

NEW AGE
HIPSTER'S
Woo Woo School
TOTALLY
SPIRITUAL
Self Study

TOTALLY SPIRITUAL

Hey gorgeous being!

Welcome to Totally Spiritual Self Study!

This course was created for peeps who want to really dive deep into their spiritual practice. Maybe you've been doing the woo woo thing for a while, or maybe you want to get back into it after a break away, or perhaps you just want to take all that spiritual knowledge you've accumulated and put it into practice and actually make it work for your life!

To really make the most of this course it's a good idea that before you start you are familiar with some basic energy work and have some kind of connection with your guides and angels or whoever you consider your spiritual team. If you need help with that stuff check out Woo Woo 101!


All the content you're about to get stuck into has been created originally for the live course. This means sometimes in the videos I'll mention going to the Facebook group or the live video. These are things that don't come with the Self Study course, but if you ever need some assistance on your spiritual journey you can always come to the Spiritual Journey Pitstop group on Facebook and hash things out with some of the Woo Woo School alumni and other fabulous spiritual peeps from all over the world! I'll be popping in there too!

The course was originally created as a 6 week course, but some of this stuff took me years to get a handle on and I'm still working on it! The beauty of self-study is that you can go as fast as you like, or take your sweet-ass time and go at a pace that feels good to your own heart chakra.


Work with the 6 week program if it feels good, do a module each month or whatever works for you and your life. x

SELF STUDY HACKS


Self study can be super hard. It's up to you take responsibility for this journey sweet chops, no one can do it but you. Here are some ideas to help make this solo road a little easier for you:




Add some study time into your calendar each week, or once a fortnight, or whatever works for you and your lifestyle, but schedule it in!




Remember we often think we can do more than we really can, so don't be afraid to set yourself some smaller goals and do extra if you can, rather than set big goals and give up.




Get yourself a gorgeous new journal and some glitter pens and start a fresh book of light (or shadows!).



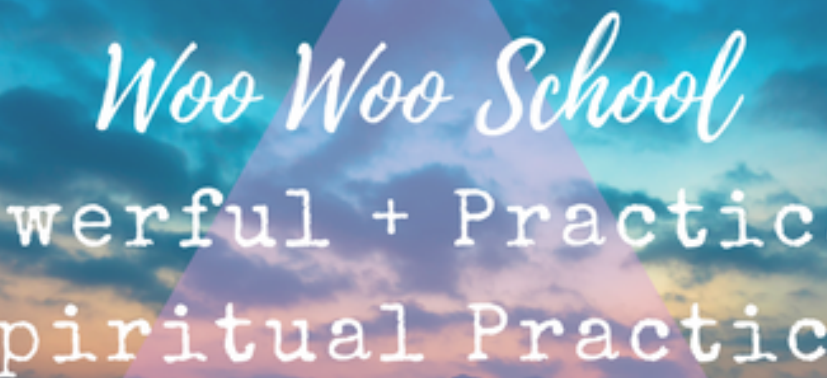
Join some spiritual groups online and get chatting with like-minded souls.



Give yourself a little something-something at the end of each unit. Celebrate with a new crystal, a vegan donut, a Riverdale marathon or put a Pegasus sticker in your journal or on your laptop.



Plan something special for when you reach the end to keep you going, maybe a new deck of tarot or oracle cards, a Reiki treatment or massage, a trip to your favourite new age store, plan a spiritual pilgrimage or book a mentoring session or a reading with me! :D



Woo Woo School

Powerful + Practical Spiritual Practice

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This first module is all about creating (and actually doing!) a spiritual practice that works for you, your energy and your life.

When we make time every day (or how often feels good for you!) to connect with ourselves, our own hearts and higher selves life becomes easier to navigate.

When we get quiet and set intentions on the daily, magic has a way of finding us.

A daily practice helps you stay awake and connected no matter what's going on in your outside world. x


Links

Workbook

Video

MP3

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Woo Woo School
Archangels,
Ascended Masters +
Other Deities
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This module is all about Deities. Who are they, what are they? Why would you want to work with them?

We focus this week on how to choose and invite Deities to help you with your spiritual practice, spiritual and life path. We also tune into which Deities may already be working with us!

We hang with some Archangels, Ascended Masters, chat about Gods and Goddesses and we also do a bit of work with the Violet Flame in this module too! x

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Woo Woo School
Crystal Power!
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This module is everyone's fave! It's time to do some work with crystals!

If you wanna be Totally Spiritual you probably have a few crystals lying around the house but I'll also give you some tips on how to connect with crystal energy without crystals too! :)

In this module we are going to do some manifesting work with crystals via crystal grids, do some crystal healing on ourselves and we'll activate, clear and work with crystals in ways that feel good!

Crystal Power is going to help strengthen your relationship with your stones and explore how they can help you on your path! x

Links

Workbook

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Woo Woo School

The Law of
Attraction

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The Law of Attraction module is going to help you to work out what the LOA means to you, how it works in your life and we'll do some work on how you can create some awesome vibes to start really attracting what you want to you.

We go a lot deeper in this module than just "thoughts become things" or "like attracts like".

We start to dive into some reasons why we don't always get what we want, why even when we vibrate way high shiz still happens sometimes. This is an empowering unit and you'll definitely want to have your journal with you for this one! x

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Manifesting

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In this module we are not just going to look into the mechanics of manifestation, but we're also going to work out how to make sure our desires and magic making are in line with our souls and hearts.

We'll uncover all our beliefs about manifesting and how they affect us, and we will bust through some manifesting blocks.

We will find ways to call in what we want that align with our own energy (there is no one size fits all for manifesting!) and we are going to work with the awesome power of surrender! x

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A person wearing a dark hoodie is holding an Ace of Spades playing card in front of a large, semi-transparent green pyramid. The background is a blurred outdoor scene with green foliage. The text 'Woo Woo School' is written in a white, cursive font across the top of the pyramid, and 'Divination' is written in a white, typewriter-style font below it. The hashtag '#TotallySpiritual' is written in a white, typewriter-style font below 'Divination'. The website address 'www.NewAgeHipster.co' is written in a white, typewriter-style font at the bottom of the pyramid.

Woo Woo School

Divination

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In this final module we are going to dive into the ancient art of Divination.

People have been divining for answers from the Gods since, well people. We're all searching for that connection, that communication with the divine, and when we use divination that's what we're doing. We're picking up the phone and asking straight, and then we're getting answers.

In this module we're going to play with some different divination tools, have a look at how best to ask questions and we're also gonna do some mega deep third eye work for enhancing intuition.

Links

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NEW AGE HIPSTER'S

THE CIRCLE

WHAT'S NEXT?

If you enjoyed this course and want to continue on your journey through the spiritual realms with me, you are so very welcome to come and join us in The Circle! This is an online community of gorgeous souls and includes an MP3 and workbook each month + access to an exclusive online group where you can meet your spiritual running buddies and get support and support others on this journey!

So much love and gratitude to you gorgeous soul, I hope this course has served you and that you're now feeling more connected than ever and Totally Spiritual!

xxo

