

Spiritual Glow-Up

with The Psychic Mom

What's a Spiritual Glow Up?

Raising Your Vibration!

When your vibration is higher, you can access higher levels of consciousness and understanding. Energy follows thought and thought directs energy. This can help you to gain insight and clarity into your life and the world around you, as well as to reach a deeper level of peace and connection. In addition, when your vibration is higher, you can manifest more abundance and joy into your life. The journey of raising your vibration can be a powerful and rewarding experience that can bring you closer to your spiritual truth.

How to Raise Your Vibration

Taking time to nurture ourselves and practice self-care is essential for spiritual growth and for raising our vibrations to levels that welcomes more positivity and awareness in our lives. There are lots of things you can do to raise your vibration. I have found the following 10 steps to be the most time efficient and effective at raising your vibration:

1. Create a Sacred Space
2. Develop Rituals
3. Chakra Energy Support
4. Include the healing benefits of Sound into your day
5. Adding color therapy to your routine
6. Utilizing Affirmations
7. Practicing Gratitude
8. Engaging the energy of Crystals
9. Increasing your exposure to Nature
10. Being Authentically You



Sacred Spaces

Creating a spiritual sacred space in your home can be a great way to bring peace and reflection into your life.

- You can use this space to meditate, practice yoga, or practice any other spiritual activity that brings you comfort and helps you connect with your higher self.
- It can serve as a reminder to take time to focus on your mental and spiritual well-being.
- It can help create a more peaceful and inviting atmosphere in your home.

Sacred Spaces can be located anywhere, inside or outside of your home. Ideally it will be located somewhere where you can see it often, as physically seeing it serves as a reminder to take a moment and reflect.

Elements for a Sacred Space

Suggested objects to use when creating your space include:

1. Incense, candles, or essential oils – these can help set the mood and create a calming atmosphere in the space.
2. Symbols or objects that are meaningful to you – this could include a religious symbol, a statue, crystals, or any other object that has special meaning for you.
3. Music – certain types of music can help to create a tranquil and peaceful atmosphere.
4. Comfortable seating – having a comfortable place to sit in your sacred space can help to enhance your experience.
5. Plants – plants can help to create a soothing and calming environment in your space.
6. Natural light – having access to natural light can bring a sense of connection to the outdoors and help to create a peaceful atmosphere.
7. Art – incorporating art into your sacred space can help to evoke feelings of joy, creativity, and inspiration.
8. A journal – having a journal nearby can be a great way to record your thoughts and insights during your time in your sacred space.









Rituals



Incorporating rituals into your life can bring a variety of benefits.

- Can provide structure and clarity in your life, helping you to focus on what's important to you.
- Can be a great way to connect with yourself and with those around you.
- Can help you to identify and celebrate important moments, and can foster feelings of community, connection, and joy.
- Can be a great way to practice self-care and to honor your mental and emotional needs.
- Can bring a sense of calm and peace to your life and help you to create meaningful memories.

Rituals

Pulling Cards for guidance

Using Oracle or
Tarot Cards

Can be done Daily,
Weekly or Monthly

Set your Intention,
ask a question and
pull the card you
are drawn to for
guidance

Gratitude or Ranting Walks

Expressing
gratitude
repeatedly helps
keep us focused
and draw positive
energy towards us

Ranting to release
negative energy
and create space
for positivity

Future Board

Can do weekly/
monthly or yearly

Write down
hopes/dreams/
intentions,
affirmations

Include pictures,
stickers, photos

Intention Setting

While creating a
bracelet with beads
or crystals, state
your intention.
Wear bracelet as a
physical reminder

Create a daily
intention jar

More Rituals...

Prayer

Find a comfortable place or spot

Ask for guidance or blessings for yourself or others

Recite prayers of your choice

Meditation

Find a comfortable place or spot sitting or lying down

Set intention for guidance or wisdom

Listen to recorded guided meditations or music

Practice Gratitude

Random acts of kindness

Volunteer your time

Create a gratitude jar or journal

Practice mindful eating

An Offering for Spirit

Leave an offering at a dedicated spot or on your sacred space

Items such as: money, herbs, incense, candles, crystals, fruit

Chakras

Our bodies are powered by a rainbow colored energy system known as the Chakras, which were first written about over 4000 years ago by holy monks in India.

Chakras are "energy vortexes" that vibrate within and around our bodies. The chakras draw in and expend energy as part of a system that keeps our energetic and physical bodies running as one.

