

# *Stepping Into Woo*

Energy/Vibration  
&  
Grounding and Shielding



Kim Williams  
Flourish R&R

Welcome to the first part of the "Stepping into Woo" series. Our focus will be on Energy and Vibration and also how to ground and shield yourself.

Be sure to take a few moments to watch the video where I explain these to you.

# *Energy/Vibration*

If you want to find the secrets of the Universe, think in terms of energy, frequency and vibration...

-- Nikola Tesla --

First things first, there is no such thing as good or bad energy. There is however, lower and higher energy vibrations and you will have experienced these already. You know the feels you get when spending time with another or in a situation that doesn't feel right?

That's because the energy/vibration of a situation doesn't sit right with the energy/vibration you are on.

You will also find that this is where your intuition is telling you that you are right where you need to be or it's time to get up and out of there.

Another thing I want you to be aware of is that energy is contagious. Ever noticed that when you spend time around someone who is sad/miserable/angry/nasty, that you either start exhibiting that same behavior or you end up feeling exhausted and drained of energy afterwards?

That is because your own energy/vibration is trying to process the feels.

This is the perfect time for us to move onto how you can protect yourself from intense energy/vibration.

Your energy/vibration attracts others to you and brings you new opportunities. Keep your energy clear and clean as this will help you attract only what is for your highest good.

-- Kim Williams --

# Grounding

Grounding your energy to the earth is so very needed in a time where many of us are constantly busy and moving forward. It truly is very simple and only takes a few moment each day.

Some may choose to meditate every day where as other's such as myself choose to spend some time with my bare feet out on the grass in the mornings and then again in the afternoons. Those few minutes of being very present and recharging myself help.

You can of course spend time out in nature at the beach or even in your garden as this will help you to relax and feel connected.

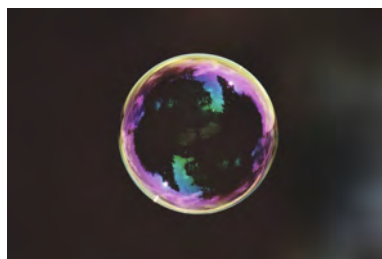


# Shielding

This is a very simple and easy practice that you can take on board to keep yourself from taking on the energy of others and to also keep your energy to yourself.

Each morning when you wake up and get ready, imagine yourself stepping into a gorgeous bubble and closing the door. You can choose any colour you like and can choose a shade of colour that will suit your day ahead. For me, I choose pink. The lighter the shade, the less I will be out and about with others. The darker the shade of pink, the more I will be out in public and doing my woo work.

Again please remember that energy is contagious and you don't need to take nasty yucky energy out and spray it around.



Time to move on to the next part of the  
"Stepping into Woo"  
Program

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# *Stepping Into Woo*

Intuition, Higher Selfie  
and  
Spiritual Pit Crew



Kim Williams  
Flourish R&R

In part 2 of the "Stepping into Woo" series, you will learn how to strengthen your intuition and work with your Higher Selfie and Spiritual Pit Crew.

# Intuition

Intuition is the ability to know something without consciously knowing how you know but you know and you feel it deep in your core.

You just know.

-- Kim Williams --

The word intuition is thrown around so much these days in the WOO WORLD but I want you to know how much this word and the feels behind it actually means.

As children, so many of us are taught not to trust the feels we get with regards to a situation. We are encouraged to ignore that nagging voice in our heads or the feeling in our stomach (solar plexus chakra) as the logic mind tries to talk us into why we should - family responsibility, loyalty, just because.



Your intuition works in with your Higher Selfie and these 2 elements of yourself work in with your Spiritual Pit Crew of Guides and Angels to get you to where you want and need to be without taking on all the other external demands.

Vibration and energy will always speak directly to your intuition and either have you walking into the right situation or walking out of a wrong situation.

Our human role is to trust it. Trust that when we put our request in to our Pit Crew and Higher Selfie, they will lead us to where we want and need to be rather than putting up with situations just because.

By you taking the time to connect and ground each day, you will connect in more strongly and quickly to your intuition.

There has never been written anywhere in anyone's book or ledger that you need to stay in a situation (career, relationship, anything) that doesn't make you happy or bring your best self forward.

Period

-- Kim Williams --

# Higher Selfie

Your Higher Selfie has been through every single lifetime with you up until now and she knows what you are meant to be doing in this lifetime - or at least where you are meant to be heading.

The Corporate side of me refers to her as my Inner Adviser and if only I had listened to her sooner. She will communicate with you in a level, even voice and will show you snippets of the life that awaits you if you work with her.

Bear in mind her polar opposite is SHEGO who speaks in the ranty, nasy 3-year-old-having-a-hissy-fit tone. SHEGO doesn't like you making changes or moving forward. SHEGO wants you stay very uncomfortable right where you are rather than step forward into a new you.

Change is exciting not scary or to be feared. Notice how fear and excitement bring up the same body responses - you get sweaty, breath quickens and you start looking for a life raft. Just keep swimming honey.

# Spiritual Pit Crew

Your Angels and Guides make up your Spiritual Pit Crew and they are always available to you.

From birth, we have a Guide that stays with us for life. They chose to come here with you and give you loving support and guidance along the way.

Through each chapter or experience in life, you will find you may have other guides that come in to give you a hand - career changes, relationship make up and break ups, parenthood, etc.

There are also specific ones you can call on to help if you are a business owner, need help regrading your health and even one to have you feeling and looking better - Archangel Ariel is her name. You can also call on her for strength and courage as she is a Warrior Angel happy to assist.

