

Befriending Your Ghouls & Ghosts

The purpose of this exercise is to befriend your ghosts and ghouls so that you can be your most resilient self.

Resilience is your superpower.

Resilience will allow you to respond rather than react, be your wisest self, and take intentional action toward your desires.

How to know your ghouls and ghosts:

There are 5 categories of information to be aware of and connect to in order to befriend your ghosts and ghouls.

This knowledge will be your biggest asset in making sure you show up in an empowered, resilient and successful way.

This exercise is helpful to work through and process discomfort around unpleasant thoughts, feelings and behaviors.



Body Based -

Where in your body do your ghosts and ghouls reside?
What do they look like and feel like?
Who would you be without your ghosts and ghouls?
What do your body based ghosts need to leave you in peace?

Emotional -

What are the emotions that haunt you/are most uncomfortable to feel?
Where do those emotions stem from?
When is the first time you experienced these emotions?
What do these emotions need in order to be at peace?

Mental -

What ghost thoughts (negative/unpleasant thoughts) linger and live inside your mind?
What do these ghost thoughts need in order to bring be at peace?
What are these ghosts thoughts really trying to tell you (deeper messages/meaning)?

Behavioral -

What behaviors are lead by your ghosts/ghouls?
How would you be behaving if you cleared those ghosts and ghouls?
What do you need in order to behave the way you desire?

Unconscious -

What inclining has your intuition been aware of lately?
How does your intuition show up (visually, auditory, sensory, emotional, dream)?