Spiritual Maintenance

DIY Healing Session

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THANK YOU

-from your highself

This is a great tool to check in with yourself.
You can do it with yourself
or a trusted partner.

Think of it as routine maintenance;
you can use it every now and then,
like an oil change or a tune-up
when the check engine light goes on.
This is a simple but profound formula
I use with my clients.

This journey is led by your subconscious,
and we can do this in a few ways.
I recommend tarot cards,
but if you don't have a deck,
journaling will work,
and if you have a partner,
open dialogue is enough.



Step 1
BRAIN DUMP

It all starts with a brain dump.

If you have a partner, have them take notes,
and if you are solo, write it down.

I want you to go deep here.
Just start talking about yourself and your life.
Whatever is on your mind.

And like any good journaling practice,
in order to get to the subconscious,
we have to sufficiently dump the conscious mind.

Let yourself ramble,
fill a whole page front and back,
stop thinking about what you're going to say next,
and let it just pour out of you.

Sometimes you'll find the best material
comes at the end.
This part of the session is the blueprint to the rest.



Step 2
Gather Questions

Go through the brain dump and make a list of questions
from common themes you see.
Any relevant subject. Any words that repeat often.
Anything you spent more time with.

Phrase the questions so they are about you.
While other people are likely to be present
in some questions,
we must remember this is for personal development,
not for gossip.

Let this be a non-dualistic approach
by seeing every experience
as a reflection of the inner self.

This process is important because
you may come into the session thinking
you know what questions you want to ask,
but the ego may get in the way of seeing
what else needs to be looked at.



Step 3
Ground Yourself

Now we pause.

The brain dump and questions can pull up
some emotions that we should settle before moving on.

Take a few minutes to bring yourself into
head and heart coherence,
activate the parasympathetic nervous system,
clear the channel to the vagus nerve and our intuition,
and calm your brainwaves.

Put one hand on your heart and one on your belly.
Inhale through your nose for the count of 4
and exhale out of your mouth for the count of 6
for three minutes.

It doesn't take long, and it makes all the difference.
You can include any other personal ritual
to help set the stage for intuitive work
but it is not required.



Step 4
Contemplate

Go through the questions one by one.

The preferred method is tarot cards,
but you can also do a journaling session if solo
or a deep discussion if you're with someone.

Take each question individually.
When breaking down the interpretation
it can be helpful to look at it in layers.

What appears to be obvious?
What lies beneath?
What are the connecting threads?

For each question pull one card
and/or contemplate the question.

Only pull clarity cards when needed.
You can write new questions
based on the results of this step.



WELL DONE!

Our experience is one of seperation
and external catalysts that affect our experience.

This is a helpful place for us to start.

As we go deeper we see our subconscious programing
and the state of our chakra energy centers
as the thing that affects our experience.

The final step is
a metaphysical understanding of the fabric of your reality.

A non-dualistic approach
that leaves you fully empowered in your next steps,
free from any guilt around your past
and fully anchored in the present.

Do this and completely recalibrate.
Do one session and see the shift.
In 1 hour, everything can be different;
your life doesn't change, you do.



Enjoy!

for more resources
check out

HIPPIEHEALING.COM

-Corinne

