



TRUELIGHT-TRUESELF
Spiritual Healing Techniques Chart

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This chart is designed as a gentle guide to help you reconnect with your inner truth, restore emotional balance, and realign your energy. Each section highlights a different dimension of spiritual healing, cleansing, grounding, aligning, releasing, nurturing, and raising your vibration. These practices support your journey back to your truest, light-filled self, offering simple yet powerful ways to shift your energy and deepen your spiritual well-being.

WAYS TO CLEANSE

Purpose: Clear stagnant, heavy, or unwanted energy from your field

Techniques:

- Salt baths
- Smoke cleansing (sage, palo santo, incense, if culturally appropriate)
- Sound cleansing (bells, bowls, clapping)
- Sunlight exposure
- Visualization of white or golden light
- Energetic cord-cutting
- Decluttering your physical space

WAYS TO GROUND

Purpose: Return to presence, stability, and inner calm

Techniques:

- Deep belly breathing
- Standing barefoot on earth
- Touching natural elements (tree, soil, stone)
- Body-scanning
- Naming 5 things you can see, hear, feel
- Slow mindful walking

- Holding grounding crystals (hematite, smoky quartz, obsidian)

WAYS TO ALIGN

Purpose: Bring your mind, energy, and intentions into harmony **Techniques:**

- Meditation (guided or silent)
- Chakra balancing
- Affirmations
- Visualization of your “highest self”
- Setting daily intentions
- Breathwork patterns (4-4-6, box breathing)
- Journaling for clarity

WAYS TO RELEASE

Purpose: Let go of emotional weight or stored tension

Techniques:

- Emotional release journaling
- Crying intentionally
- Shaking or somatic movement
- Exhaling with sound
- Writing + burning rituals
- Breath release (long exhale)

WAYS TO RAISE YOUR VIBRATION

Purpose: Shift into a lighter, more empowered emotional state

Techniques:

- Gratitude lists
- Listening to uplifting music
- Acts of kindness
- Nature immersion
- Creative expression (art, dance, writing)
- Laughter

WAYS TO NURTURE YOUR SPIRIT

Purpose: Strengthen inner connection and emotional resilience

Techniques:

- Self-compassion practices
- Heart-centered breathing
- Prayer or spiritual reflection
- Connecting with your intuition
- Reading spiritual texts
- Mindful stillness