

NEW AGE
HIPSTER'S
Woo Woo
School

Woo Woo 101

Self Study

Woo Woo 101

Hey gorgeous soul!

Welcome to Woo Woo 101 Self Study!

I've been running this course for a few years now and the feedback from my students has been pretty gosh darn good! If you do the work, this course works.

Woo Woo 101 is gonna have you feeling super connected to your spiritual team, your own intuition, energy and chakras and generally have you feeling good, clear, grounded and safe to move forward on your spiritual and life path.

All the content you're about to get stuck into was 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!

The course was originally created as a 6 week course, but some of this stuff took me years to get a handle on! The beauty of self-study is that you can go as fast as you like, or take your sweet-ass time getting into your spiritual groove.

It's really important to do this work in the order it's delivered. Don't go racing ahead to working with your Spirit Guides until you've done the first few modules. Trust me, it will be SO much easier to connect with your spiritual team by doing the energy work first.

You can work with the 6 week program if it feels good, or take as long as you darn well like!

Enjoy your journey gorgeous soul! xxo

Self Study Hacks

Of course, self study can be tricky. It's up to you take responsibility for this journey sweet earth angel, 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.
- ★ Remember we sometimes think we can do way more than what we actually can do, 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 get inspired to make your woo woo book of light!
- ★ 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 tumblestone, a cupcake, a Heartland marathon or put a unicorn 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, take 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 101 *Protection* Woo Woo School

This first module is all about Energetic + Spiritual Protection.

I like to start here because even though clearing and grounding are also super important energetic tools, for me protecting my energy was where it all started. As soon as I was able to start to protect my energy from negativity I got so much clearer on what was actually mine and what I was picking up energetically and my guidance started to get so much clearer!

Be sure to make sure you focus on protecting your energy daily for at least a week to notice the shifts! x

Links

[Workbook](#)

[Video](#)

[MP3](#)



Woo Woo 101

Grounding + Clearing

Woo Woo School

This module is all about grounding and clearing your energy.

When you add these two tools into your daily energy work the real magic starts to happen. You'll start to become much more aware of what's going on with your own energy, you'll know when your energy needs a good clearing and how to do it quickly and easily.

You'll know when you are feeling un-grounded and how to ground yourself when it happens, and so it doesn't happen! You'll feel more balanced and it will set the foundations for connecting with your guides and angels!

Keep working with the Daily Energy Meditation while you work through this module. x

Links

Workbook

Video



Woo Woo 101

Auras + Chakras

Woo Woo School

In this module we're gonna be working with our Aura + Chakras.

Learning how to work with my Chakras has been like discovering a total guidance system for the body, mind, emotions and soul!

Connecting with the energy of my Aura has helped me with my energy work big time too!

When you combine this work with the work from the first two modules you'll have a good grounding in basic energy work and everything gets easier from here! x

Links

Workbook

Video

MP3



Woo Woo 101

Intuition + Higher Self

Woo Woo School

In this module we are going to connect with our intuition and meet and hang out with our higher selves.

We are going to deep dive into the differences between ego/fear and intuition/guidance so that you have no trouble being able to trust an intuitive hit and ignore or work through a fear based thought.

We start to connect to our higher self or soul self and open up the channels of guidance big time! x

Links

[Workbook](#)

[Video](#)

[MP3](#)



Woo Woo 101

Spirit Guides

Woo Woo School

The module you've all been waiting for! This is where we connect with our Spirit Guides!

All the work we've done up to now has set the foundations for being able to meet and work with our guides.

Your guides can come through in many different ways, so be sure that you stay open minded during this module.

Be sure to keep doing the protection, clearing and grounding work daily to help you feel safe and grounded while you do this work.

Links

[Workbook](#)

[Video](#)

[MP3](#)



Woo Woo 101
Angels
Woo Woo School

In this final module we will connect with the Angels.

We will dive into what angels actually are, and how they appear to us and communicate with us.

You will meet your guardian angel and begin to work with some of the Archangels too!

You will start to notice the signs your angelic helpers are leaving for you and experience a journey into the angelic realms! x

Links

Workbook

Video

MP3

What's Next?

If you enjoyed this course and want to continue on your journey, you might wanna check out *Totally Spiritual* which picks up where this course ends and takes you further on your journey, covering things like creating a daily spiritual practice, working with Archangels and Ascended Masters, Crystals, Law of Attraction, Manifesting and Divination!

You can also 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!