We have seven main chakras running from the bottom of our spine to the top of our heads, each associated with a **specific color, sound, human right, nature element and energy focus**. Just as when we don't exercise or take care of our physical body we may experience injury or illness, if we don't support our energetic body we will experience symptoms of imbalance in our energetic system. These imbalances range from emotional instabilities to physical illnesses and spiritual unrest. There are many ways to balance and support our chakras such as yoga, crystal grids, color therapy, meditation, time in nature...let's take a closer look at the 7 Chakras and how they support our wellbeing.



{ROOT CHAKRA: MULADHARA}

SECURITY • PHYSICALITY • BASIC NEEDS

LOCATION: Base of the Spine

BALANCED: Safe,
Secure, Trusting

BLOCKED: Fearful,
Difficulty saying NO,
Scattered, Anxious

OVERACTIVE:
Paranoia,
Greed/Hoarding,
Control, Aggressive



EARTH ELEMENT

RIGHT: TO HAVE

CRYSTALS: Red
Carnelian, Garnet,
Red Jasper, Black
Obsidian, Black
Tourmaline, Hematite

ESSENTIAL OILS:
Cedarwood, Myrrh,
Patchouli

MUSICAL KEY: C

{SACRAL CHAKRA: SVADHISTHANA}

PLEASURE • EMOTIONS • INSPIRATION • CREATIVITY

LOCATION: Lower back, below naval

BALANCED: Healthy
Relationships, Feeling
Inspired, Balanced
Emotions

BLOCKED: Low
Libido, No Creativity,
Intimacy issues

OVERACTIVE:
Untamed Emotions,
Fear of Change,
Manipulative



CRYSTALS: Amber,
Carnelian, Coral,
Sunstone

ESSENTIAL OILS:
Sandalwood,
Jasmine, Ylang-
Ylang

WATER ELEMENT

RIGHT: TO FEEL

MUSICAL KEY: D

{SOLAR PLEXUS CHAKRA: MANIPURA}

POWER • AMBITION • ENERGY • CONTROL

LOCATION: NAVAL BELOW THE STERNUM

BALANCED:
Confidence, Inspired,
Secure, Energetic

BLOCKED:
Submissive, Low
Energy, Insecure

OVERACTIVE:
Manipulative,
Egocentric, Single-
mindedness,
Controlling



CRYSTALS: Topaz,
Citrine, Yellow Jasper

ESSENTIAL OILS:
Juniper, Geranium,
Rosemary, Clary
Sage

FIRE ELEMENT

RIGHT: TO ACT

MUSICAL KEY: E

{HEART CHAKRA: ANAHATA}

LOVE • RELATIONSHIPS • COMPASSION

LOCATION: CENTER OF THE CHEST

BALANCED: Loving,
Peaceful, Empathetic
and Supportive

BLOCKED: Sad,
Insecure, Intolerant
and Mistrusting

OVERACTIVE:
Jealous, Co-
dependent and Gives
Too Much



AIR ELEMENT

RIGHT: TO LOVE

CRYSTALS:
Emerald, Rose
Quartz, Peridot

ESSENTIAL OILS:
Rose, Neroli,
Lemon Balm

MUSICAL KEY: F

{THROAT CHAKRA: VISUDDAH}

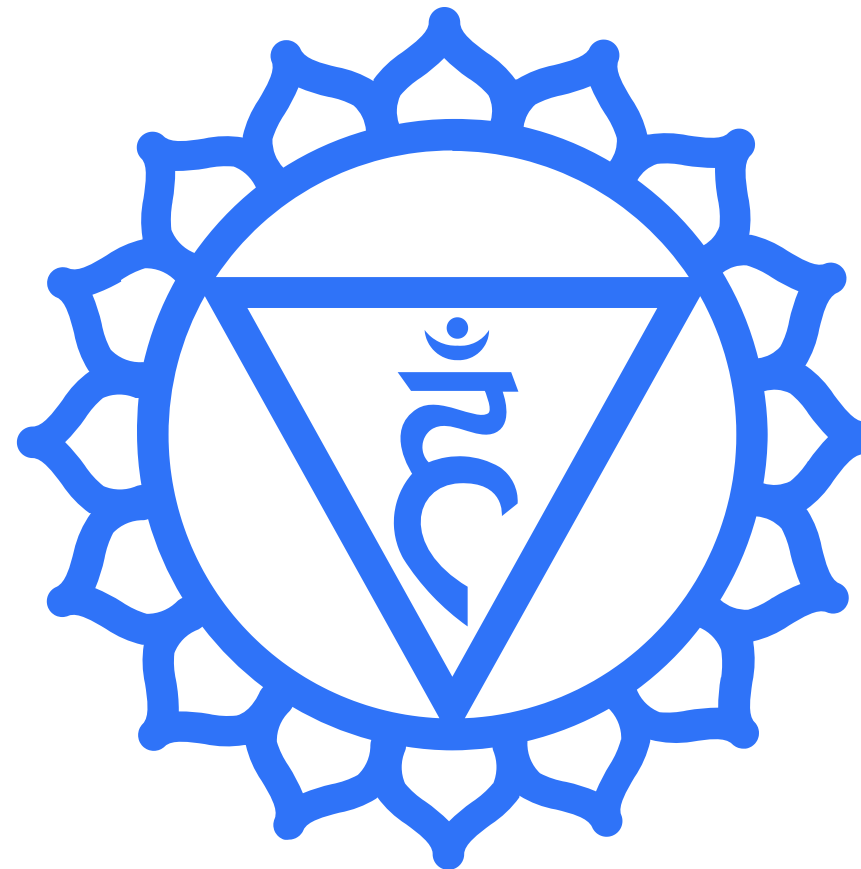
COMMUNICATION • SELF EXPRESSION • PURPOSE

LOCATION: CENTER OF THE THROAT

BALANCED: Speak
confidently, Living the
life you want to live

BLOCKED: Shy,
Introverted,
Unfulfilled

OVERACTIVE: Talk
to much, Listen too
little, Use words for
harm instead of
good



CRYSTALS:

Turquoise, Lapis
Lazuli, Chrysocolla,
Larimar

ESSENTIAL OILS:

