

Releasing energies that do not serve.

# Spiritual and Energetic Cleansing

**N**ow that we've got the basics discussed, it's time for us to start diving into getting yourself and your spaces cleared of any bullshit. This release and cleansing is a process. The more negativity, clutter, and toxic behaviors that we release from our field, the more we make room for positive transformation within ourselves. Here's an overview of the material for this set of classes.

- Energetically cleansing the home and body.
- Connecting with Air. Release and expand field breathing exercise. (see video)
- Throat Chakra basics. Throat chakra healing video
- Releasing energies that do not serve and intro to shadow work.
- Magick craft: Recipe for Creating Spiritual Wash. Connecting with plants.
- Cleansing and releasing with smoke.
- List of herbs and resins for purification and release.
- Different ways to cleanse.
- Detoxing and cleansing your body.
- Sacrificial release for blessings.
- Empaths
- Protection ritual. White or black candle.
- Setting boundaries
- Live follow up. Guided meditation for release.

Ch2. Pt. 1  
Connecting with Air  
The Throat Chakra

# Connecting with Air

Every element has a deep wisdom to share about how to find harmony in your life. I discussed air briefly in the last chapter about when going over the 4 elements, but now I want to explore it on an even deeper level. With every element, there are both positives and negatives. Too much or too little of any element can lead to issues. There is an art to having balance with the elements.

Air: East

- New beginnings, spring, first breathe of life, intellect, clarity, spaciousness, clearing, freedom, expansion, communication
- Eagle, hawk, and winged creatures allowing us to see situations from a higher perspective.
- Signs: Libra, Aquarius, Gemini



Air helps us to release any energies that do not serve us to help us make space to welcome in new, fresh energies. It assists us in letting go of unhealthy attachments as it is constantly moving and renewing. The energies of air welcome a lightness like a feather blowing in the wind.

Possible negative effects of not enough air:

- Depression and lack of motivation. Call on air or fire for movement and action.
- Hard time communicating clearly and effectively both verbally and non-verbally. Also inability to clearly speak intentions. Call on air element, or air deities to help with clear communication. More on communication when we discuss the throat chakra.
- Physically having trouble breathing. Work with air through breathing exercises and plant medicines related to air to help.
- Feeling stuck? Call on air for action, expansion, and movement.
- Feeling too emotionally attached to something to the detriment of your own well being. Call on air for spaciousness and a higher perspective on the matter.
- Lack of clarity on a subject. Call on air spirit animals to bring you focus and clear vision of the situation.
- Having trouble starting a new project. Call on air for action and new beginnings. Call on fire for inspiration.
- Having trouble studying. Work with air related plants like burning or diffusing rosemary for focus and memory boosting.

Possible negative effects of too much air:

- Being ungrounded which can lead to an inability to face reality and manifest. Call upon earth for grounding.
- Lack of empathy or inability to connect with others on an emotional level. This is when someone is heavily intellectual with little conviction. Call upon water to get in touch with emotions.
- Overthinking and racing thoughts. Call on earth for grounding.
- Over-explaining due to overthinking. Call on earth for grounding, light a candle for focus and discernment.
- Lack of responsibility, flightiness. Call on earth for grounding, call on water to help look inward about the situation.
- Inability to commit in relationships, work, etc. Call on earth for grounding, call on water to help look inward about the situation. Call on fire to spark passion in your commitments.

How to call upon air:

- Burn incense or herb bundles.
- Sweep or vacuum.
- Practice breathing exercises. Awareness of breath.
- Pranayama and Vinyasa Yoga
- Consuming more dry foods
- \*Light a candle. So I know candles are fire, but the light of a candle is programmable much like quartz crystals. I can't express how important candles are to my practice. Every intention I make is amplified by the light of a candle. I like to imagine that as I light a candle, I am opening a direct connection to spirit. The light is what guides me and spirit in harmony.
- Offerings to Air deity especially for communication, action, and intellect.

To reduce too much air:

- Consuming more root vegetables, which are very grounding.
- Consuming warming foods like ginger, cinnamon, and spice.
- Consuming moist foods like soup and oily heavier meals.
- Consuming less carbonated drinks.

