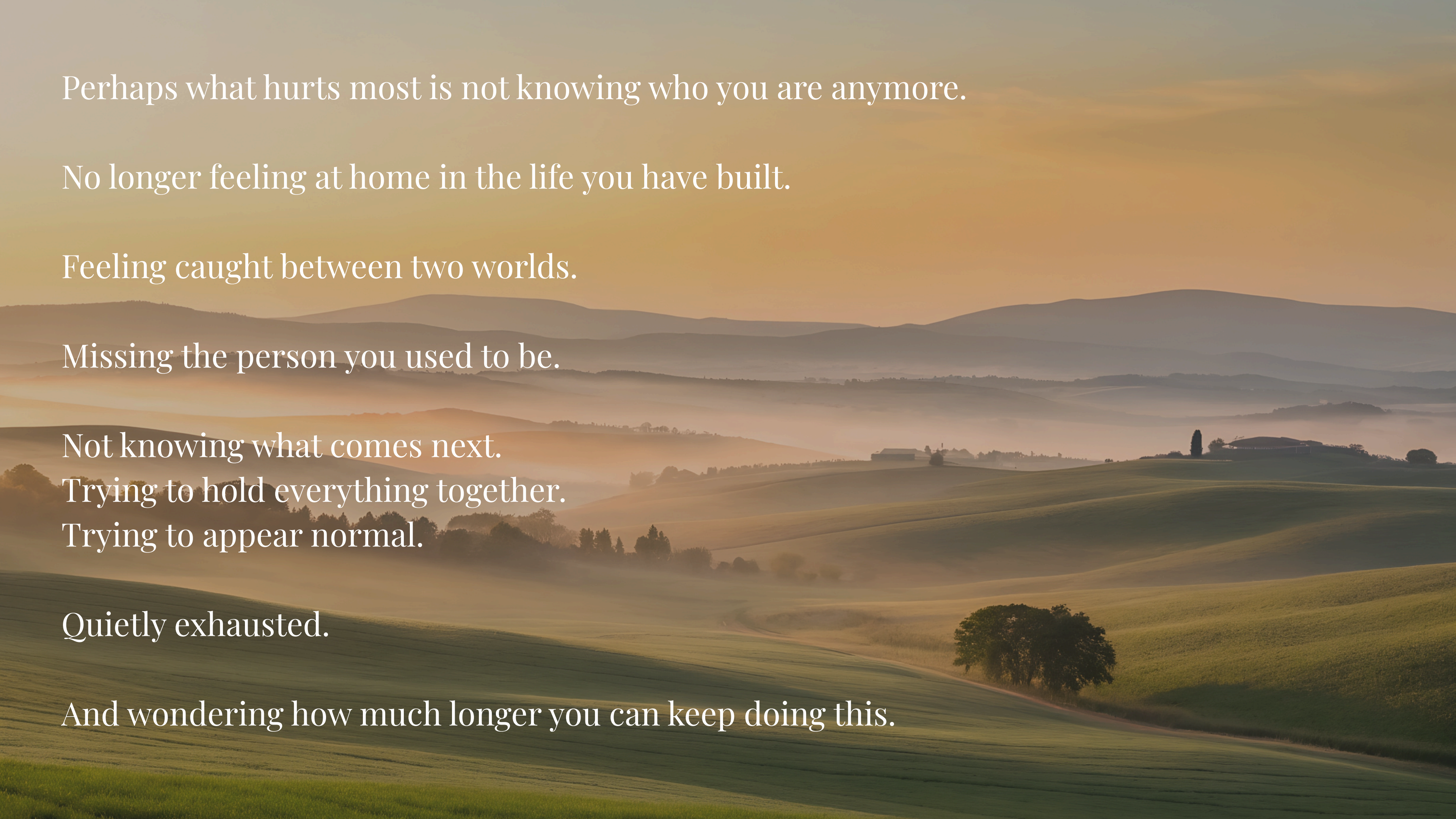
Not knowing what comes next.

