

EVOLVE 2.0
personal evolution classroom

The Halted Journey
Spiritaul Shitstorm

“Do you ever feel like you are “crushing it” as a spiritual sorcerer one minute, and the next minute overcome with anxiety, patterns and behaviours that rattle your inner peace into an unavailable matter of dust, that seems to put you in this unmistakably cloud of uncertainty and mistrust in your path? If you answered yes, even just a small yes, I have some BIG information to share with you.”
~Kristy Kilik



unhappy
FAILED
stress
pressure
LONELINESS
depression
afraid
FEARS
tired
anxiety
sadness
PANIC
SORROW
desperate
HATE
tense
PAIN
anger
troubles

the "Spiritual Shitstorm"

There are 3 main things that create what I call a “Spiritual Shitstorm”. First, what is a “spiritual shitstorm”?

Definition: Spiritual shitstorm is spiritual practitioner slang describing the situation when the mind, body and spirit experience a whirlwind of emotions creating the person to experience physical and emotional symptoms of discomfort, pain, grief, agony, disease, emotional shut-down, chaotic reactions to situations and negative expression toward self, others and situations.

What could possibly cause a Spiritual Shitstorm to occur?

Let's look at the actual root cause of the “Spiritual Shitstorm”. It is not actually situations like a cheating spouse, a situation causing anxiety, a hard diagnosis or loss. Those are all situations that may cause one to trigger into a “Spiritual Shitstorm” but none of these situations are the actual cause. Something much deeper is happening, and we must understand this concept to truly heal.

1. Ancestral Wounding, Lineage Karmic Debt & Trauma are one thing.

There is a connection between how the body and mind have learned to cope, deal and regulate experiences that deeply connects to the spirit in a person. In my viewpoint, Trauma is energy that the Autonomic Nervous System and the Central Nervous System do not know how to regulate and deal with as a non-threat. If we do not acknowledge the trauma, we can not learn to regulate experiences. Instead we will end up storing them as trauma which takes up space inside of us. That is when we can not heal our karmic debt, experience wounding and epic spiritual shitstorms and chronic illness.

2. Childhood Early Developmental Trauma are the Karmic/past life wounds we need to resolve.

So many people are chasing after different lifetimes to try to heal what is hurting them right now. The reality is that the past is existing right now in your learned behaviors. The people in your life have taught you how to cope, regulate and heal. If you can not heal, and are having a “spiritual shitstorm” you need to look at what you must learn to regulate and integrate. The root to the issue is in how your body reacts to situations that then affect your spirit and soul path. This means if you do not have a solid foundation in your ability to cope with stress and situations on an energetic level, your primal responses will kick in inevitably, edging out your soul mission, peace and connection to self. To build a strong foundation in the ability to regulate anything that comes at you, you must identify what your Autonomic and Central Nervous System have flagged as “threats” in order to sooth your Spirit and heal Karma & Past life Wounds. Simply one must pay attention to the discomfort to understand what it is telling you.