Lavender, Chamomile,
Peppermint

SOUND ELEMENT

MUSICAL KEY: G

RIGHT: TO SPEAK

{THIRD EYE CHAKRA: AJNA}

INTUITION • AWARENESS • FORESIGHT

LOCATION: CENTER OF THE FOREHEAD

BALANCED: In tune,
See life clearly

BLOCKED: Dull
Memory, Mistrust
of inner voice,
overwhelm

OVERACTIVE:
Difficulty
concentrating, Lost
in fantasies, paranoia,
mood disorders



CRYSTALS:
Amethyst, Purple
Fluorite,
Labradorite,
Celestite

ESSENTIAL OILS:
Basil, Frankincense

LIGHT ELEMENT

MUSICAL KEY: A

RIGHT: TO SEE

{CROWN CHAKRA: SAHASRARA}

ENLIGHTENMENT • ONENESS • CONSCIOUSNESS

LOCATION: TOP OF THE HEAD

BALANCED: Feel
connected to
something beyond
yourself, Energy
towards greater good

BLOCKED:
Disconnected,
Isolated, Lonely,
Hopeless

OVERACTIVE: Ego,
Greed, Materialism,
Lack of Empathy



CRYSTALS:
Amethyst,
Diamond, Super
Seven, Lepidolite

ESSENTIAL OILS:
Sage, Lotus, Water
Lily, Juniper, Lavender

THOUGHT ELEMENT

RIGHT: TO KNOW

MUSICAL KEY: B

Sound Therapy



Sound therapy uses sound waves to promote healing, relaxation, and stress relief to a person's body, mind and spirit. It can involve a variety of instruments, such as singing bowls, drums, chimes, gongs, and tuning forks, to create a therapeutic experience. You can also use your voice through song, chants, mantras & vibrational sounds such as Om.

It's used to help reduce stress, improve mood and sleep, reduce inflammation, and increase relaxation. It can also help enhance focus, improve cognitive functions, and reduce physical pain.

Applying Sound Therapy

Ways to incorporate sound into your spiritual practice:

- Listen to music that is calming and uplifting
- Listen to soundscapes such as binaural beats or nature sounds like ocean waves and rain
- Use sound healing instruments like tuning forks, gongs, chimes or crystal bowls
- Listen to guided meditations
- Chanting Mantras or hymns

Sound Therapy Examples

- Listen to music that is uplifting
 - Dianna Ross
- Listen to soundscapes such as binaural beats or nature sounds like ocean waves and rain
 - rainforest
- Use sound healing instruments like tuning forks, gongs, chimes or crystal bowls
 - Crystal bowls
- Listen to guided meditations
 - Depak Chopra
- Chanting Mantras or hymns
 - Gregorian chants
- Listen to healing HZ music
 - ex 432HZ healing

Color Therapy

Color therapy, also known as chromotherapy, is a form of alternative therapy that uses color and light to treat physical, mental, and emotional issues. It is believed that colors have specific healing properties, and that by exposing the body to certain colors, it can help to heal energy imbalances and promote physical, mental, and emotional well-being. Each Chakra is associated with a particular color, and working with that particular color helps clear and balance each chakra.

