

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 breathing exercise. (see video)
- Throat Chakra basics. Throat chakra healing video.
- Releasing energies that do not serve and intro to shadow work.
- Journal prompt: What needs cleaning up in order for you to have a healthier mind state?
- Spiritually Cleansing your home
- Magick craft: Recipe for Creating Spiritual Wash. Connecting with plants.
- Cleansing and releasing with smoke.
- List of herbs and resins for purification and release.
- 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.

How clean is spiritually clean?

# Energetically Cleansing Your Home

Let's be real. Many of us want to ask for more, when spiritually, they don't have room for more because they are hoarding way too much bullshit. Energetically cleansing your home is a bit different than regular ass cleaning. Spiritually cleaning your space takes time and *good* energy. I say good energy because the last thing you want to do is clean with a stank attitude. If you try to clean with a stank attitude, your basically just going to add spiritual stank to your space and that's just no bueno. You really want to take your time and enjoy the process. Put on your favorite tunes and make this spiritual cleansing fun. I know the idea of cleaning hardly seems fun, but you're trying to create a party space for you and spirit to vibe. You're creating space to welcome the energies that you wish to cultivate.

To keep this from feeling overwhelming, start with one space at a time. I'd suggest starting with your bedroom and work your way out to the spaces where you spend most of your time. This takes dedication. It took me literally 3 months to really clean and clear my home of all the negative funk, but boy was it worth it. Now let's get to it.

Be mindful of the elements that come into play as you are cleaning. Honor these connections.

Air: Vacuuming, sweeping, feather dusting, clearing with smoke.

Fire: Clearing candles, burning incense, the fire used to heat your cleansing wash, burning clearing plants.

Water: Cleansing washes, sprays, essential oil diffusers.

Earth: Salts, crystals, plants in incense & washes that you use.

Now I'm not gonna give you specifics on how to clean and organize your space. I think google or Marie Kondo can show you all that shit. ( I actually have no idea what Marie Kondo teaches, but whenever I tell someone I'm cleaning and reorganizing they insist that I'm Marie Kondo-ing some shit. haha) What I will tell you are a few tips that spirit taught me about cleaning house.

First organize and get rid of the trash.

-Try not to have too much clutter lying around. Find a "home" for things. I used to have a lot of random nicknacks, loose change, books, paperwork and random stuff out and stacked on my tables, dressers, etc. I ended up clearing out drawers and buying totes to put everything in places that were still accessible but not in sight. There's no need to keep all that bullshit on display.

- Go through your drawers, cabinets, closets and do a spring cleaning on crack. Seriously, get rid of the crap that you don't need. Be honest with yourself. Time to release, my friend.
- Try to be as organized as possible.

Once you've organized and reduced clutter, it's time to get into the cleansing.

-Get rid of dust. On all surfaces including table tops, walls, mirrors. \*See the spiritual wash craft recipe below for this. Using a clean cloth and the spiritual wash, wipe the surfaces moving your hand in a clockwise motion and imagine cleansing water removing all the negative stagnant energies, and introducing the beautiful plant energies of the cleansing wash onto the surfaces. Take your time. Listen to your favorite music, and just infuse love and good energy into your space.

-Vacuum or sweep. If you have carpet, you can sprinkle salt onto the carpet to clear negative energies first. Imagine the earth energies of salt absorbing the negative energies. Then vacuum.

-After vacuuming or sweeping hard floors, use the spiritual cleansing wash to mop the floor. Imagine all the those good elemental cleansing energies doing their thing. When your finished, pour the mop water out the back door. If you don't have back door, just dispose of it however you normally would.

When you've got your spaces good and clean, you can finish by cleansing with smoke. I'll get into all that good stuff in this chapter.

Clear negative energy & welcome love & prosperity into your space with this

# Spiritual Wash

Here's a nice Spiritual Cleansing Wash recipe for floors, walls, and hard surfaces. Feel free to omit, or add anything according to your needs. Use what you have. Set your intention for how you want the wash to work for you. Have fun!

2 quarts water (8 cups)

2 sprigs fresh rosemary or handful of dried (cleanse negative energy, bring clarity)

handful of dried rose (love, peace, healing)

orange peel dried or fresh about 3 handfuls (prosperity, joy)

1 stalk dried or fresh lemongrass (optional) (prosperity)

2 handfuls of fresh basil (money, prosperity)

10 drops bergamot and/or sweet orange essential oil (uplifting, happiness, prosperity)

10 drops ylang ylang oil (love, healing, high vibrational, ancestors tend to love ylang ylang)

1Tbsp mild liquid soap (dish soap or castile soap)

-Light a candle & open a circle and call in the Guardians of the 7 Directions to raise the vibration of the space. (see chapter 1 pt. 2 on how to do this)

-Bring water to a boil.

-With each individual ingredient, I want you take a few deep inhales. Connect with the plant with love and gratitude. Blow your breathe of life into the material, then add it to the water. Feel the and acknowledge the energies that each plant is going to imbue into your magical wash. Add the rosemary, rose, basil, lemongrass & orange peel individually in this manner. Lower heat and simmer for 5 minutes.

-Turn off the heat cover and allow to the energies infuse as it cools. Imagine the energies of the plants melding together in a beautiful dance, each of their properties complimenting one another. That's some sexy shit right there.

-When the blend is cool, strain.

-Individually combine the essential oils the way you did with the herbs and flowers, with gratitude, love, and intention.

-Add liquid soap and stir. Blow your life breathe into the mixture

-Add to a large bottle. I repurposed an old almond milk bottle.

-Your magical was is ready to use, or store in refrigerator for up to 1-2 months.

Use this mixture diluted to spiritually cleanse floors walls, tables, and doors.

I use 1/2 cup of this mixture to 1 gallon of water with 1-2 oz of disinfectant like pine sol. The disinfectant is optional. I personally started using disinfectants again when covid hit. When using this sacred blend, imagine cleansing away any negative energy and welcoming loving, peaceful, joyous, & prosperous energies & spirits that are aligned with your highest good.

If you don't have the time to make this, in a pinch you can splash Florida Water into whatever regular cleaner you use for surfaces. Spirits love the good energy of Florida Water.