



# Spiritual Mechanic

## Wish List and Shit List

I'll explain how my shamanic process works because it's cool and I think it will help you understand the process, and WHY the Wish List and Shit List are so freakin' awesome.

When I do shamanic energy integration work, I do it in a non-physical room I call The Matrix Room, which is bad ass. I can basically take apart the energy and rework it without anything getting messed up while I do it.

The first time I visited this room, working in it caused my water heater to explode because the energy was so strong and I had no idea grounding was a thing. I walked out of that session a different person.

The beauty of The Matrix Room is that I can work with your energy intimately without it affecting you until I know that I understand everything that I'm seeing and experiencing.

OH! And YOU can visit the Matrix Room and do this yourself!

In the next video, I'll show you exactly how you can do this YOURSELF (whoa... self healing? Woohoo!)

Before you can jump in and DO this cool work, though, create your...:

- Your Shit List
- Your Wish List



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## **Shit List**

Your Shit List is what isn't working in your life. Do a brainstorm/brain dump. What is just NOT working DESPITE you doing all the work you know how to do and being 100% willing to let go?

This doesn't have to be perfect. I have clients who basically sent me a 5 page journal entry and I've had clients who sent a neat and organized bullet point list. Do what works for you, just make sure it's clear enough that I'll know what you're talking about.

For instance if you just send me a thing like "money" that's not going to help. Yes, I'm psychic, but this isn't a psychic reading. I don't want to spend precious healing time trying to look for and find all the complex parts to your money story when you can tell me what you know about your situation and I can get RIGHT to the healing part.

Please DO tell me how you feel. Emotions are great for me, because I can see the threads of those in your energy system when I'm doing my work.

And the final tip is pretty simple: Be authentic. 😊 The more authentic you are about your inner world experience, the better I can find the root cause and clear it out effectively.



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## **Wish List**

Your Wish List is what you WANT for your life. This one should be fun to do, because you go through your Shit List and talk about what you want to see INSTEAD of each item.

Play. Dream big. Be honest about what FEELS good, and if a random “shit” item comes up here, just let it flow. Don’t worry about perfection. Again, I can the blocks in your energy easier if you just do what’s authentic to you.

This exercise is powerful to do on its own as a vibrational alignment exercise – you can use it to tap into your heart’s desires and

Once you’ve finished them, [leave a comment on the blog here and tell us all about your experience.](#)

Enjoy this!!! It CAN be a lot of fun.

Love ya!

Rev. Kerti