

Intro to Cleansing Booklet



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WHAT IS CLEANSING?

Cleansing is a form of energy clearing. As we go through life, both mundane and spiritual energies will build up in our bodies. These will need to be cleared over time, through cleansing. Cleansing can help rid you of stagnant or negative energies, and also help you feel purified and energized.

WHEN SHOULD YOU CLEANSE?

Cleansing can be done whenever you feel plagued with negative thoughts or energy, after you've recently gone through a stressful event or situation, when you bring a new object into your home, when you would like to feel more purified, or as part of a daily practice.

It also is frequently done at the same time as grounding, as part of preparing for any magickal practices, prior to any meditative or trance work, and at the conclusion of rituals or workings.

HOW DO YOU CLEANSE?

There are various methods, and the best one for you will depend on you as an individual. We will introduce several that you can try and see which one resonates.

- 1) Cleansing through sound.
 - A. You can cleanse yourself or a space through the use of singing bowls, bells, certain frequencies in music, singing, drumming, gongs, etc.
 - B. Let the noise wash over you, or reverberate through your space, and feel it working to clear the unwanted energies
- 2) Cleansing through meditation.
 - A. Meditation can be used to cleanse your body through clearing your thoughts and giving you clarity and mental peace.
 - B. You can also use meditation to do the body scan technique and relax the stress away from your body

3) Cleansing through plants.

C. Rosemary, lavender, peppermint, eucalyptus, mugwort, common sage, myrrh, etc can be used as essential oil, as incense, or as herbal bundles to burn and cleanse

- *Note: if you or anyone in the household has pets, make sure you ask your veterinarian first which plants are safe for animals, as some plants can be toxic to them in different forms including as essential oils or sprays.

D. If using an oil, you can mix some with water to make a cleansing spray for the room. If using as incense or to burn, you can allow the smoke to cleanse yourself and the room.

4) Cleansing through water.

A. You can cleanse taking a warm bath of water and epsom salt, or water and sea salt.

B. You can also cleanse taking a shower, and visualizing that as you physically clean yourself that you are also energetically cleansing yourself.

C. Running your wrists under cold flowing water can help in both grounding and cleansing your energies.

D. Natural bodies of water, especially oceans and seas, can also ground and cleanse you as you spend time in them.

5) Cleansing through sweeping.

A. Taking a broom, preferably one dedicated to cleansing as opposed to cleaning, can help as you sweep the stagnant or negative energies out of your home or space through an open window or door.

6) Cleansing through air.

- A. To cleanse yourself, stand in the fresh air outside and take deep and filling breaths, imaging as you do so that the natural air is clearing any residual or stagnant energies.
- B. To cleanse a space with air, open the windows and doors and let the fresh air carry through the house.

7) Cleansing through crystals.

- A. Crystal cleansing can be done by carrying the crystal around with you, meditating with it, making a grid, holding the crystal, or wearing it as jewelry.
- B. Common crystals for cleansing include amethyst, selenite, apatite, agate, citrine, quartz, black tourmaline, and carnelian, although many other types can be used as well.

8) Cleansing through movement.

- A. Whether movement focused on the flow of energy, such as doing yoga, or movement that involves getting the heart rate up, such as a brisk walk or a jog, movement gets both our blood and energies flowing.

9) Cleansing through nature.

- A. Simply being outdoors in nature and taking notice of the sunlight or moonlight on your face, and the earth beneath your feet, can be very cleansing and rejuvenating.
- B. Getting enough sunlight has also been proven to improve your mood and overall sense of well being, which will help contribute to your overall health mentally, physically, and spiritually.

WOULD YOU LIKE TO LEARN MORE?

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