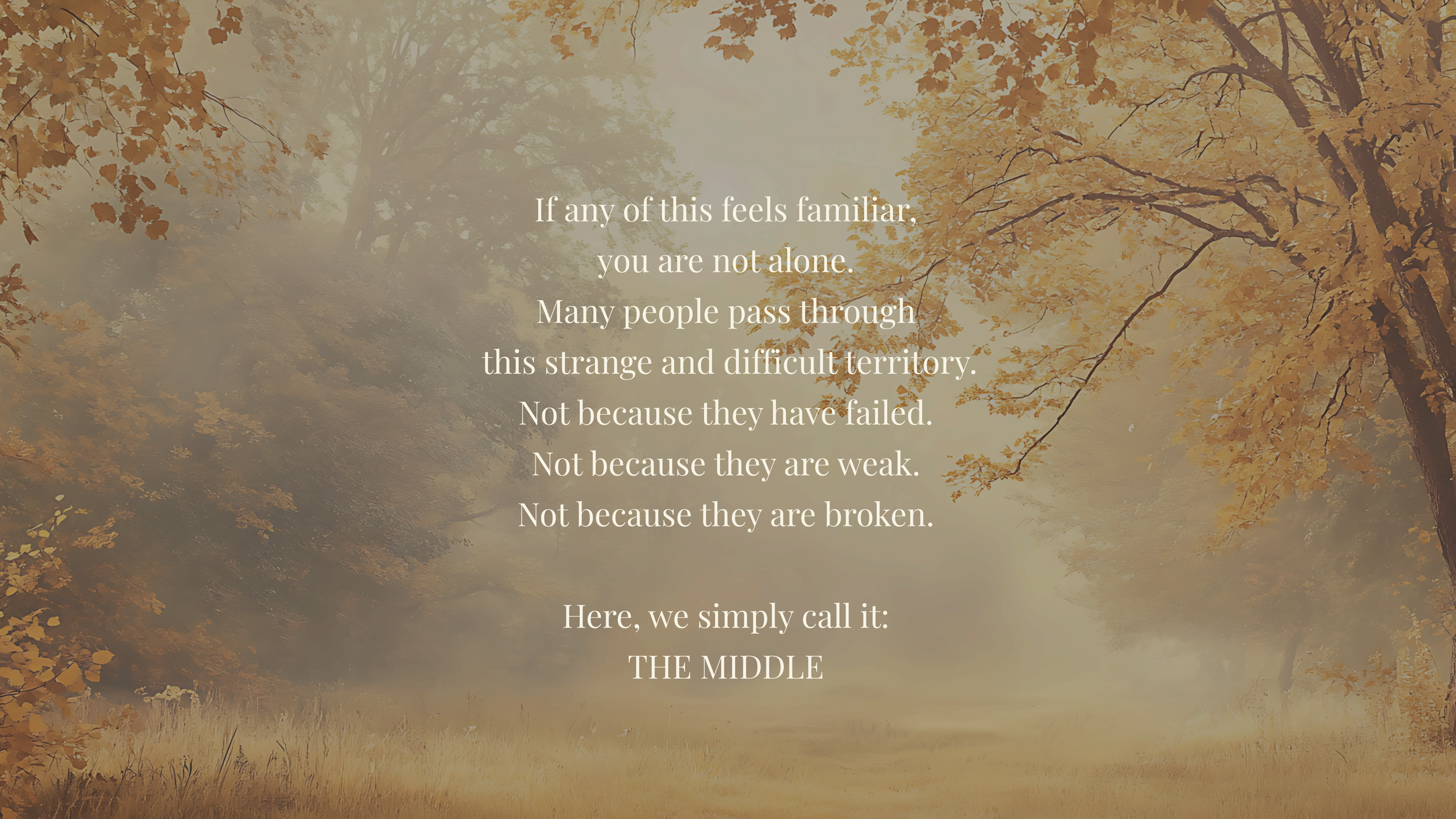
Trying to hold everything together.

Trying to appear normal.

Quietly exhausted.

And wondering how much longer you can keep doing this.





If any of this feels familiar,
you are not alone.

Many people pass through
this strange and difficult territory.