Color therapy is used to help reduce stress, improve sleep, reduce pain, balance emotions and improve overall health and wellness. It can also help with depression, anxiety, and other mental health issues.

Applying Color Therapy

Ways to use color in your spiritual practice:

- Meditate while focusing on the energy of a particular color and it's associated Chakra
- Use colored crystals, candles, or clothing to bring in the energy of a color
- Place colored objects in your environment as physical reminders
- Wear colored clothing of the desired energy you want to attract
- Eat colorful fruits and vegetables

Applying Color Therapy

The following color charts indicate the corresponding Strengths and Weaknesses associated with each color. If you find yourself being attracted or repulsed by a particular color, this chart may help you understand why.

For example, if you are fond of the color red, it may be because you are a stable person, who feels secure in their environment and whose basic needs are often met. On the contrary if you dislike the color red, there may be some early childhood neglect or trauma that led you to feelings of insecurity, self doubt and fear.

Color can be a powerful tool to understanding ourselves better and drawing more positive energy into our lives.

Color Therapy

Red

Root Chakra

Strengths: Security,
confidence, honor

Weaknesses: Trauma,
instability, fear, anger,
judgement

Orange

Sacral Chakra

Strengths: Creativity,
gratefulness, vitality

Weaknesses: stuckness,
anxiety, loneliness

Yellow

Solar Plexus Chakra

Strengths: Healing,
positivity, hopefulness,
connectivity

Weaknesses: Depletion,
hollowness, cowardness

Green

Heart Chakra

Strengths: Good
Fortune, Charitable,
Inviting, Renewal

Weaknesses: Taken
advantage of, shallow,
selfishness

Color Therapy

Blue

Throat Chakra

Strengths: Peaceful,
Communicative,
Intuitive, Hospitable,
confidence

Weaknesses: Sorrow,
detachment, loneliness

Indigo

Third Eye Chakra

Strengths: Foresight,
knowingness,
compassion

Weaknesses:
Distrust, confusion

White

Crown Chakra

Strengths: Wisdom,
Purity, Oneness

Mindset

Mindset is an important part of a spiritual practice because it helps to keep the focus on the positive aspects of life.

- It can help shift one's perspective from a place of fear and anxiety to one of peace and acceptance.
- It can help to create a stronger connection to the spiritual realm, as it helps to open the mind and create a more open flow of energy.
- It can help to keep the spirit of hope alive and can help to create a more meaningful spiritual experience.

Affirmations

How do they work?

The thoughts embedded in our subconscious form the way we perceive the world and ourselves in it. When we talk to ourselves everyday, we create new neural connections in our brains and train our subconscious. Repeated positive thoughts gradually transform into core beliefs that influence our decisions. They are reminders of who we need to be in order to be happy. What you think is what you become. Each of us radiate vibrations that are formed by our thoughts and actions. And by the Law of Attraction, you get what matches your vibrational frequency.

Affirmations help us create new thoughts, perceptions, beliefs and behaviors that benefit us for our highest good. They are a psychological "tool", not magic or just wishful thinking.

Affirmations

The How To...

When creating your affirmations, make sure the affirmations are in the present tense, such as "**I am** happy and successful." Read the affirmations out loud every day, either in the morning or evening or better yet, both. **Visualize** what you want to manifest and **feel** the positive emotions associated with it as you say the affirmations. You also need to take **actionable steps** that will move you closer to achieving your goals. With a consistent practice and inspired action, you will soon start to see the power of affirmations in your life!

Affirmations...

love self ♥

believe ↗

I trust my spiritual intuition and inner guidance.

I am open to all the love and abundance that life has to offer.

I am living in harmony with my highest self.

My possibilities are endless.

I will not worry about things I cannot control.

I can do hard things.

I have everything I need to succeed in life and be happy.

