

The Spiral

EXPLORE YOUR PSYCHE

What is The Spiral?

The Spiral is journey through your unconscious mind. Together we connect directly to your deep inner wisdom and explore 7 hidden sections of your reality. Taking inspiration from the Chakra system and Spiral Dynamics, we clear energetic residue from 22 primary emotions that are common to the human experience.

This process shines light onto the darker areas of your psyche, the parts of yourself that you cannot yet see. You let go of emotional attachments that have been unconsciously holding you back from living to your full potential, while your strengths are illuminated, lighting up your true self.

This process is one of full self-responsibility. You acknowledge that what you see in others can be a reflection of what you cannot yet see in your self, both good and bad. Together we break down lifelong emotional patterns, opening space for a new life to unfold before you.

How does it work?

We connect via video or in person. Muscle testing gives us access to your unconscious mind, as we traverse 7 sections of your psyche. Each section explores 3 core emotions (with 4 emotions in the final section). In a session we break down old patterns, then redesign your life in a way that is more truly aligned to your deepest desires, with clear integration tasks to cement your new being. Our eighth session together is for integration of the process and an overall new life design.

What to expect?

The first few weeks can be challenging as we explore the “lowest vibration” emotions: Fear, Grief, Anxiety, etc. As we journey into Heart: Love, Acceptance, and beyond, to Peace and Purpose, your life will shift in sometimes subtle and sometimes sudden ways.

You get what you are ready to give. It is your responsibility to continue the practice outside of our sessions. Journalling throughout the process is an incredible way to recognise and acknowledge your progress.

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What you get?

- Access to The Spiral Online Community. Here you can share your observations, achievements and challenges. This group is filled with supportive Spiral experts as well as people also going through The Spiral.
- A complete online learning system for you to learn these tools for yourself. This will allow you to go deeper in the process as you do your own clearing outside of our sessions.
- You have access to me anytime for support, encouragement or sharing. I am part of a deeper group of specialists who I can call on, with decades worth of knowledge with this work.

Who am I?

I am Arcadia Clover. A woman connected deeply to the cyclical nature of the world, I live according to my feminine cycle and the seasons and cycles of our world.

I am a Shiatsu Practitioner. My knowledge of Five Element Theory and Traditional Oriental Medicine brings a deep reverence and understanding to the exploration of emotions through The Spiral, allowing your journey to be clear and relatable.

I am a Spiral Practitioner. I have been using this tool extensively through the waves of my own life. It has helped me navigate relationships and breakups, higher education and moving interstate. I have been through The Spiral three times and each time I drop deeper into my power and strength. It is with great pleasure and excitement that I now share this transformational and revolutionary gift with you.

www.arcadiaclover.com

www.thespiralclearingprocess.com