Take the time to lean into your Spiritual Pit Crew for guidance and assistance. They are always there and happy to help - we just need to remember to ask.

Time to move on to the next part of the  
"Stepping into Woo"  
Program

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# Stepping Into Woo

## External Tools to Strengthen Your Intuition



Kim Williams  
Flourish R&R

In part 3 of the "Stepping into Woo" series, we look more closely into external skills that you can use to tap into your intuition even more.

# Angel Oracle & Tarot Cards

It is totally ok to use cards as a form of strengthening your intuitive muscles. Just remember that you are in charge and while the cards are great to confirm or validate feelings and nudges, they are not designed to live your life by.

-- Kim Williams --

Angel cards were my first ever re-introduction into the world of woo and I love them. There are many different deck to choose from and they can also be themed around love, abundance, health and Angels messages specifically for you.

Traditionally, your first deck of cards are bought for you but as a modern lightworker, I encourage you to buy your own first deck if you so choose to. Remember that in WOO, rules need to be seen as guidelines that are great to be aware of but not necessary to live by.

I do however ask that you find a deck that resonates for you. While it's great to find out what has worked others, you need to find what works and resonates for you.



On the next page, I am going to give you some great tips on how to use your deck.

# 5 Tips on Using Angel Cards

Choose the right deck for you. Notice when you are drawn to a particular deck as the energy is drawing you in - vibrational match.



Cleanse your deck before and after each use. The easiest method is to hold the deck in one hand and knock on top with the other hand. Then filter the cards through your fingertips.



While it's totally ok to read the book meanings, also take a moment to look at the picture on the card and see what you are drawn too - words and images that pop to mind are great to note down also.



Tarot are much more intense in energy where as Angel cards can be lighter - they will still get to the core message for you though.



Remember that it's totally ok to ask for confirmation regarding a situation or person but don't rely solely on your cards for answers - your intuition knows too.



# Card Spreads

You can indeed draw yourself a card each day and see what messages your Spiritual Pit Crew have to bring forward for you. This is a great way of strengthening your intuition.

Alternatively, you can indeed search online via Google or Pinterest and find many different card spreads to try out.



# Journaling

Journaling is such an amazing way to connect with your intuition and Spiritual Pit Crew. There is no fancy way to do it nor do you need anything other than time to sit and grab a pen.

Sit and ask yourself "what needs to come forward for you to process at this time?" and you will notice that there is an issue or situation that needs to be put onto paper for messages to come through from your Crew.



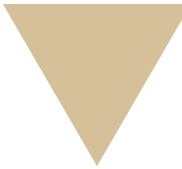
# Create Quiet Time

Traditionally this is called Meditation but in a busy modern world, the time to get your arse to the mat for an hour a day seems so difficult so I want you to take some time out to allow your mind to wander.

Don't worry so much about trying to quieten the chatter in your mind but do spend some time focusing on your breathing and bringing yourself back to listening to your chosen song or guided meditation.

Try at least 5 minutes a day to start with and notice how you feel afterward.





Time to move on to the next part of the  
"Stepping into Woo"  
Program

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# Stepping Into Woo

Full Moon Fun  
New Moon Manifesting  
Forgiveness and Gratitude



Kim Williams  
Flourish R&R

In part 4 of the "Stepping into Woo" series, we look more closely into how to use the Full and New Moon energy as well as releasing that which no longer works for you.

## *Full Moon Fun*

Full Moons are a great time when the Universe highlights that which needs to be released and let go of. Relationships, situations and even thought patterns. Let it go honey.

-- Kim Williams --

The Full Moon is a time where your shadow side can come forward as she knows there is time to let go of what no longer works. Allow time for rest and self-care at this time so that you can process downloads of inspiration which comes through.

Light a candle, journal and see what comes forward at this time. Remember to send people off with love if you need to farewell them.

# New Moon Manifesting

New Moons are a time for planting seeds and starting new projects for the month ahead. Take the time to get clear on your intentions and goals.

-- Kim Williams --

The New Moon is a time for creating new opportunities and projects to move you forward.

Take the time to sit and visualise what it is you want as the most important part of manifesting is the feels and how you can totally imagine yourself with that which you have asked for.



# *Forgiveness and Gratitude*

To forgive and be grateful are the key elements to making your Full Moon releasing and New Moon wishes work. So many are unaware of this.

Take the time to forgive yourself and others for anything that has opened over the last month. You can't take the baggage with you nor should you want too.

With regards to gratitude, you need to be grateful for what you already have so that you can bring more into your life. Taking notice of all the good stuff will attract more good stuff to you - simples.

You can write out a daily list if you like or you can list them off as you go to bed each night. It's also a fantastic way of becoming very present and grounded.



Thank you for taking part in the  
"Stepping into Woo" series.

I hope you have enjoyed learning new Woo  
based strategies to take on board.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# About Me

Hi there. My name is Kim Williams and I am a Spiritual Mentor, Teacher and Energy Alchemist.

Having experienced my own Divinely Inspired Awakening (aka Spiritual Sh\*tstorm) about 7 years ago now, I love teaching others how they can best use tools such as cards, crystals and energy to decipher messages from their intuition and Higher Selfie.

I hope you find this e-book helpful and you can always find more information about the work I do and how I can be of assistance to you on the details below.



[www.kimwilliams.me](http://www.kimwilliams.me)

Facebook page -  
Kim Williams Flourish R&R