YOU!
CAN! ✨

Gratitude

Practicing gratitude helps to create positive feelings, boost our mood, and increase our levels of happiness. This is because gratitude helps to focus our attention on the good in our lives, rather than on the negative. Gratitude also helps to reduce stress and improve our immune system by increasing levels of dopamine and serotonin, two hormones associated with happiness.

- Dopamine is responsible for making us feel pleasure when we do something enjoyable.
- Serotonin helps regulate our mood and plays a key role in controlling our stress levels, making us feel more relaxed and content.

When both dopamine and serotonin are balanced in the brain, it can lead to feelings of happiness and satisfaction.

Gratitude cont'd

Gratitude also helps to foster stronger relationships, as expressing gratitude for the people in our lives helps to create trust and a deeper connection with them. Receiving support from friendships, families and communities, provides lots of opportunities for us to show our gratefulness and receive it as well. Gratefulness also increases our sense of self worth which adds vibrancy to our lives and our spirituality.

Ideally you'll want to practice gratitude daily, perhaps when you're reciting your affirmations! Affirmations and Gratitude together are powerhouse manifesting tools!

Gracias

Gratitude

Thank You

Make a list of things that you are grateful for each day and reflect on them. Perhaps write them in the journal on your sacred space.

Take some time to express your thankfulness to people in your life who have helped or supported you.

Give back by helping others and volunteering.

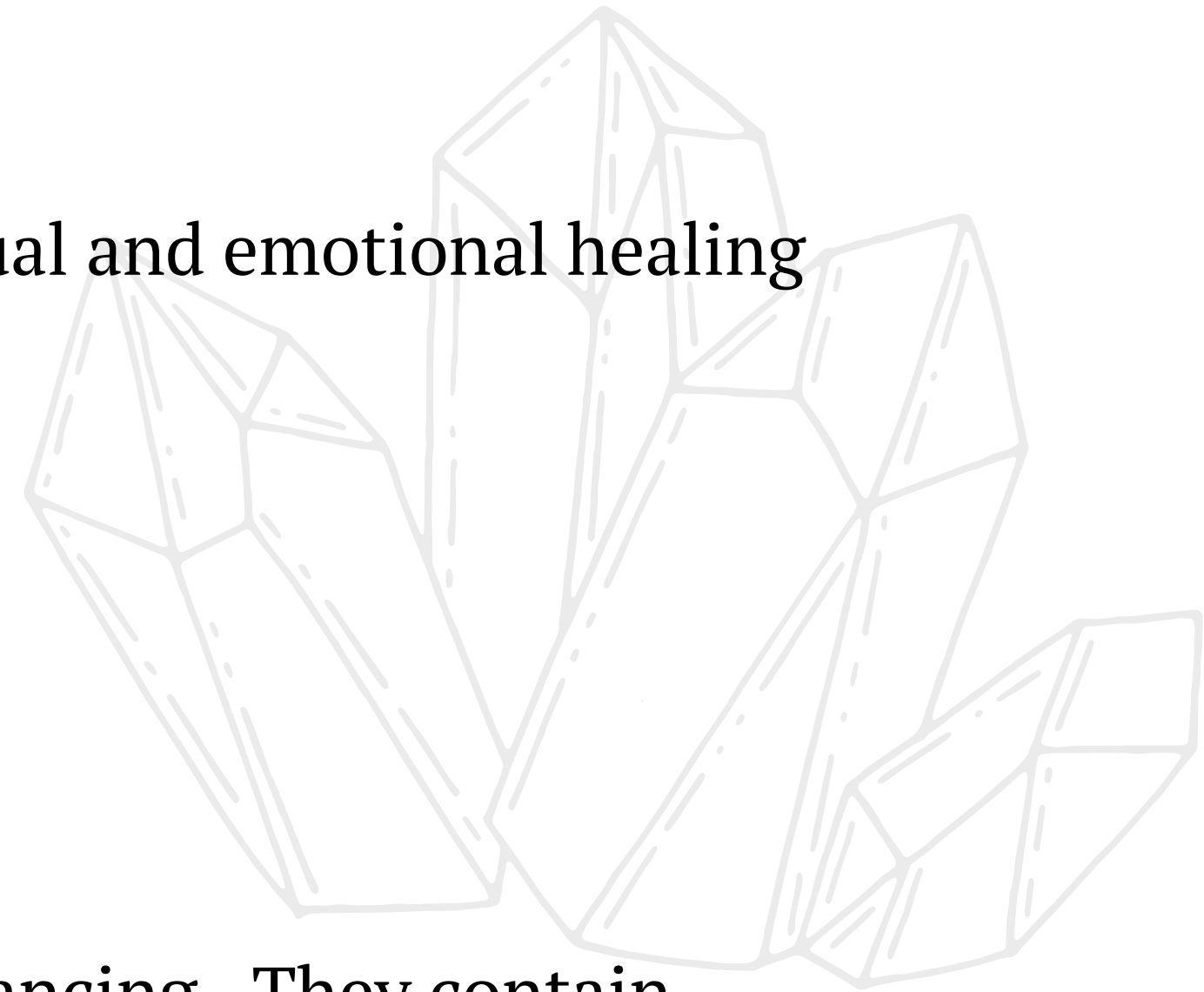
Practice random acts of kindness. This helps us to recognize the interconnectedness of all living things and opens the possibility for a ripple effect if others choose to do so as well.