Plants related to Air

Mint, eucalyptus, rosemary, frankincense, anise, star anise, fennel, lavender, marjoram, most sage varieties.

Deities Related to Air

Hermes, Mercury, Legba, Ellegua (communication) Thoth (communication/intellect)  
 Shu, Enlil, Ninlil, Oya, Vayu, Amihan, Apo Angin, Lihangin, Quetzalcoatl (wind/  
 windstorms/change)  
 Odin, Damballa (breath of life)

# The Throat Chakra

There are 7 main energy centers (chakras) in the body. The throat chakra gives voice to our heart and mind. You're probably wondering why I'm choosing to start with the throat chakra. Well, it's funny because spirit chose to start here. 2020 was a very traumatizing year for the collective. With a fear of Covid, and lock downs being put into place, a lot of people were actually starting to develop traumas and blockages around the throat. Hell, people are afraid to clear their throats in public these days. When we start developing traumas and blockages related to the throat chakra, we begin to lose our ability to speak our truth or communicate with clarity. I also want you to be able to clearly speak your intentions into existence. With a healthy throat chakra, we speak and manifest with confidence and sovereignty.



Ways to heal and strengthen the throat chakra?

- Throat chakra crystals: Amazonite, Turquoise, blue topaz, blue kyanite, angelite, aqua aura quartz, most light blue/blue green crystals. Every morning I meditate with an amazonite crystal on my throat to help clear any blockages of my throat chakra.
- Singing.
- Speaking words of love and beauty, giving (truthful) compliments.
- Stretching the throat.
- Yoga breathing and exercises related to the throat chakra.
- Yawning. This is also a great way to move and release energy. I yawn a lot when I mediate. Some people yawn a lot after I do a clearing on them.
- Cleansing the throat by repeating a clearing AH.
- Sat Nam mantra. Sat means "truth." Nam means "identity." Together, *sat nam* means "truth is my identity."
- Humming with intention.
- Speaking with someone who listens with no judgment. This can be a friend, a partner, spiritual guide, or even your favorite stripper.
- Speaking to a therapist, counselor, or psychologist.

What is harmful to throat chakra?

- Telling lies. Plain and simple. Just try not to.
- Gossiping, criticizing others, and speaking negatively of yourself and others are all unhealthy for the throat chakra and other energy centers of the body. So don't be an asshole and try to be mindful of what you say. haha. No, but seriously this really aligns with magick because you must be conscious of the words that you express. The words that you express are easy to manifest. Try your best to speak with grace and compassion, especially when you're speaking of yourself. To think before you speak will become more and more valuable as you really start diving into magick.
- Not using your voice. It's important to use your voice daily. With covid lockdowns, I know some people who were going weeks without speaking. They needed major throat chakra healings. If you're alone at least try to speak out loud to yourself. Speak mantras or daily intentions. Insert "use it or lose" it joke.
- Not speaking up when you probably know you should. I'm pretty guilty of this a lot. This usually comes from some sort of traumas around being told to "shut up" as a kid. It's okay, if this happens to you. These are traumas that can be healed.
- Feeling unheard or even worse, being told that you should be silent. This is totally related to the last point. These are traumas that we must work through over times. A lot of this really boils down to knowing the value of your voice. <3

I'll be going on live to do a throat chakra healing and clearing. Don't worry if you miss the live. You can always go back and watch it at any time. You can watch it more than once, whenever you feel the need to heal the throat. There are no space/time boundaries when it comes to spiritual healing.

Problems from blocked chakra:

- Tension in neck and shoulders.
- Inability to speak up or speak one's truth.
- Inability to communicate clearly, both verbally and non verbally.
- Fear of being authentic.

Overactive throat chakra:

- Talking too much, which leads to not listening, not allowing others to speak.

Journal prompt:

Do you think you may be carrying any traumas around your throat chakra?

Do you feel you can speak your truth fully and authentically without fear?

Write down 5 things that you absolutely love about yourself, and speak what you wrote out loud.