

Releasing energies that do not serve.

Spiritual and Energetic Cleansing

Now 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. Ch.2 pt. 5
- Sacrificial release for blessings. Ch.2 pt. 5
- Empaths Ch.2 pt. 5
- Live follow up. Guided meditation for release in order the start manifesting what we want in life. Release of energies that don't serve you, old programming that holds you back, it's time to drop the weights that may be holding you back.

Shout out to my fellow sensitives...

Empaths

If you aren't familiar with the term, empaths are folks who are psychically sensitive. They tend to detect and process the energies of other people, places, and entities quite easily, whether they are aware of it or not. Empaths have this great ability to feel or sense what other are feeling and thinking. It's an amazing gift, but can also be a great burden if you don't work at strengthening and protecting yourself. A lot of sources seem to make empaths look extremely weak, almost to the point where it's starting to sound like a disability. I'm here to tell you that as an empath, you can be extremely powerful. It's important to learn how to harness and strengthen these abilities through your own practice. Once you commit to empowering yourself and your inherent gifts, you will start to see the major advantages of being "tapped in". This takes time and dedication. I truly believe these courses will be especially valuable to empaths because it is through magick and spirituality that I was able to personally discover my super powers.

If you're not sure if you fall into this category of being, I suggest you google that shit. Lots of info and funny lil 'Are you an empath?' tests you can take floating around. Honestly, if you're taking these classes, chances are you're an empath, and if what I've been hearing around the spiritual grapevine is correct, a lot of people are on their way to becoming a lot more "sensitive", so this info can benefit all of y'all.

Some empaths can actually feel the physical pain of people around them or people they are connected to. I have randomly got sharp pains in my stomach, or sudden sick feelings only to find out that my sister was ill/had the stomach flu. This can be seen as a gnarly aspect of this "gift", but it has helped me accomplish deep healings of others by being able to sense the root of energetic/physical ailments.

I also want to note that not all empaths are super sensitive or emotional in their personal lives. I know I was stone cold and considered quite aloof throughout my life. This was another defense mechanism that I developed at a young age for protection. It wasn't until I started doing the work to clear and heal the blockages around my heart that I was able to really become empowered in my work. This took time and a lot of self-reflection. If you find yourself afraid of being in a love or in a committed relationship, expressing grief, you may be an unhealed empath.

Great stones and crystals for empaths are protective or help connect you to divine "light" or o upper realm energies. So basically soul star or earth star chakra crystals. Aegirine – incredible auric protector. Shungite – incredible filter of energy. Black Tourmaline- another great protective stone. Tibetan quartz- clears aura and gently grounds energy. Danburite- strengthens connection to divine love and angelic energy. Over time, I want

you to realize that the crystals are not imperative or even necessary once you begin to fully heal yourself. They are great allies, when you want a little extra protection, but the goal as an empath is to become fully empowered without the need for any help outside of your SELF.

Empaths also tend to carry physical sensitivities, so if you're an empath, it's important for you to be mindful of what you put in your body, & the energies that you immerse yourself in. When you feel more, you're not just susceptible to other people's energy. You're susceptible to to all energies including the energies that you consume, the bullshit that you stream online, the music that you listen to... I can go on. I don't consider this sensitivity a weakness. It's a great tool to be able to sense energies that are harmful. Now I'm not saying that y'all need to live in a damned bubble. It's just good to be mindful of the energies that you take in and learn healthy ways to release those energies, or to set up healthy boundaries.

For instance think about the energy that meat carries. There are traumas embedded in most of the meats available on the market. Spirit showed me that when we consume meat, we're basically consuming the energies of trauma that are very much a part of the animal that's being taken in. If you are consuming commercial dairy here in America, I hate to tell ya, but that shit is most likely encoded with sad and negative energy. Don't get me started on the hormones, antibiotics, etc that's in the animal products here in America... Just something to think about. I would really like to encourage any empaths to greatly reduce meat consumption (or at least factory farmed meats) and see if that effects their mental and emotional well being. Journal that shit. It's similar to the process of finding out what you're allergic to. You won't really know unless you eliminate it from your diet for a good amount of time and take note of how you feel.