Crystals

Crystals have been used for centuries to support spiritual and emotional healing and development. They can be used to:

- focus and direct energy
- clear and transform negative energy
- amplify and boost our own energy
- help us to access higher spiritual realms

Crystals can also aid in Energy Healing and Chakra Balancing. They contain their own unique vibration and energy signature that can interact with our own aura, energizing, directing and healing the energy. By using crystals, you can gain a greater understanding of your spiritual journey and bring more alignment to your life. Crystals often work subtly, over time and unseen, similar to taking vitamins. You may not see an immediate result, but over time you will notice the shifts.



Crystals & Chakras

Using crystals is a great way to support our Chakras and Intentions which raises our vibration. We can:

- Place crystals directly on specific points of the body activates powerful healing and recharging of the energy in that area
- Create Crystal Grids

A crystal grid consists of multiple crystals displayed in a geometric grid formation that magnifies the crystals properties and aids in their healing and manifestation powers.

The pairing of particular crystals along the lines of an “energetic map”, aka crystal grid, provides a powerful tool that helps guide us in the direction and intention of our goals while the energy of the crystals are amplified by the combination.

Placing a crystal grid somewhere where you can see it often, is a physical reminder of what we're hoping to manifest by it's creation. By thinking of the grids intention, we put those manifesting thoughts into action and with the support of the crystals energies, quicken the results.





Chakra Crystals



Root

Security, Physicality,
Basic Needs

- Black Tourmaline
- Garnet
- Hematite
- Obsidian
- Red Carnelian
- Smokey Quartz
- Tiger's Eye

Sacral

Pleasure, Emotions,
Inspiration, Creativity

- Orange Carnelian
- Sunstone
- Amber
- Aragonite

Solar Plexus

Power, Ambition,
Energy, Control

- Topaz
- Citrine
- Yellow Jasper
- Pyrite

Heart

Love, Relationships,
Compassion

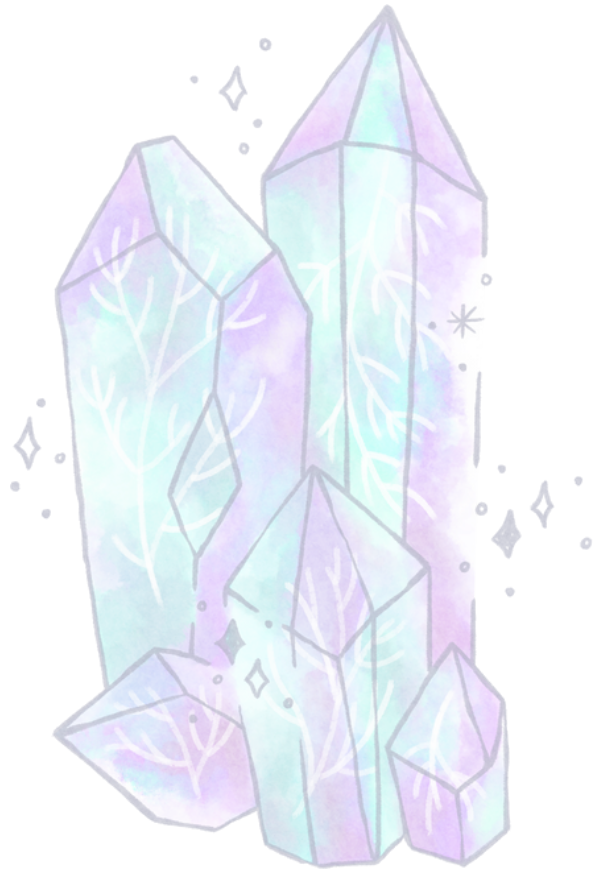
- Emerald
 - Rose Quartz
 - Morganite
 - Jade
 - Peridot
- 

