

Cleansing Your Home and Self



The Importance of Cleansing:

In my opinion, protection is the first thing a witch should learn. Cleansing is a part of that protection. We need protection to prevent a spell from backfiring, to protect ourselves against curses/hexes/jinxes and unwanted entities, to simply remove excess energies that have 'stuck' to us through out our day, or sometimes just to simply lighten the feel of the energy of the space (or ourselves)

Cleansing: What is it ?

Cleansing is removing any negative energy that exists around us or within us. There are several ways cleansing can be done.

Cleansing: How to do it....

Smoke Cleanse. Use these herbs by burning them and wafting the smoke through your space using your hand, a feather, or hand-fan.

LAVENDER - protection, purification, healing, peace

ROSEMARY - cleansing, protection, purification, healing, exorcism

FRANKINCENSE - purification, exorcism, cleansing, consecration

SANDALWOOD - protection, healing, purification, consecration

PATCHOULI - grounding, protection, purification, balance

ROSE - protection, purification, healing, peace, love

DRAGON's BLOOD - protection, cleansing, purification, banishing

BLUE SAGE - purification, protection, cleansing

BLACK SAGE - inner healing, cleansing, purification, protection

MUGWORT - banishing, protection, healing

This are just **SOME** properties of these herbs. Most of these have other properties too, I just included the ones I felt are more related to cleansing. Also, these are just a few examples of herbs you can use to cleanse. Of course there are more. Remember that this guide is just to help you get started, but you need to do some research on your own as well.



Cleansing Spray

Another way to cleanse is by making a cleansing spray. Here's how to make one

Step one: grab a spray bottle and add moon water in it

Step two: add some natural lemon juice (lemons are associated with cleansing)

Step three: add salt

Step four: add protective herbs

You're done! Just spray it around your space. Note that this is just one way of doing it. If you find a way that feels more right to you, then do that. You should always do what feels right to you. That's your power.

Sound

One more really fun way to cleanse is with sound. If you have a singing bowl you can use that. If you don't, that's totally fine. You can cleanse with music. Could be any music but I prefer to cleanse with meditation/frequency music. You do you though. You can also use bells, musical instruments, pans or even just clap your hands.

Visualization

Yes. You can cleanse by just visualizing any negative energy leaving your space. I personally love this method when I'm looking to cleanse a working space. You actually can use it to cleanse an object or a whole room. This one will put your visualization skills to use though. At first, you may want to use this in conjunction with one of the others until your visualization skills are solid. You know your abilities better than anyone, so do what feels right to you.



Ritual Bath

You feel the need to cleanse yourself? Take some self care time too!

Fill your bathtub with water. Add some Magickal Moon Water too if you want to.

Then, add some cleansing herbs in the water. Place crystals and candles around the bathtub and get in. You can have some music if you want to. You can also bring a book or divination cards or nothing. What ever you want. If you can't fill your whole bathtub with water, just take a shower instead. While doing so, visualize the water washing off all the negativity in your body and cleansing your aura.

If you don't want that even, one of my favorites is to use a foot soak. Yep, it cleanses the whole body just as a full tub immersion would....plus it feels great!

Meditation

I LOOOVE meditating under the moon. I feel the beautiful energy cleansing me every time I do so. You can also meditate with crystals to cleanse yourself. Clear quartz and selenite are two great examples. Just carrying those crystals around with you will do a great job at keeping those nasty 'gotcha' energies from clinging to you from every day life.



Candle magick

I've always felt a really big connection with the fire element. This is why I love candle magick so so much. How you can cleanse using candle magick you may ask... Well...

Step one: make a cleansing oil (put cleansing herbs in olive oil)

Step two: grab a white or purple candle (I'd choose white but you do you) and anoint it with the oil

Step three: Take the candle into your hand and infuse it with thoughts and energies of protection and cleansing. Let those thoughts flow from your mind through your hands and into the candle. You may choose to inscribe it as well with words or symbols/sigils for protection.

Step four: Walk through your home with the candle or set it for a period of time in each room.

These are some of the most popular ways that I am aware of. Remember that intention is really important. When I cleanse, I always say affirmations in my head.

Many people (including me) open their windows while cleansing, so that the negative energy can get out. Some others believe that this is not necessary, because since the negative energy managed to get in it can get out. There is no right and wrong way to cleanse. You do you witchypoo!



So now let's talk about that ONE THING that you should be doing to ensure that your space stays clean that most people simply skip over.

That one thing is that you need to do is to fill your space back up with positive energy intentions when you've completed your cleansing.

Why?

You have created 'energetic holes' in the space that you have just removed negative energy from. If you don't purposefully fill that space, then any 'ole any kind of energy can slide right into it....including the negative energy that you just worked to remove!

Just like digging a dirt or sand hole. If you leave the hole open anything can slide right in there. But if you fill it with something, then you've decided exactly what fills that hole.

How?

Use whatever makes you feel good to fill that space back up! Maybe that's simply chanting or stating it as you move through the space. Maybe that's playing your most favorite song to fill the house with joyous feelings. Maybe it's creating and using a 'filling spray' that you've created using your favorite scent...heck, maybe it's spraying each room with a specific perfume or cologne you love! You have full freedom to choose how you fill those holes as it's YOUR energy that's directing the filling of them!

You'll notice far better benefit and longer lasting 'good vibes feel' to the spaces that you cleanse once you begin to incorporate this last, crucial step into your cleansing routine.

Want more tips like this? Be sure that you're in my [Witchful Ways Facebook group](#). I'd love to see you in there!