3. Become Friends with your Shadow.

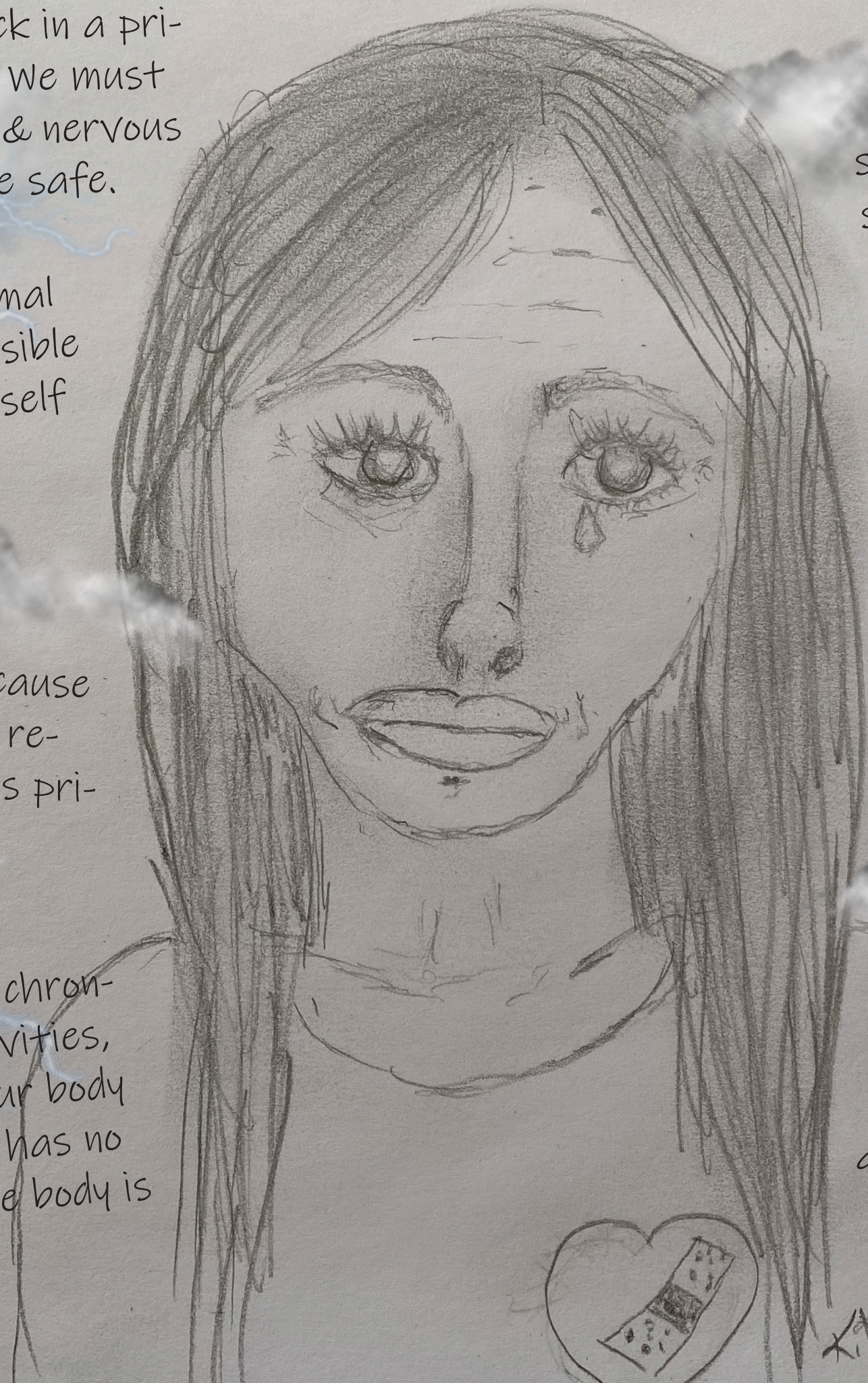
Avoiding negativity is not a solution. Forcing yourself to only be happy and nice, disciplining yourself for having a negative thought is damaging and creates deep karmic wounds on a soul. Not only does forcing only positivity make you to crack, it causes infractions of karmic lineage debts in your family by how you are teaching them to deal with stress and karmic lessons. Your shadow is the part of you that you don't like very much. The part of you that you are trying to hide away. That shadow part of you will have mean words and think poorly of someones actions and will probably run you down and judge even you. Thats the part of you that needs nurturing. Acknowledgment and love need to be given to your shadow so that you can feel safe and authentic in your own body. All souls have a light and shadow side. To heal, we must care equally for both and teach ourselves to feel safe with who we are.

Anxiety is the body stuck in a primal survival response. We must teach our cells, tissues & nervous system that we are safe.

When disconnected and in primal trauma shutdown, it is impossible to be present and aware of self and surroundings.

Grounding meditations can cause a fight & flight or freeze response. Root chakra energy is primal survival energy.

There is a direct connection to chronic disease and allergies/sensitivities, that link is trauma and how our body is remembering it. The Spirit has no choice but to live in chaos if the body is stuck there.



Primal survival response of shut down causes our spirit to become small. We become unable to endure stress and sensations in an optimal level.

Fatigue and spiritual burnout happens when the body is in primal survival response and we over tax ourselves energetically, causing the organs and digestion to hit a brick wall.

Trauma is not a mental illness nor is it an event. It is energy stuck in the tissues/organs/nervous systems that create our spirit and mental thoughts to fracture, react, block or stick.

X. K. K. K.
X. 2020



"Healing is a journey, a life style, a practice and an art. You deserve to feel authentic, safe and well. You have the power to evolve into your optimal wellness"

~ Kristy L Kilik
Spiritual Medium, Author

Kristy Kilik

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