

How to Manage a Spiritual Upgrade

A spiritual upgrade is a time of great personal transformation often accompanied by intense emotions.

The main symptoms are: very strong feeling of the heart center being “on fire”, headaches, digestive issues, listlessness, sleep disturbance, vivid dreams, inability to concentrate, hypersensitivity to smells and colors, extreme awareness of bodily sensations (e.g., clothes drive you batty) and temperature (always cold/hot), seeing the material world more vividly, visions, dream oracles, trancing out, “head in the clouds”, mood swings (sometimes several/hour), decreased coping skills and a very strong desire to detach from relationships (although this can swing the other way into preoccupied attachment). You can't get grounded or comfortable. Your shoes don't feel right. Your pets look at you funny.

Does this sound like you? Read on...

This rebirth can be triggered by a host of events, but usually occurs during periods of heightened awareness of our magical and spiritual abilities. If you are pursuing training or have been into a period of deep self-study you may be experiencing a spiritual upgrade. Profound trance work such as connecting to Hekate's energy currents, can result in massive downloads of new abilities.

Before diagnosing yourself as being in the midst of a spiritual upgrade, ensure that there are not other reasons, mundane or magical for your intense feelings. I strongly advise a visit to your primary health care provider to rule out anything medical.

You could have acquired a harmful spirit entity attachment. This will feel like miasma – sticky, goopy, like you are trying to see through fog. Not a spiritual upgrade. Get help for this. If you were sloppy when releasing your sacred space, these buggers can come in. Salt the house, deep salt hot bath for you and daily white protective circle casting around yourself with banishing of the entity. Daily.

If you're otherwise healthy and feel TOO aware (rather than miasmatic) than you may be undergoing a spiritual upgrade.

My advice is to lean into it. I know that doesn't solve the problem, but it will make it easier to live with.

Distress tolerance is an important skill to develop as you advance along your witch's journey. Spiritual upgrades (all forms of anxiety) provide us with an opportunity to make peace with uncomfortable emotions. These feelings are part of life. As for spiritual upgrades, when we pursue the mysteries and magick, we will undergo times of great transformation that are most unsettling.

I have gone through periods of this intense sense of beyond anxiety myself. My wise mentor labelled it for what it was and now I am doing the same for you.

These intense upgrades, once triggered, are quite unstoppable. Once your rebirth is complete, the anxiety and hyper sensitivity will settle.

Things to help you manage:

1. Avoid ALL stimulants. No caffeine, little sugar, no processed foods. Keep your TOTAL sugar intake from all sources to <80g/day.

2. Go to you health care provider if you are on any prescribed pharmaceuticals to discuss. If you are already on a SSRI or anxiolytic, their effects can rebound when you no longer need them. Thus, you may be experiencing anxiety caused by anti-anxiety meds. Check this out.

3. Manage the symptoms and underlying changes in your energetic field and neural networks with the help of natural supplements, but only after consulting with your health care provider. I have found that 1/2 tsp of maca powder with 1/4 tsp licorice root powder in 1 c purified water is very helpful. **THIS WILL BE DIFFERENT FOR EVERYONE.** You need to become your own primary care provider. Blood work results will point you in the right direction.

4. Immediately start wearing a calming stone, such as lepidolite in your bra. Sleep with red jasper. Use black obsidian as a touch stone and repository for excess emotions.

5. Daily practice of The Witches' Hour of Power. Grounding will not be enough. Let me repeat that. Grounding is not enough. You need to add balancing and centering to your daily practice. Several times a day until symptoms abate. Guided meditation in the morning and evening. Binaural beats meditation upon retiring.

6. If using alcohol and cannabis, take a one week break to see if your symptoms lessen. When rebirth is occurring, these substances interfere with the natural process often leading to a boomerang effect of increased emotional distress.

7. Ritual bathing with epsom/sea salts and activated charcoal every three days.

8. Foot soaks with yarrow, dandelion or other dense Under World botanical ruled by Saturn on alternate days.

9. Releasing of other stressors. Get rid of what isn't serving your highest good, people, possessions, etc.

10. Use the DBT Workbook to increase your distress tolerance. If you can't access it, get in touch with me.

11. Every time you go to the bathroom, envision the feelings that don't serve you getting flushed down the toilet.

12. Avoid intense workings, rituals and spellwork.

13. In all areas of your life, be as gentle with yourself as possible. Do not create more stress through spiraling. You will get through this.

This is an intensely personal process. What helps everyone is:

- Radical acceptance
- Emotional distress tolerance
- Meditation
- Exercise
- Diet
- Journaling
- Removal of stressors
- Grounding, balancing and centering
- Ritual bathing

The magical and spiritual techniques and practices as well as personal development strategies will vary by individual. Try things. Record the results. Cast off what doesn't work. Try new things. Repeat as necessary.

You are being called to become your true self. Answer the call and the feelings will settle. Continue to resist and they will not go away no matter what you do.

I am here if you need to reach out.

Sending my fierce love and Hekate's Blessings,

Cyndi