

Spring Cleaning– But Make It Witchy!

Sip, Sweep, and Sow Your Magic 🌿✨

Peace, Tribe!

It's time to shake off stagnant energy and plant something powerful. This spring ritu-ation is about aligning your body, your space, and your spirit with the abundance you're calling in. You'll do that in three parts: **cleansing your portals, cleansing yourself, and planting your intentions**. Let's get witchy.

~Sunyatta

Ritu-ation 1: Doorways + Windows Energy Cleanse

Clean your portals, protect your peace

What You'll Need:

- 16 oz brewed **Get My Mind Right Tea**
- 1 gallon warm water
- 1 oz Jamaican rum (it's for cleansing, not sipping... unless you want to nap mid-ritual)
- Clean white cloths (old T-shirts are perfect—just wash 'em first!)
- Sea salt or black salt
- A trash bag and access to a crossroads

Steps:

1. **Brew your tea**, mix it with warm water and rum in your cauldron (yes, your favorite pot is officially a cauldron today). Stir in your protective intentions.
2. **Dip your cloth** and wipe down all door frames, windowsills, and thresholds—clockwise only.
3. **Use a fresh cloth** for each door and window to avoid wiping old energy around.
4. **Don't forget the windows!** They're powerful energy vortexes. We hang blinds not just for style—people be peeping, and the evil eye is real.
5. **Sprinkle sea salt** along the edges of your doors and sills to seal in the magic and keep unwanted energy out.

6. **Toss used cloths** in an outdoor trash can (not your kitchen bin).
7. **Dispose of remaining wash water** at a crossroads—and don't look back.

Kitchen Witch Tip:

Sip the other half of your **Get My Mind Right Tea** after you're done to align your inner calm with the fresh energy you've just created. Home and mind in sync? Yes, please.

Ritu-ation 2: Spirit Bath Reset

Wash off the drama, embody your glow-up

What You'll Need:

- 1 gallon of water
- 3 bags of **Teatox Tea**
- Optional: fresh or dried herbs/flowers (just make sure they're **large enough to scoop out easily**—no clogged drains!)
- A wooden or bamboo bowl (no glass in the bathroom, please)
- A tub or shower
- A clean towel
- A compost bin or garden

Steps:

1. **Brew 1 gallon of Teatox Tea**, let it cool, and pour it into a non-glass vessel. (Broken glass in the bathroom? Not part of this ritual.)
2. **Optional: Add herbs or flowers** like eucalyptus, basil, or rose. Make sure they're large enough to remove after. No one's calling a plumber today.
3. Set your intention while brewing. This is a **release ritual**, so visualize anything heavy getting ready to go.
4. In the bath or shower, **pour the tea over your body from the neck down**. Say out loud or silently what you're releasing.
5. **Air dry if you can** or pat yourself dry gently.
6. **No rinsing off until your next regular shower**. Let the herbs do their work.

7. **Compost your tea bags** or toss them into your garden—they're made of sugarcane fiber, so no microplastics. You're caring for you *and* the Earth.
8. When you're dry and dressed, **pour a mug of Teatox Tea** to drink and seal the reset from the inside out.

Kitchen Witch Tip:

This ritual was passed down from **Sunyatta's grandmother, whose own grandmother was a Native American medicine woman**. This one's got deep roots—and deep results.

Ritu-ation 3: Garden Goal Planting

This ritual was passed down from **My Jamaican Grandfather**, who always said:

"Yuh waan it to grow? Plant yuh wish same time."

And he wasn't wrong.

What You'll Need:

- A seedling or seed
- A piece of unbleached paper (paper bag works great!)
- Pen or pencil
- Soil and pot (or space in your garden)
- Compost or natural fertilizer
- Water
- A clear intention and a little attitude

Steps:

1. Cut your brown paper bag into a square.
2. **Write your desires in bullet points**—we're not writing a novel.
 - Clear mind, clear skin, clear inbox
 - Love that's reciprocal and doesn't waste your time
 - Cash flow that's steady and abundant
 - Deep rest and deeper peace
 - Joy, ease, confidence, and clarity

3. **Choose your seed or plant** to match your goal. Don't just pick what's cute (and let's be real, they're all cute). Choose herbs that *align* with what you want to grow—literally and spiritually.
4. **Fold your wish paper** and place it at the bottom of your pot or beneath the root ball.
5. **Add compost-rich soil**—bonus points if you're using your own with Calabash Tea bags and worms like Sunyatta.
6. Plant your seed or transplant your plant. **Water it with intention.**
7. **Say your goal out loud.** Speak it into the roots.
8. Place your pot somewhere it'll thrive and you'll see it often.

✨ Your home is blessed, your body is refreshed, and your goals are officially planted. Let the spring glow-up begin.