Also take note of your relationship with what you consume and interact with. Before you get down on some chocolate cake are you preemptively thinking, "this is going to make me feel like shit," or, " I'm going to regret this." Hey y'all I can tell you that the last thing you want to be doing before you consume something is curse it. Try to focus on the parts of the chocolate cake that will nourish you and enhance your life: that chocolate nourishes and opens the heart, the sugar welcomes sweetness into your life, the flavors that will satisfy your naughtiness. It's alright to indulge a lil here and there. Feed your shadow sometimes. We're only human. I get it! It's best to have a loving and realistic relationship with our foods. Most of the time, it's not the foods that are bad. It's the relationships that we develop with the food. Don't hate on the cake, y'all.

As an empath, you may sometimes feel that you can easily be harmed by being exposed to low vibrational people and situations. Actually, as you come into your gifts and learn to strengthen yourself, you'll realize that you can actually raise the vibration of a space by working with spirit and your own energy. This will take time and personal healing, but starts with a shift in your perspective. Before you see your shitty Auntie, are you

preemptively thinking, “this isn’t going to go well,” or “I’m going to need more therapy after this,” haha. Well, I’ll tell you, expecting the worst isn’t going to help you. A healthier way to handle shitty auntie is to energetically protect yourself and anticipate the best possible interaction. Just my perspective. Once you become empowered you will realize that your intentions and relationship with spirit are far more powerful than any low vibrational bullshit. Believe me, I used to be the queen of expecting the worst. I lived in anxiety most of my life. Then I learned how to strengthen and protect myself. I learned how to call on my guides, guardians, and ancestors for protection, strength, and insight. This has dramatically changed my life and the interactions that I have with others. I walk through life with trust not fear. Through working with spirit, I now have the power to shift the energy of a situation with love, clarity, and compassion. Being an empath is a superpower, y’all.

Empaths and alcohol- If you think alcohol helps you relieve stress and anxiety while being an empath, I’ll tell you it’s most likely quite the opposite. Drinking alcohol lowers your vibration and leaves you more susceptible to unseen energies that are highly attracted to your light. This sometimes leaves many empaths on a slippery slope of alcohol dependency. I would highly recommend greatly reducing the amount of alcohol that you consume if you are an empath and are susceptible to anxiety and depression. I was consuming a lot of alcohol all the time for a very long time. I always thought it was helping me cope with my sensitivities. When I finally quit, it was a game changer. I don’t even miss the shit. Actually, I’m so sensitive, that if I’m around people who are inebriated, I’m able to tap into their energies and feel just as fun and loopy without even partaking in physical drink. It’s a trip. What can I say, I’ve become a cheap date and I’m okay with it.

One huge game changer for me as an empath is daily clearings of my energetic field and bedroom. This can be done through cleansing with smoke, clearing baths or showers, using an essential oil diffuser, and working with plant/spirit allies to keep your self and space purified and protected. I do this before I go to bed, or if things feel particularly off. (After interacting with someone of low vibration, after an argument, after going to the post office, or driving through traffic... you get the picture haha) I want to note that, all of this isn’t really necessary to clear space as you become more empowered. Over time you’ll see plants and crystals as allies, but like I always say, the most powerful part of energy clearing is your intention. You are more powerful than any low vibrational energy that is trying to fuck with you. Remember this!

Basically, as an empath, really take into consideration everything that you allow into your field. Like really. Experiment and really dig deep into what may be affecting you. How do you feel after watching certain tv shows, listening to certain music, or eating certain foods. Take note of the positives and the negatives, so that you can start cultivating a healthy relationship with yourSELF - your physical space suit and the energetic body that drives that suit. You don’t have to be perfect, but you can really benefit from being real with yourself and learning to indulge with balance. You have nothing to lose, but so much

to gain when you start being mindful of your consumption and relationship with all that is.

Along with becoming more mindful of yourself and your surroundings, you're going to want to go through the process of healing yourself.

