

JOURNEY

artisan soaps & candles
www.journeysoycandles.com.au

How to Perform a Simple Cleansing Ritual

1. Open every door and window in your house, and turn on fans if you have them.
2. Light the Palo Santo, and when it catches fire, blow it out and allow the embers to start to smoke (like you would light incense). Use any fireproof plate or bowl to catch the ash and embers;
3. Set your intention for each room. Say a prayer of cleansing. For example, “I cleanse this room of any impurities and negativity”;
4. Walk around the room, waving the stick so its smoke drifts into corners, along walls, around windows, and along ceiling lines. As you do, imagine the smoke absorbing negativity, problems from those who were in the space before you, toxicity, and anything else you want to go away. See the smoke dissipating and floating out the windows, and imagine that bad energy flowing out of your space, making room for positive, fresh energy.
5. After you’ve blessed every room, give yourself a shower. Cup your hands over the smoke and “wash” your face with it, then wave it all over your body as you would in a water shower. Visualize any residual negativity sailing out of your body, out of your home, and into oblivion.

For more information and other meditation products, follow the link to our store
www.journeysoycandles.com.au

JOURNEY artisan soaps & candles
8 Derrilin Road
INGLE FARM SA 5098

Telephone 0416 360 743