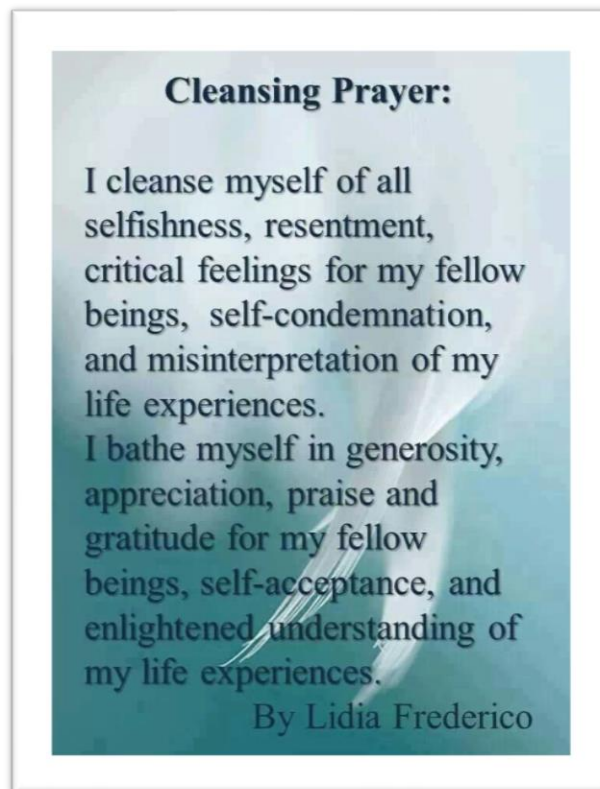


Women of Enlightenment

Cleansing



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Spiritual Cleansing

What it is...

Spiritual cleansing is a process said to remove a person's negative or undesirable energy to make room for positive experiences. Several methods for spiritual cleansing include bathing with salts, meditation with prayer or mantras, or burning herbs to release smoke, also known as smudging.

A person can perform a spiritual cleansing on himself, but some choose to hire others to help them. An energy healer cleanses someone's spirit through rituals such as foot washing or rolling a raw egg in its shell over the affected person's body.

An energy healer can also perform a cleansing on a specific location, such as a person's home or place of business, with the intent of removing curses or bad spirits. Ritual cleansing materials may include holy water to sprinkle or dried sage to burn. The person performing the cleansing typically recites prayers and lights a white candle in each room that has been cleansed.

Spiritual Cleansing

When we do it...

If you are feeling down, negative, stuck, or in a spiritual low place, smudging is an excellent way to change things for the better.

- When your house, your property, or any place or space has been exposed to heavy and negative energies, or painful experiences and even illness, they should be cleansed with smudge.
- When you move into a new location, it should be smudged to cleanse the psychic imprints of previous occupants.
- If you feel the presence of bad energy in your living quarters, or if a solitary room makes you feel bad or uneasy by being in there, it's time to smudge.
- If you want to create a protective barrier against outside negative influences, such as neighborhood issues, it's time to smudge.
- If you want to make your prayers stronger and if you want to feel more connected to Spirit, it's time to smudge.
- If your vehicle has been in a fender-bender or you've had a close call in your car, smudge it, inside and out, to remove negative energetic imprints that can attract more negative experiences.
- Cleanse second-hand items with smudge to remove psychic imprints of previous owners.
- You can consecrate and energetically charge your garden by smudging.
- You should smudge to clean yourself and your space before engaging in any psychic contact or spiritual ceremony.

You can smudge anytime just to connect to a state of spiritual clarity and harmony! Remember, you “clear the air” in your life with the help of sacred smoke!

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Spiritual Cleansing

Why do it...

What is in your life?

What is it about you that needs help changing?

What do you work with that you bring home?

Emotional

Spiritual

Physical

Discussion...

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Spiritual Cleansing

How we do it...

Smudging is an intrinsic part of shamanism, the world's oldest medicine. Shamans recognize that every form of life on this planet has a spiritual purpose and a sacred consciousness. They know that plants have invaluable healing properties. Human animals, as it turns out, are not the top rung of creation's ladder even though we think we are because we have big brains and walk on two feet. All beings, whether plant, animal, or mineral are divine and have sacred right to life; all have something to offer to the manifest "other."

To approach a smudging ritual and to be effective in cleansing away negative energy, one must be reverent of the plant being used and even the energies being cleansed. All energy is divine at its core, whether Light or Dark. Respect for all life is essential to any smudging that you undertake. If you cannot feel reverent about this sacred practice, don't do it. Find someone who is spiritually qualified and energetically prepared to do it for you.

Although many different plants can be used for smudging, indigenous American tribes consider four plants to be especially sacred: sage, sweetgrass, tobacco, and cedar. Each plant is considered to have a special function and this can vary by tribe and tradition. While sage is used for purification, sweetgrass is used to bring in positive energies, and its smoke is considered to carry prayers to the Creator.

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Example...

1. Buy a sage smudge stick, and find a bowl to hold it over (traditionally, abalone shell is used). Also set up a glass cup or bowl of water to extinguish it after the ritual.
2. Open every door and window in your house, and turn on fans if you have them.
3. Light the stick, and when it catches fire, blow it out and allow the embers to start to smoke (like you would light incense).
4. Set your intention for each room. Say a prayer of cleansing.
5. Walk around the room, waving the sage 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.
6. After you've blessed every room, give yourself a sage 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.
7. Extinguish the stick in the water. You can bury it in your back yard (if you are very sure that it is extinguished).

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Prayer for Cleansing

Infinite Intelligence, Source of all knowing and comfort,

Cleanse this space of all negativity of all spirits not of the light,
Open our pathways to peace and understanding.

Love and light fills each of us and our sacred space.

Our work here shall be beautiful and meaningful.
Banish all energies that would mean us harm.
Our eternal love and gratitude.

Prayer for Negative Energies

I release all energies
That do not serve this family
To the greatest good.
I ask that only
Love, light, health, wealth
Happiness and abundance
Fill our space.
And so it is

To keep a clean house

Salt in corners of room with prayer each month for 48 hours and then sweep up and bury in backyard

Use white candles and let them burn out (votives are fine)

Use rice around base of house outside



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Acknowledgements

<http://www.beliefnet.com/columnists/freshliving/2009/07/how-to-cleanse-your-home-with-sage.html#JKzUH2WbupwAs25D.99>

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