As an empath you can benefit from:

- Daily meditation to for balance, strength, regeneration, and to help with stress levels.
- Work with crystal allies for strength and protection.
- Set energetic boundaries when engaging with people, places, & spirit.
- Be mindful of the food, drinks, and substances that you consume.
- Be mindful of the what you chose to interact with. (media, people, etc.)
- Regular release/clearings and cleansing of your self and your space.
- Working with healed ancestors, spirit guides, animal spirits, and/or patron deities to help protect and shift the energy of a person, place, or situation. Our guides and deity are very important teachers to help us learn how to work energies. Remember your spirit teams, y'all.
- Knowing you that you don't have to live in victimhood based on your past. If you feel like a victim long after the traumatic event(s), you may have wounds to heal. Seek help, do shadow work, inner child work, work with healers. Once those wounds heal, you become strengthened and empowered. Your past experiences do not have to constantly plague you. You have the power to heal from any traumas, if you are willing to put in the work.
- Know that you have the power to absorb energy, but that is at your own will. You do not have to be an energy sponge if you don't want. Strengthen and protect yourself, and if you choose to feel a situation deeper, you can activate your gift of tapping into energy.
- Realize that sensitivity does not equate to fragility. Come into your power. These classes will help with that. :)
- Stop expecting the worst and living in fear. Remember the power of your intentions, spirit, and your self. You are more powerful than you realize.
- Set healthy boundaries. Many empaths give their energy freely with little boundaries. It's okay to help from a strengthened empowered place, but know your limits. Give your self time to reset and regenerate. It's okay to say no. It's okay to say later. It's okay to acknowledge that the best place to be when helping others is when your own cup is full.

-Take at least one day off a week. Again, self care, rest, and regeneration is how you will be able to come into your full power as an empath/sensitive.

-Love yourself. Plain and simple.

-Nourish your creativity. This heals the heart and sacral centers of the body which are areas that tend to carry traumas in empaths.

-Work with a healer to help open the heart and release traumas from your field. Throughout this course, I will be doing some very powerful healings and clearings that can really help, but I really want to encourage you to dive deep into your healing process with practitioners and empowered empaths who can help you heal spiritually and emotionally.

-Learning how to feel your own emotions. Many empaths tend to run away from their own feelings by finding distractions. Sometimes they focus on helping others while repressing their own emotions. This is something that I was totally guilty of for a very long time. I have to tell you, a huge part of your work is healing yourself. There is no way around this. Tend to your wounds. Allow yourself to feel, clear the blockages and walls that you built around your heart as a protection mechanism.

-Initiate the process of doing shadow work and healing your inner child.

-Know that healing takes work, dedication, and time. The rewards are immense. As you heal you strengthen yourself and as you strengthen yourself, more of your spiritual gifts will be revealed. Also when you heal yourself, you heal those around you. It's a beautiful thing, y'all. Get into it!

Detoxing the body

Take a moment to think about the food, drink, and substances that you put in your body. Let's be real. I know times are tough and it's really easy to fall into poor relationships with what we consume. This isn't a course in dieting, but what you consume plays a big role in the health of your mind, body, and spirit. We want to truly start connecting with put in our bodies.

Here is a general list of things that impair your health, impede your spiritual growth, and lower your vibration.

- Alcohol
- processed foods
- fast food
- Meats (especially if you are an empath or psychically sensitive)
- Most dairy (unless you know the cow was treated like the sacred queen that she is, you should probably "steer" clear.)
- "junk food"
- processed sugars

Pretty much common sense, right? Well, this is just a friendly reminder to think about cutting back on such things, and possibly trying to cut some of it out completely over time. I think the only way for one to know if they are sensitive to these things is to try cutting specific low vibrational food/drink out for at least 2 weeks and taking stock of how you feel not just physically, but also mentally and emotionally. Everybody is different.

What you want to be consuming is more vegetables and fruits. The fresher the better. Trying to incorporate raw fruits and vegetables is always great, but cooked veggies are acceptable, too. I want you to enjoy and celebrate the food that you consume. The cleaner, the better, but you can still enjoy naughty stuff here and there. I don't want you to feel deprived. Like I've said, it's best to maintain loving, and realistic relationship with what you consume. If you want to get naughty every now and then, get naughty and be grateful as fuck when you do it.

You'll start noticing that throughout these courses, as you raise your vibration and start connecting with your food on a spiritual level, you won't crave as much low vibrational foods, and you'll eventually have a complete shift in your appetite. This will take time, so just ease yourself into it, and honor yourself wherever you are every step of the way.

Journal:

What are some foods, drinks, substances that you intake regularly that you know you should cut back on?

What are energies that no may not serve your highest good that you would like to release from your life? (Resentment, fear, apathy, anger, etc.)

What do you want to call in to replace those energies?

Simple Detox Drink

Ingredients:

1 cup of warm water

Juice of half a lemon.

