

Carly's Spiritual Toolkit

THE SPIRITUAL GO-TOS I CALL ON ALL THE TIME.

Books

Conversations with God (all three books) by Neale Donald Walsche

Anatomy of the Spirit by Caroline Myss

A New Earth by Eckhart Tolle

Dark Side of the Light Chasers by Debbie Ford

Outrageous Openness by Tosha Silver

When Things Fall Apart by Pema Chodron

YouTube

Matt Kahn at True Divine Nature (self love master!)

Gigi Young (for cosmic wisdom)

Teal Swan (for really practical spiritual advice)

Charis Melina Brown (for goddess wisdom and rituals)

Meditations

Sonesence Meditones

The Little Sage – Meditating with the Moon

Belinda Davidson – Chakra Cleanse

Melissa Sandon – Energy for Abundance

ENERGY HEALING AND BODYWORK

Kahuna Massage

Kinesiology

Esoteric Acupuncture

Reiki

Some of my easy-peasy presence practices

- » Coming back to the breath – always. Whenever I find myself feeling tense or uptight, you can bet I am breathing in a shallow and rapid manner. I bring myself back to breathing deeply in to my belly for at least a minute.
- » Opening my energy centres and relaxing my body from the inside out, envisioning light emanating from the centre of my being and out in to the space around me, and doing the same externally to internally.
- » Drinking lots of water = instantly makes me feel better
- » Dancing – everyday. In the shower, at home, at a class. Car seat dancing is also a thing, you know.
- » Bare feet on the ground – instantly plugs me back in to the earth. SO soothing for my nervous system.

These are just a teensy tiny selection of the tools I call on personally all the time. I share these and SO MUCH MORE with my own spirit and soul mentoring clients. Keen to know more? Drop me a line at: hello@carlystephan.com