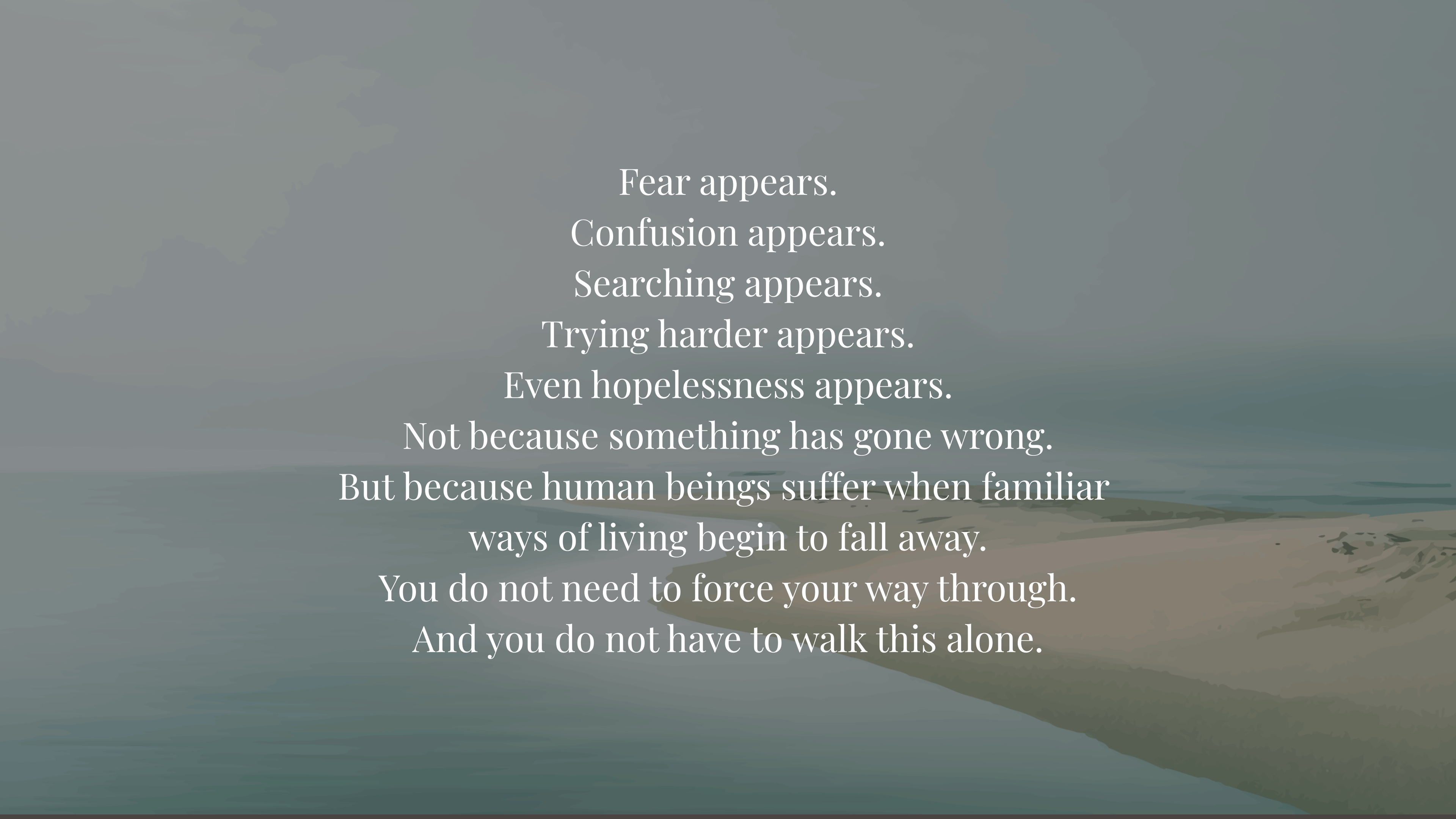
Not because they have failed.

Not because they are weak.

