Spring Clean your Spiritual Life in 6 Easy Steps

1

Spring into Spring!

Spend time outside this Spring. Ask the Spring time to cleanse you. Take time to notice the buds on the trees, the air quality, the changing bird song.

Journey: Go on an Omen Walk this Spring and ask to receive healing and guidance to support you with your Spiritual Spring Clean

2

De-Clutter your Spiritual 'to-do' list

We all have that list. The really long one. It includes books, courses, workshops & one to one healings. This is what we call 'Spiritual Surfing'. Give yourself 3 priorities and stick to them! Your Spiritual Team will thank you for it :)

Journey: Go with your Guides and ask to be shown the Urgent & Important issues that you need to deal with this Spring. Ask to be shown where your FOCUS should be right now.

3

Core Values

Re-defining your core values is an important step in any Spiritual Spring Clean. We all change, grow and find new paths. Write a list of your top ten values you hold close to your heart at this point in your life.

Journey: Ask to be taken to a place in Non Ordinary Reality where you will receive information & healing

4

Check in with your Souls Purpose

Your Souls Purpose is the thing that brings you deep joy! It may be your work, your family or a hobby... whatever it is for you, make sure you spend time immersed in it this Spring.

Journey: Ask your Guide to take you on a Journey to either a) be shown your Souls Purpose or b) help, support and healing to allow you to immerse in your Souls Purpose or c) whatever is exactly right for you in this moment.

5

Spring Clean your Relationships

Think about how your relationships are doing. You may need to end some toxic relationships or get in touch with some old friends. Think about how you could better prioritize your time for your loved ones.

Journey: Take some time in Nature with your guide. Sit quietly with a tree and relax into connection. Ask for wisdom and guidance around your relationships. Be open to what comes through for you.

6

Does your Attitude need an overhaul?

Your mindset is everything. Make sure to check in with yourself regularly and see how you could improve your reactions to situations. You always have a choice to react differently!

Journey: Go on a Journey with your Guide to the Middle World & ask to be shown where your attitude would benefit from adjusting. You may also receive a healing to support you with any overhaul required.

To work with Rhonda & find out more go to:

www.centreforshamanism.com

Notes