Chakra Crystals

Throat

Communication, Self
Expression, Purpose

- Turquoise
- Lapis Lazuli
- Chrysocolla
- Larimar



Third Eye

Intuition, Awareness,
Foresight

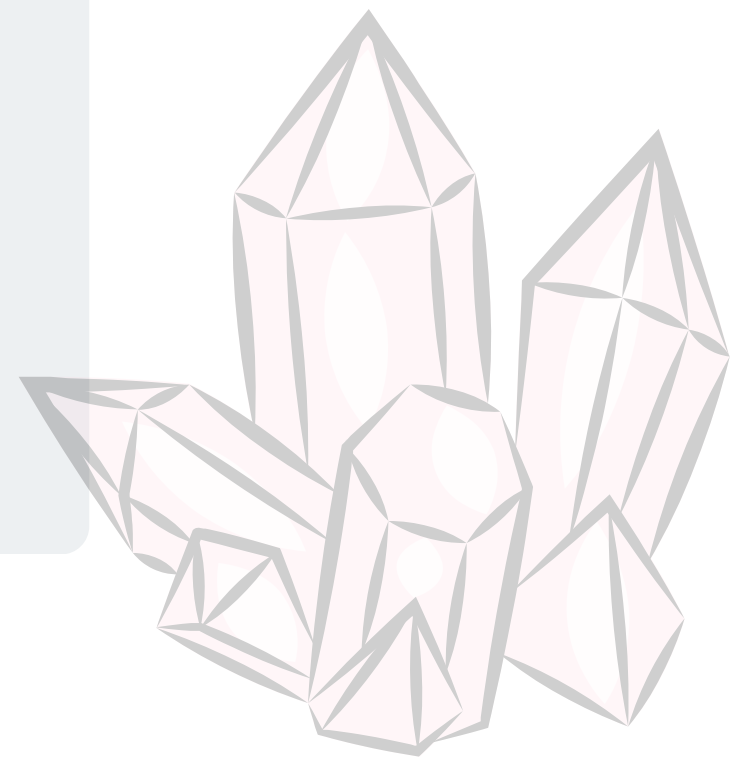
- Amethyst
- Purple Fluorite
- Labradorite
- Celestite



Crown

Enlightenment,
Oneness,
Consciousness

- Amethyst
- Diamond
- Lepidolite
- Super Seven
- Clear Quartz
- Selenite



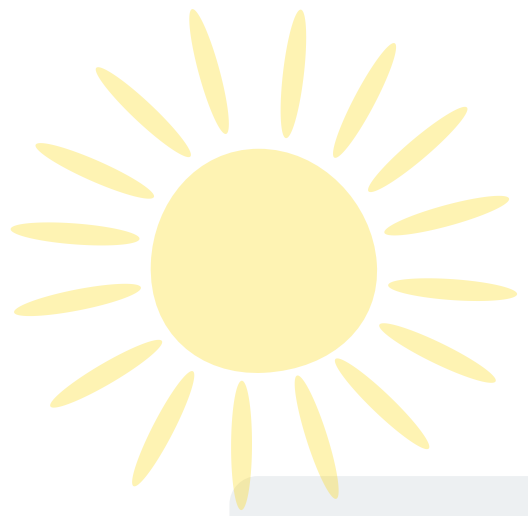


Nature Elements

Connecting with nature is one of the most energetically rewarding practices we can do! It incorporates all of our senses: Sight, Sound, Touch, Smell and even Taste. Nature has the power to calm, heal, balance and restore our minds, bodies and spirits just by being in it. It is a calming and peaceful escape from the hustle and bustle of everyday life. It provides a deeper connection to something greater than ourselves. Nature also provides us with an opportunity to view the beauty of the world around us, and appreciate the interconnectedness of all living things. By grounding in Nature (touching with hands or feet) we become one with Mother Nature's Energy which restores and helps to balance our Chakras.