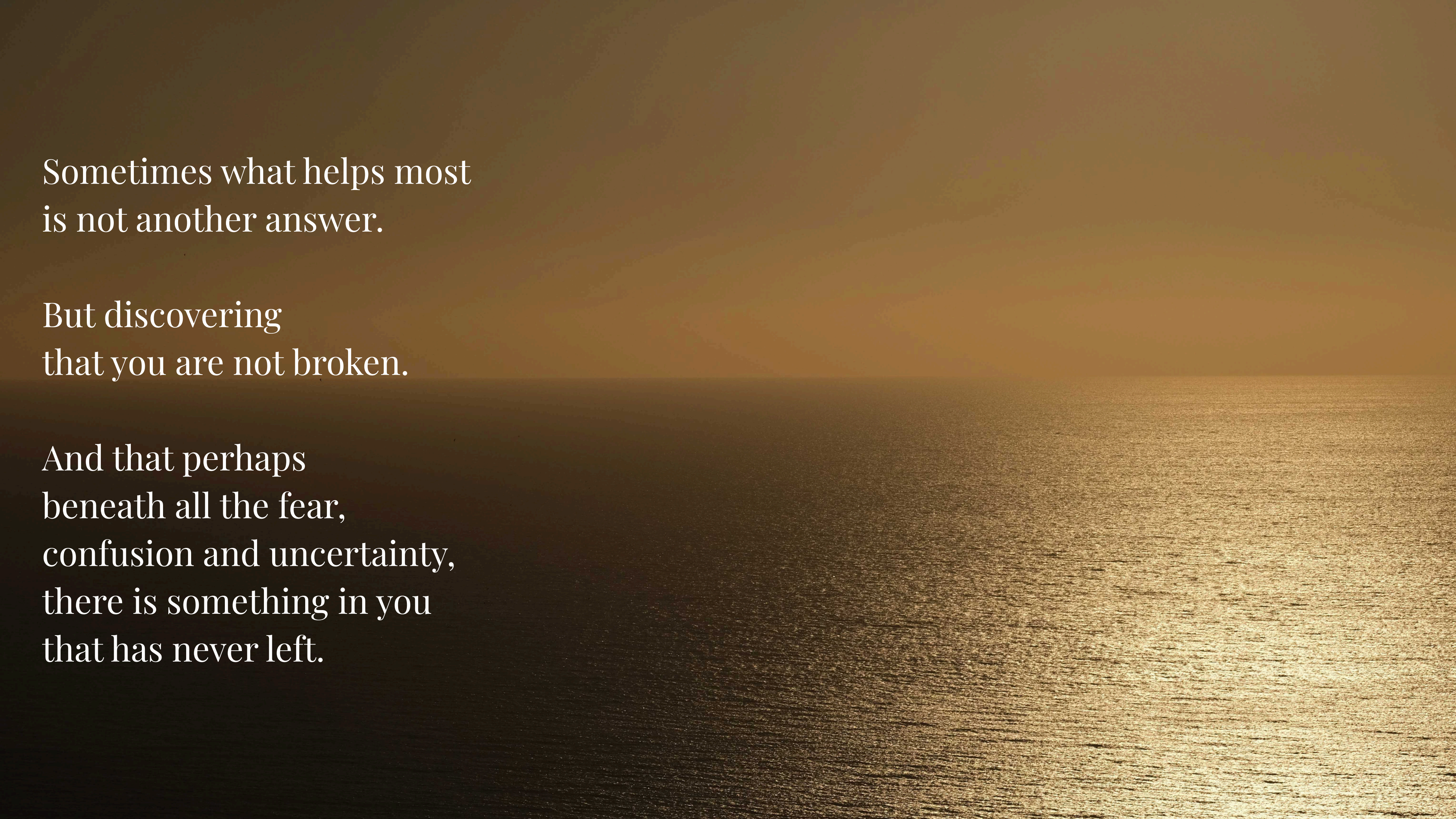
Not because they are broken.

Here, we simply call it:

THE MIDDLE



Fear appears.
Confusion appears.
Searching appears.
Trying harder appears.
Even hopelessness appears.
Not because something has gone wrong.
But because human beings suffer when familiar
ways of living begin to fall away.
You do not need to force your way through.
And you do not have to walk this alone.



Sometimes what helps most
is not another answer.

But discovering
that you are not broken.

And that perhaps
beneath all the fear,
confusion and uncertainty,
there is something in you
that has never left.

Perhaps you're wondering who's saying all this.

I'm Mark Bedwood.

I've spent over twenty years working alongside people through exactly this territory —
as a teacher, a facilitator, and someone who's walked through it myself.



The Middle of Awakening™

If these words feel familiar, I've recorded a short video about this territory — many people have told me hearing it spoken aloud was the first time they felt less alone in it.

If you'd like some steady orientation through this, I've put together a short course: Understanding Your Awakening.

Five sessions, at your own pace. A\$97, yours to keep.
www.markbedwood.com/understanding-your-awakening

