



Cleansing and Energy Clearing 101

By: Priestess Analei Pajmonious

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Cleansing exercises

The most effective weapon in a cleansing arsenal is having NO fear. You can do some amazing things by simply not being afraid. Often times scary manifestations happen simply because what is around you is a fear feeder. Fear feeders will often send you visuals, thoughts, nightmares even auditory manifestations just to give you that adrenaline fear rush so they can feed off of that.

So, the first weapon of defense, **Do NOT be scared**. Many times they will energetically “starve” and leave you alone just by not being scared.

Some tricksters, sludge’s and cheeky spirits/entities will still linger, hoping for a spark. Some are just bullies for the sake of it. For those guys you have the following suggestions. You can do a combination of any of them or pick 1-2. I personally always recommend (and use myself) the bathing and smudging as part of a regular maintenance plan.

1. Smudging- if you regularly practice magick, work with anything paranormal or have spirits or entities in your home, you **need** to practice smudging on a regular basis. You can do this weekly, monthly or quarterly depending on your level of metaphysical activity.

Generally, I use sage and lavender or frankincense but you can use lavender, juniper, cedar, rosemary, copal resin, frankincense tears (this one is my absolute favorite) myrrh resin (though it smokes a LOT but smells nice), sweetgrass (smell is very light and doesn’t linger). None of these will harm current spirits in your home that are invited there (ie, you purchased a binding or bound them yourself- members of your family)

Some people cant take the smell of sage and its perfectly fine to use a combination of the above. I don’t recommend more than three at a time though because your house may fill up with smoke and sometimes the conflicting smells may give you a headache.

Steps to successful Smudging-

A) Light your smudgestick. Carry with you a bowl to catch the ashes! You dont want to burn your lovely carpet with still burning ash.

B) Choose your starting point. You can choose anywhere to start but generally I start at my back door (due to the layout of my house).

C) Go through your home in a clean sweep- open all windows, doors and cupboards, wave the sage smoke through everything . Move your arms in long, slow, methodical sweeps making sure the smoke saturates the area.

D) Say with authority- “Nothing and no one is allowed in here that I do Not allow to be here! All negative energy and spirits/entities must leave NOW. ” *Have*

confidence in your words. Continue this throughout your house, bedrooms, bathroom, everywhere. Repeat it as much as you feel necessary, but at the very least as you enter and leave each room.

2. Salt water wash on the walls- In cases of severe episodes (or instances where you or someone in the home is allergic to the smoke of a smudge) remove your spirited items and magickals for the time you are going to do this cleansing. (I put them in my car or set them outback on my garden table on a sunny day to cleanse them) . Fill a bowl with water and add ¼ cup of sea salt and stir it around. Take a clean rag and wipe down your walls, floor to ceiling if you are able. you could even mop your ceiling and floor if you wanted to. This is a harsh cleansing and eliminates pretty much any activity so you might even notice your own family is subdued for a few days after. They aren't harmed in this process. Its like spiritually bleaching your living space.

Make it yours Ritual

Always do a Make It Yours ritual when you bring any magickals, metaphysical items, or spirited vessels into your house. Put here with permission by Akelta Wilde, Satyra Darque and Yllidra Darque:

“Anytime you get a new tool, crystal, jewelry, homemade craft, antique, anything, either as a purchase or gift , it is a good idea to take that object and *make it yours* by doing a simple ritual that will sever any ties the item in question has had with the previous owner/creator. This is simply a precaution as not everyone is “above board” so to speak. There is always the possibility an item you bring into your home of the metaphysical nature (and in some cases, non meta, as with antiques) could have negative energies, attachments or be bonded by unscrupulous magicians.

What a bonded item is:

A bonded item can be virtually anything that a magus can cast on to create a direct link with that object. This means no matter where the object is, the person who bonded it can send either positive (healing) energy or negative (cursing) energy through their connection or bond with that item.

1 Candle- your personal favorite color

incense- your own personal incense

1 bowl of salt

1 bowl of water

a personal taglock- this can be a drop of your own blood, a strand of hair, sexual fluids, a nail clipping, or even lick your lips and kiss a piece of paper.

a smudgestick for clearing any residual energies before and after ritual (optional)

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a black cloth (or a cloth of your favorite pattern, color, or sentimental value) big enough to wrap around your item

The object of this ritual is to remove any negative residual energies, possible curses or malicious bondings on an object and replacing them with your own personal energies.

