



Spiritual Gunk Leads to Spiritual Funks



Every soul shines brighter when its energy is flowing freely. But just like dust in a home, we collect what I call spiritual gunk—old patterns, heavy thoughts, and energies that don’t belong to us. And gunk, left unchecked, leads to funks!

This is why it’s so important to control the energy we allow into our lives. Positive flow, positive energy, positive thoughts, and positive connections to Spirit all keep us lifted and aligned. Yes, there is a sacred time for “darkness,” for greeting our mysteries and shadow work—but without direction and boundaries, negative patterns stick, and suddenly, we’re carrying bags of gunk instead of treasures. So what do we do when the funk sets in? We sort through it! Make it your craft. Treat the process like enjoying a fine wine while clearing clutter for a yard sale. Write poetry, create charms, sing along while you sweep out the energy. Turn your gunk-moving into a celebration—and then let it go. 🍂 🧹 🕯️ Because we’ve got places to be, wonders to see, and spirit to keep flowing free. ✨