First thing every morning, drink a cup of warm water with a the juice of half a lemon.

This is the important part. Think of this as a self healing ritual.

Bring yourself to a place of gratitude. Lemon water is alkalizing, detoxifying. Acknowledge this as you prepare the drink imbuing it with love and healing energy.

Before you drink your lemon water, hold it in front of you and thank it for the detoxification and healing that it is going to do for you. Really feel that gratitude.

When you drink the water, imagine it working with your body to heal and detoxify you. Hold onto the feelings of gratitude as you feel the drink working to release any toxic energies that you may be holding in your body. Acknowledge the work it's doing to help your gut better digest the foods that you will be consuming throughout the day. Take the time to be grateful for the hydration that the water is supplying to your body.

After you finish your lemon water, rinse your mouth with fresh water to protect the enamel of your teeth. You can also drink your lemon water before brushing your teeth.

Not much of a crazy recipe or ritual, but there is beauty in this simplicity. This is a simple exercise that anyone can do everyday to not only detoxify, but to also get into the practice of connecting with what you consume. It's a mini ritual of mindfulness through connecting with the all parts of the lemon water. Some of y'all may have already heard about the detoxifying and alkalizing effects of lemon water, but a really important component of consuming anything is a loving connection.

Try this for a week, or possibly turn it into a habit if you can.

Now let's commit a little bit.

Sacrifice for Blessings

*Here's a challenge. I want you to commit to cutting out or cutting back on 1 or 2 toxic foods or drinks from your diet for 1 month. This is a major sacrifice that you will be making, so I want you to set an intention to it. This is where you will really start to put magick to action through connection with spirit.

Light a candle and write your sacrifice and intention in your book of shadows (sacred journal) and commit to it.

It can be worded something like this:

"I commit to sacrificing alcohol/red meat/weed/junk food/fast food/soda etc. for one month. In return I'm asking spirit/god(x)/deity/ancestors for blessings and support in strengthening my psychic gifts/ self-empowerment/ reducing anxiety/ financial stability/ raising my vibration etc."

Contemplate this sacred exchange of energy and commitment that you've initiated between yourself and spirit.

This was one of the first exercises that spirit showed me, and the results were astounding! This was at the beginning of my spiritual awakening and I went pretty hardcore with it because I was literally hearing spirits that were showing me all kinds of amazing shit. I was talking to ghosts, y'all and I was fascinated. I was really curious to see what these spirits were talking about. They told me to treat this like a science experiment, so I did. I committed to cutting out meat and alcohol for 1 month in order to raise my vibration and enhance my spiritual gifts. Miracles were happening to me. Unexplainable, but fantastic psychic phenomena, divine synchronicity left and right. After 1 month I continued because I really wanted to keep raising my vibration. It just felt right. By the end of the second month, I realized that I no longer had the anxiety that had plagued me my whole life. It was like they tricked me into being a vegetarian and alcohol-free. Haha, but I'm not mad about it at all.

I just want to note, to all you meat eaters out there, I get it. haha. I love the taste of all meats. My whole life, I'd been a proud consumer of all meats, steaks, bacon, blood stews, guts. In my days as an omnivore, I could out meat-eat the best of them, I'll tell ya. The thing is, I had meat twice since I made that commitment. A real fancy steak for a friend's bday dinner, and a Thanksgiving dinner. Both times, I noticed a huge plummet in my mood, and the way my body felt. I realized after the second time that meat no longer fits in where I am today. There are a myriad of reasons why one would stop consuming flesh, but I'm not here to guilt anyone into quitting meat. I mean, I initially quit for pretty

selfish reasons- to raise my own vibration. Over time, I got more into how precious all life is, but that's not what we're talking about right now.

I want you to choose what you want to commit to- something that is realistic for you. I want you to challenge spirit and ask for something that you feel fits the sacrifice. I want you to experience the sacred act of committing to an intention and agreement with spirit and seeing the amazing results that can happen. Remember you get what you give: the bigger the sacrifice, the bigger the blessings. These are ancient spiritual transactions, my friends.

After each week of committing to sacrifice, I would like to encourage you to get your book of shadows and take note of how you feel physically, mentally, and emotionally. Also use your sacred journal to document if you notice any divine synchronicities or notable dreams. Those are some of the ways that spirit/the universe communicates to us.