Working with Nature



Greet the Sun

Honor the Sun, the giver of life and warmth, by greeting her every morning with gratefulness for another day

Saging

Using Smoke to clear and bless spaces, objects and people

Make sure to set your intention

Light Candle & Blow it Out

Symbolizes and ending

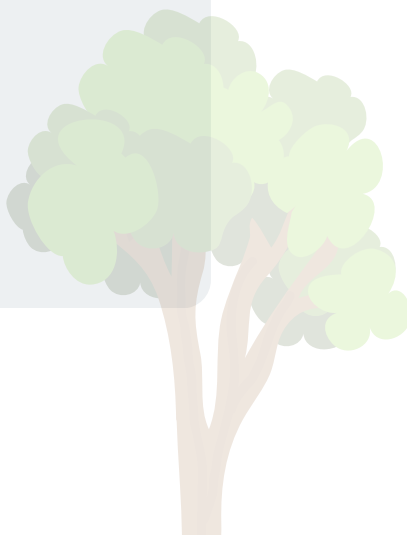
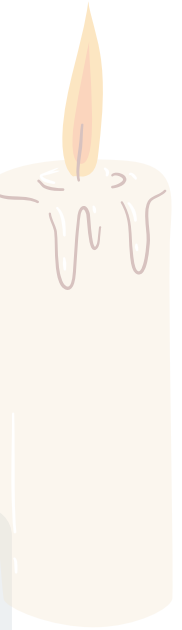
While holding candle, light it and stare into the flame

Hold intention in mind then blow it out

Grounding

Place your bare feet or lay your body down straight on top of the grass or dirt

Wrap your arms around a tree and HUG IT!



Working with Nature Cont'd



Water Cleanse

Take a Shower,
Stand in the rain,
or go in a
swimming pool or
hot tub


Set the intention
that all energies
that are negative or
that are NOT yours
wash away

Wind Carry. Away a Feather

Wind is an unseen
and powerful
symbol of life
itself

Hold feather &
reflect on problem
or concern

Release into wind.
Imagine problem
drifting away

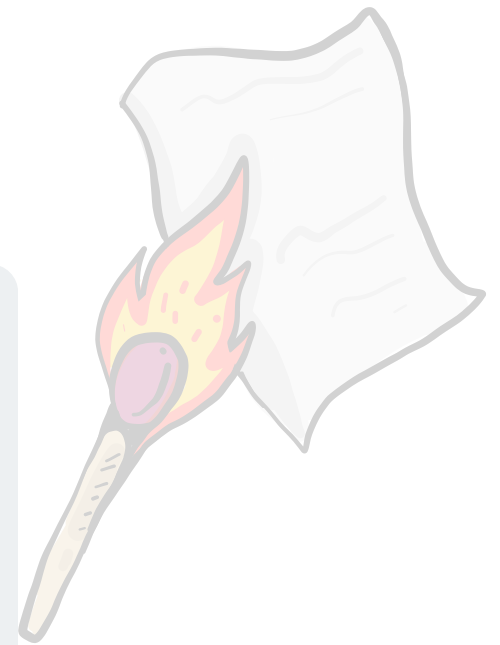


Burn Your Worries Away

Use Wish Paper

Write Your Worry
or what you wish
to release on
paper

shape paper into
tube, light with a
match and stand
back



Grounding

Focusing our attention on the present moment and on how our environment affects our senses, unites our energy with the energy of our surroundings and reminds us that we are all interconnected, working together in unison to create ONE world.

Grounding Exercise 5-4-3-2-1 Method:

Pay attention to your breathing. Slow, deep, long breaths will help you maintain a sense of calm.

Acknowledge **FIVE** things you see around you

Acknowledge **FOUR** things you can touch

Acknowledge **THREE** things you hear.

Acknowledge **TWO** things you can smell

Acknowledge **ONE** thing you can taste

More Grounding Exercises

- Go for a walk in Nature
- Hug a Tree
- Practice Mindful Breathing exercises outdoors
- Put your bare feet in the grass or dirt
- Spend time with animals
- Put your hands or body in water
- Gardening

Be Authentically You!

There is only ONE you in the universe and you have the power to create any life you want to live. Only the NOW currently exists and in order to manifest the life you want, you need to **actively** support your intentions for that life everyday. The best way you can do that is by expressing your uniqueness and being you in every thought and action. It's easy to get caught up spending time observing other people's lives. There's nothing wrong with watching others to help inspire our desires, but we don't want to spend too much time doing so, otherwise we may not be putting forth the energy vibrations needed to create our own desires. It takes focus and energy and determination. Make sure you're supporting your body, mind and spirit everyday! Honor the life you've been given, raise that vibration and create something magical!