

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.

- Connecting with Air. Release breathing exercise. (see video) Ch.2 pt.1
- Throat Chakra basics. Throat chakra healing video. Ch. 2 pt.1
- Energetically cleansing the home. Ch 2 pt.2
- Journal prompt: What needs cleaning up in order for you to have a healthier mind state?
- Magick craft: Recipe for Creating Spiritual Wash. Ch.2 pt.3
- Cleansing and releasing with smoke. Ch.2 pt.4
- List of herbs and resins for purification and release. Ch.2 pt. 4
- Detoxing and cleansing your body.
- Sacrificial release for blessings.
- Empaths
- Protection ritual. White or black candle.
- Setting boundaries
- Intro to shadow work.
- Live follow up. Guided meditation for release.

# Incense, Herbs Bundles, & Woods, Oh my!

## Cleansing with Sacred Smoke

There are a wide variety of herbs that can be burned clear negative and stagnant energy. Here are a few notes that I have when it comes to burning them bushes.

-Use what's readily available to you. When I first started my magickal practice, I wanted to buy every herb and oil available. While it lead to me learning and experiencing a variety of plants, I ultimately learned that many plants have the same uses. What's really important is your intention and connection with the materials that you intend to use. No need to get fancy, if you're on a budget. Plants like rosemary are readily available and make powerful plant allies.

-Be mindful of where the plants are sourced. A lot of sacred plants are starting to become over harvested. I would avoid purchasing white sage and palo santo, unless you know the source is reliable. I honestly would refrain from getting any sacred herbs from commercial businesses, like amazon. Try to find indigenous/native run shops on etsy if you're in the market for sacred herb bundles.

-Use plants that YOU enjoy smelling. There are so many options available. You don't want to force yourself to use something that's unpleasant to you, just because you heard it works well. You want your space to be pleasing to you.

-Try to learn the herbs and practices used by your ancestors. This helps deepen your spiritual connection to the plant.

-Be mindful when burning or diffusing any plant materials around pets. Some pets are very sensitive to certain botanicals. Do your research.

-Save those ashes! I save my ashes and bury them as an offering to give back to mother earth. I do this every other new moon in gratitude for blessings of fertile new beginnings. I also sometimes add it to my compost as the carbon element. This is also going to be given back to mother earth.

\*Alternatives to smoke cleansing.

- Herbal cleansing spray
- Sea salt in bowl of water or dry, placed around home to absorb negative energy
- Burn clearing candles
- Essential oil diffuser with clearing plant EOs
  - Bells/chimes/drums/rattle/sound bowl/tuning forks... sound to move energy
  - Plant bundles used to sweep energy away.
  - Hanging plants around to ward off negative energy and raise the vibration of the space.
  - Working with house plants that protect and ward of negative energy
  - Good ol' Florida Water

## Smoke cleansing invocation:

“Into this smoke, I’m releasing anything of low vibration. Any negative energies, stagnant energies, and energies that are not here for my highest good are being moved and released through this smoke with love. Thank you. Thank you. Thank you.” (thanking the plant, thanking spirit, and thanking source)

Notes on the invocation/prayer: This is generally what I say, but please make this your own. The point of the invocation is to state your intentions while working with plant (earth), fire, air(smoke) and spirit. I have channeled entities that had very different ways of communicating how they wanted to release negative energies. One particularly spicy entity was guiding me through a particularly stubborn “exorcism” and said, “don’t be confused, you ain’t stayin’ here. it’s time to get yo dusty ass out, you ain’t welcome here no mo,” That was a very successful and powerful removal. The spicy entity had a few other funny things to say, but I can tell that story another time. :)

When releasing energies through sacred smoke, make sure you are affirmative with your actions. Be confident that the smoke, spirit, source, and your intentions are all working together to move those dusty ass energies that do not serve you. The more you incorporate this as a practice the more you’ll be able to feel the energies shift when working with plant and spirit allies.

How often do you cleanse with smoke:

Short answer- as often as you want! I’m pretty much burning something every day. To some that may be a little excessive, but as a divine channel I work with a lot of energies every day. Before bed I like to use smoke clear my room and myself, including my hands, around my front, back, and under my feet. Empaths can benefit from daily clearings, as well. Do what feels right to you. You don’t have to be obsessive about it, but it also wouldn’t hurt to put into your practice an energetic clearing with smoke once or twice a week. Sometimes you feel like you had a tough day, or maybe you had a funky interaction with someone and still feel their negative energy bugging you. I do a full home smoke cleansing about once a month right before the new moon to clear space for new energies. It’s best to follow your intuition when it comes to cleansing.

I also do smoke cleansing to myself and my luggage when I travel. You’d be surprised the shit you pick up when traveling.

I cleanse crystals and magical tools that I purchase before use.

I cleanse my home after parties. (boy, do I miss having parties!)

# Plants for Cleansing & Protection

Angelica Root *Angelica archangelica*

Element: Fire

Planet: Venus, Sun

Sign: Taurus

Chakra: Root and crown

- Protective, purifying
- calms and soothes while strengthens
- invokes angelic energies bringing confidence and courage and good health.



Angelica Root  
*Angelica archangelica*

Cedar *Cedrus deodara*

Element: Earth, Fire

Planet: Jupiter, Mercury, Sun

Sign: Aries, Sagittarius, Taurus

Chakra: Root

- Healing, protective, grounding.
  - Encourages you on your path with strength and stability.
  - Calming, cleansing, harmonizing.
  - Ancient wisdom deep connection to earth and grounding.
  - Invokes protection, strength and stability during times of stress.
  - Enhances meditation allowing you to go deep.
- Grandfather energy.