1. Place your Salt towards the North, your incense towards the East, your Candle towards the South, your water towards the west. Face the direction of each element as you are cleansing with that element.

2. Before you begin you can do an optional smudge. this is entirely up to your personal preference and path.

3. Facing north say aloud or in your mind, as you hold the object in your hand:

“I cleanse this object with the grounding energies of the earth (sprinkle some salt over or run the object through the bowl of salt)”

4. Facing the East, say aloud or in your mind, as you hold the object in your hand:

“I cleanse this object with the mindful clarity of air (run your object through the incense smoke three times)”

5. Facing South, say aloud or in your mind as you hold the object in your hand:

“I cleanse this object with the passionate energy of fire (very carefully pass the object over the fire. do not pass it through as you may damage your item or burn yourself!)”

6. Facing West, say aloud or in your mind as you hold the object in your hand:

“I cleanse with object with the calming energy of water. (pass the object through the water or sprinkle the item)”

7. After the elemental cleansing, place your item on your cloth piece. place your chosen personal tag on your item. Wrap the cloth around the item. Place the wrapped item somewhere it wont be disturbed and leave for six hours or overnight allowing your energies and full essence to permeate the object.

This exercise will wipe out any bonding's or negative residue and make it totally yours.

This practice will not affect our Demon or Spelled bindings in any way.

This ritual will be more useful than you can imagine and save you a lot of irritation in the long run.

Spell to Banish Negativity From Your House:* This is for any path*

You will need:

4 Black Candles

Onyx, lodestone, Black Obsidian, Herkimer diamonds or magnetized iron (I also have found rose quartz to be an amazing protective stone as well)

Incense: Frankincense, Sandalwood or Copal Resin

Take four black candles and put them at each of the cardinal points of your house (ie, North, East, South, West.) You can at this point, call any elemental deities, Demons, or spirits if you like.

Next to each candle put your chosen protective stone(s).

Light the four candles and see them sucking up all the negative energy in the house and channeling it back into the earth through the stones.

Next, take a stick of incense and draw a banishing pentagram of Earth (demonolators can also use the DZ sigil here) at each window, wall, door and corner of your house.

to draw a banishing pentagram of Earth: start at the lower left, then up to the top, then down to the right, then across to the upper left point then over to the upper right point, finishing at the lower left point where you started. (Note: demonolators can very easily substitute the pentagram with the DZ sigil)

Visualize the negative energy being pushed beyond the pentagram and locked outside as you complete it.

After the candles have burned a bit and you feel they have absorbed the negative energies, bury them outside around the house in the four directions. (apartment dwellers or those with no outside space can use potted houseplants just fine 😊)

Leave the stones where they are and visualize them as a spiritual electric fence, keeping negative energies and spirits from coming back in.

If you invoked any deities/Demons/Elementals, Thank them and let the know respectfully your working is complete. I don't personally banish but if you do, this would be the time to do that :) (Banishing can be as simple as Thank you, Part in Peace)

I would follow this up with a smudging and the following cleansing bath, which should be ideally done for everyone in the home:

Cleansing Bath

You need:

- 4 drops Rosemary essential oil
- 4-6 drops of lavender essential oil
- ¼ cup of sea salt
- 2 drops lemon essential oil

Run the water as warm as you can stand it, put the oils in. bathe in it saturating every part of your body. Remain in the bath at least 15 minutes, visualizing all of the negative energy leaving your body. For kids or other family members who don't know about your spirit keeping/magickal activities, ie if you are in the broom closet, just do the visualization quietly for them.

Note: if you do not have essential oils, thats fine. Just take an old clean pair of panty hose, cut the foot off (unless you have sachet bags) and insert a couple of fresh sprigs of rosemary, half a lemon and a few stems of lavender. Just be careful because rosemary is sharp! Frankincense oil is also a good alternative.

Helpful Hints:

1. If you have any protective spirits/entities/Demons ask them to walk with you. Usually they will be more than happy to help you take out the trash.
2. Make sure you get a regular cleansing schedule. As mentioned earlier, this is really important when dealing with the metaphysical.
3. For the Saltwater Wash exercise- You can ask your Patron Deity to bless the water for you if you would like. Leave it for 15 minutes after you ask before washing.
4. Spent herbs from the bath can be returned to the earth (buried) where the negativity will be absorbed and dissipated.