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Let Nature's Magic Awaken Your Own

Energetic Cleansing Rituals

Energetic cleansing rituals are all about setting your intention to clear lower level energies from a space and invite in high vibration energies. Pick whichever resonates with you. It doesn't have to be complicated or take much time. The intention with which you do it is what matters most. Open closets, drawers and cupboards to clear out the stagnant energies.

For this challenge, you also want to set the intention that the not-self ancestral and societal patterns that are holding you to your stuff be revealed.

1. Prayer: You can do this sitting quietly or walking through your space. Ask the Divine or any of the Divine Beings that you like to work with to clear any lower level energies and bring in the high vibrations that you indicate.
2. Smudging: You can smudge with Sage to purify the space. Use your hand or a feather to move the smoke through the area. Cedar, Sweetgrass and Frankincense are also options.
3. Use clapping, drumming or a bell to break up stagnant energy as you move about the space.
4. Place salt outside in the 4 corners of the house. Salt is great at absorbing the lower level energies.
5. Diffuse sage or frankincense in the space
6. Walk through your home with a candle asking that the flame burn off the lower level energies and the light to fill the space.
7. Open the doors and windows and ask the wind to remove lower level energies while bringing in high vibrations
8. If you work with crystals, you can use those like black tourmaline and selenite for protection and purification.
9. Bury a copper penny outside each corner of the home 1 inch/2.5 cm deep in the soil.