**Spiritual and Energetic Cleansing**

--- Self and Home--

Spiritual and energetic hygiene refers to the practice of becoming aware of and maintaining the health of your energetic body. This includes your aura as well as the rest of your astral bodies.

As we go about our daily lives, we come into contact with the energy of other people as well as the energy of life events and situations. We also go through periods of self-doubt and self-recrimination.

If we ignore our energetic body, the low frequencies associated with the above can begin to affect our health and relationships. While it is important to practice spiritual shielding, it is still important to clear your energy body and aura.

Our home also requires periodic energetic cleansing. The energy we or others bring can contaminate our living space. If we are upset, depressed, angry or are having an argument, the lower frequencies associated with words and emotions dwell in the home until they are transmuted.

 **General Spiritual and Energetic Information and Suggestions**

The following are just some spiritual practices that can help you stay balanced.

**White Sage**—burning sage to eliminate unwanted energy has been used for centuries and is used in cultures all around the world. You can call in Source, Archangel Michael, your guides or anyone you feel drawn to work with and set the intention to release and remove anything no longer serving you. Distribute the smoke around your body and aura. Sage can be used to energetically cleanse your home as well.

**Crystals—**The use of crystals has been around for thousands of years, and has been used for many reasons, but also to help remove negative and unwanted energies. Crystals have and emit their own energy, but they also absorb the energy around them, which is why they must be cleaned on a regular basis. The practice of using crystals is as easy as choosing your crystal and placing it in a space near you or wearing them as a necklace or bracelet. If you are unsure which crystals to select, I recommend clear quartz, amethyst, selenite, rose quartz and black tourmaline.

**Meditation**—Among its many benefits is spiritual cleansing. If new to meditation, you can explore the free guided videos on YouTube or you may start with just a few minutes of sitting in the silence.

**Visualization and Intention**—Visualize taking an energetic shower. Watch and feel the white, brilliant light of the universe immerse your entire being and cleanse away the negative energies from your energetic body and aura. Allow it to be released to Mother Earth. This practice can be used to cleanse your home as well. Visualize your home cleansed with the white, brilliant light.

**Chant OM**—For millennia monks and other spiritually advanced people have used chanting as a way to balance and cleanse their energy. There is proof that chanting affects physical matter as it can literally create patterns in sand. You can feel the effects of chanting as the soundwaves reverberate throughout your body and permeate the space around you, clearing and healing your energy and spirit and physical space. Instead of chanting, you may choose to play “OM”. There are many good videos on YouTube.

**Spiritual Baths/Showers**—These baths are an ancient tradition that is found across many cultures. Spiritual baths cleanse and revitalize the body, mind and spirit. You can buy prepared baths or make your own according to your intention. Generally, baths have the following ingredients: sea salt, Himalayan salt and/or Epsom salt, herbs, essential oils, and crystals.

**Aura mists**—You can use these mists to spray your aura and your home. Aura mists are a combination of water, witch hazel, and essential oils or florida water (crystals optional). The mists help cleanse, strengthen, and protect your aura. If new to essential oils, I recommend lavender or Frankincense. Both can cleanse and raise your energetic vibrations. Spray the mist throughout your home or diffuse the essential oils to clear your space.

**Distant Reiki**—I have created YouTube videos where I offer distant healing for about 15 minutes. I suggest playing a video while you sleep or during your meditative practice. My YouTube channel is called Lily Rose Reiki & Spiritual Healing. You can also find other reiki videos created by other practitioners on YouTube.

**Exercise**—Aside from known physical benefits, exercise and movement help release stagnant and stuck energy. There are yoga movements that can assist in chakra balancing.

**Frequency Music**—Cleanse your aura and your home by playing frequency (HZ) music. There are many videos on YouTube that use frequency or sound to clear and balance your chakras. They can also be played to cleanse your home and infuse with the vibration of love. Each chakra is known to have its own frequency. There is a different HZ for each one.

**Lily Rose Reiki on Pinterest**: I created several boards regarding chakras, HZ music, crystals, and energetic cleansing with helpful pins. They can be found @lilyjhauck.