Cedar *Cedrus deodara*

**Copal** *Shorea javanica*

Element: Fire

Planet: Sun

Sign: Aries, Leo, Sagittarius

Chakra: Solar plexus, third eye, crown.

- cleanses mind, body, and soul
- increases psychic gifts, clairvoyance.
- offering to mother earth
- unites Sun energy with grounding transformative properties of earth.
- powerful yet gentle healer and cleanser, clearing, restorative, purifying, empowering
- connects to spirit.
- sometimes used to induce trances and in rites of divination.
- welcomes deity & high vibrational energies into the space.



Copal *Shorea javanica*

## Eucalyptus

Element: Water, Air

Planet: Moon

Sign: Cancer, Libra, Gemini, Pisces

Chakra: Throat, Heart, Crown

- Major purification and healing
- Offering to healing deity
- Soothing and uplifting
- Anti-inflammatory, anti-microbial, anti-fungal
- Clears the mind.



Eucalyptus

## Moringa (Malungaay)

*Moringa oleifera*

Element: Fire

Planet: Sun

Sign: Aries, Leo

Chakra: Root, Solar Plexus

- Purification and protection
- Invokes personal strength and healing
- Also known as the miracle tree
- Brings clarity, confidence, and peace of mind.



Moringa

Mugwort *Artemisia vulgaris*

Element: air, earth

Planet: Venus

Sign: Cancer, Gemini, Libra, Sagittarius, Taurus

Chakra: third eye, root

- Strengthens intuition
- Psychic, & spiritual protection
- dream herb
- Deepens connection to plant medicines.
- Clears space. Listen, this plant does a lot it also helps you connect with other plant medicine on a deeper level.

Mugwort  
*Artemisia vulgaris*Palo Santo *Bursera graveolens*

Element: Water, Air, Earth

Planet: Mercury, Venus

Chakra: Root, Sacral, Heart, Crown

- Clears negative energy
- Healing
- Centering and grounding



Palo Santo

-Relieves stress and anxiety.

\*Please be mindful of where you source this sacred wood, or look for alternatives.

Rosemary *Rosmarinus officinalis*

Element: Air, Fire

Planet: Mercury, Moon, Sun

Sign: Aries, Leo, Virgo, Sagittarius, Aquarius

Chakra: Root, third eye, throat, crown

-Healing, clearing, purification, protection

-removes negative energy

-Boosts clarity, enhances memory.

-Both soothing and uplifting.

-Mary divine feminine healing energy



Rosemary  
*Rosmarinus officinalis*

Sweetgrass *Hierochloe odorata*

Element: Air, Water

Planet: Moon, Venus

Sign: Libra

Chakra: Crown

-purify auras, cleanse objects, and clear ceremonial areas or healing spaces of negative energy by bringing in energies of the light.

-Attracts good spirits and positive energies

-Beautiful offering to deity and to welcomes spirit guides and angels

-Helps connect to high vibrational energies

-Deepens connection to mother earth

-Relieves stress relaxes the body and mind

-Healing herb helps with cold and sinus issues.

-“Sweetgrass is considered by American indigenous peoples to be one of the “four sacred medicines”, the other three being cedar, sage, and tobacco. Native North Americans have long used this plant for medicinal, decorative and even ritualistic purposes.” -Mary Ritchie

-Beautiful vanilla bread aroma.

\*Be mindful of where you source this sacred plant. Some wild harvesters have poor practice and are over-harvesting/damaging these plants for a quick buck. It might be safer to obtain from a place that farms sweetgrass.



Yerba Santa *Eriodictyon Californicum*

Element: Earth, Air, Water

Planet: Mercury, Saturn, Venus

Sign: Taurus, Libra, Scorpio

Chakra: Heart, Throat, Third Eye, Crown

- means "Blessed Herb" - also known as Sacred Herb
- Protective and increases divinatory and psychic abilities
- Purifying, healing, and spiritually strengthening
- Excellent herb for journey and meditation
- Releases emotional pain stored in Heart Chakra (chest)
- Historically worked with as a treatment for respiratory conditions, both as a tea and as a smoke



Yerba Santa

White sage *Salvia apiana*

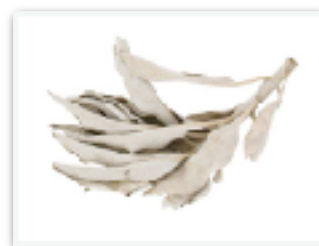
Element: Air

Planet: Jupiter

Sign: Aries and Sagittarius

Chakra: Throat and Crown

- Clears negative energy
- welcomes healing and positive energy
- Purifies the air.



White Sage  
*Salvia apiana*

\*Please be mindful of where you source this sacred plant. It is becoming over-harvested, so it's best to look into alternatives.

I'm telling you, white sage is not the only clearing herb. If you must have this, try to get it from a source where you KNOW farms it. This plant is being wildly over harvested, and where it grows naturally it is an important source of food for wildlife. With it's popularity, many people are wild harvesting it to make money, which is devastating the balance of this beautiful plant. I almost didn't want to add white sage to this list because of how misused, misunderstood, and over-harvested it is. I use it in my personal practice, but I have only use bundles that are gifted to me by friends who are actually indigenous, and now grow 3 of my own white sage plants that were also gifted to me. I have a very respectful relationship with this beautiful plant, but I'll highly suggest finding alternatives to white sage, if you don't know your source. I get pretty bummed when I see how cheaply this plant is being sold, probably by people who are not mindful that they are destroying it. Every time "witch kits" or other trendy bullshit that adds white sage and palo santo, I honestly cringe. Also, if you see them for cheap on amazon, just don't. These are most likely not sustainably harvested as they may claim. Let's not buy into trends. We must start developing relationships with plants that are readily available to use. To me, it's hard to sit with trying to get good energy from a plant that's getting abused and destroyed.