

SPIRITUAL GRIME CLEARNING BATH

Energy Cleanse: Spiritual Cleansing Bath to Clarify Your Energetic Essence

Taking a ritual bath protects and cleanses a person's auric field. Do not use any soap or other bath oils, the water must be pure. Make sure you will not be disturbed for a minimum of an hour.

When you immerse yourself in a ritual bath, you are participating in an initiation to open yourself up to spirit. Ritual bathing cleanses you from physical grime and negative spiritual grime, thus purifying both your body and your aura. It is a signal that you are willing to listen to your Higher Self and begin to trust something outside of your rational mind. It indicates that you are open to ask the universe to transform what you believe needs to be changed in yourself.

HOW TO CREATE A SPIRITUAL GRIME CLEANSING BATH

Due to our own energy field constantly taking in and giving out vibrations, the surrounding energies that we come into contact with will affect our own energy. Our energy body is constantly readjusting itself to bring us back into harmony, but sometimes the negative energies we encounter can linger and accumulate over time.

It's natural to ebb and flow in our attitudes and moods but we don't often ask ourselves if the energy we are in is actually our own; that's why this Ancestral Spiritual Energy Cleanse is an amazing practice to implement into yourself care routine. This Spiritual Bath will help you release the energy that isn't serving you, cleanse your aura, and balance any energetic imbalances you've picked up as you relax and rejuvenate.

Rainey sells a complete Spiritual Grime Cleansing Bath Toolkit on her website with everything you need to remove this stagnant energy and add to your Sacred Space or Alter! A Spiritual Bath cleanses your chakras, revitalizes your aura, and leaves you feeling more present, and in an extremely positive state of mind.

All items are Unique & Divinely Guided, infused with Reiki & Seraph Energy, botanicals harvested from Rainey's Sacred Garden all handmade with Love by Rainey. Personalized Ritual Activation Card is also included, all botanicals are sourced from Rainey's Sacred Garden candles are hand-poured soy with essential oils. Scroll to the bottom to see what's in the toolkit and the properties of each item and how they can assist you in your Sacred Bath ritual for years to come! You can purchase this Spiritual Toolkit at <https://raineyday.com/lil-spirit-shop>.

NOTE: Do not use soap or any other cleaning products. You are not here to physically clean yourself; you are letting the energy do the work.

HOW TO PERFORM YOUR SPIRITUAL BATH

Setting the Mood:

Gather all of your tools! Fill your Bath with Warm water, enough that you can put your head under the water. Add your spiritual botanicals and crystals around the bath and any other Spiritual Tool that you will be using



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(do not put selenite in water). Turn on some music and incorporate a singing bowl or chimes before your bath to clear the space. I advise NOT saging, but I do use incense, light it as you are preparing the Space.

Set your Intention:

Light your White Candle before stepping into the bath and set the following Intention: **"I fully release ALL that no longer serves me and send any lower vibrational frequencies up into the Ether, allowing the Universe to handle the rest."**

Listen to Rainey's YouTube video "Cleansing the Negative Energy & Spiritual Grime Bath Ritual".

LINK: <https://youtu.be/6Sfbv0YcXu0>

Get in the Bath:

Perform a few deep breathing exercises when you first step into the bath while listening to the Meditation, soak in this bath without washing.

Reflect on how you feel before and after, reflecting on and sealing in the experience.

Spiritual Baths are a great opportunity to clear your chakras. You can now add your Chakra stones in the bath on each chakra or at your feet.

Allow yourself to just be, soak, focus on your breath, just be the observer and allow the Bath to do its job.

Draw your attention to where you need healing, ask your Ancestors to guide the way. Focus and visualize on the area of healing and allow this Medicinal Energy to do the work, right there, in this time and space!

When you are ready, close the Ritual by putting your right hand on your Heart Chakra and your left hand on your Solar Plexus Chakra, repeat your Intention with your eyes still closed.

Feel your vibrational energy rising up and into the Ether, connecting with your Higher Self (your Soul).

Blow out your candle and seal the Space by finding 1 thing you are grateful for. Acknowledge that a healing took place.

Let the water out of the bath and feel the water slowing pulling all "That No Longer Serves You" into the drain. Sit until the water is completely out. Before you get out of the bath, repeat the following, "And so it is, and so it is, and so it is!"

For the best results, do not dry off, let yourself air dry, do not towel dry. If possible, do not take a shower or bath for at least 24-hours. Do this monthly to remove any unwanted lower vibrational energy and that which no longer serves you.

~ Much Love to You – Rainey



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SPIRITUAL GRIME CLEANSING BATH TOOLKIT - <https://raineyday.com/lil-spirit-shop>

What's in the kit:

- **Spiritual Cleansing Bath Salts - Muslin Tea Pouch w/ Clear Quartz Crystal Point** – Clears Mind, Body & Spirit of all unwanted ideas, feelings, beliefs, judgments, concepts, or energetic residue that DO NOT serve you & clears/cleanses your auric energetic field.
 - **What's in the Spiritual Blend:** *Rosemary, Lavender, Mint, Chocolate Mint, Rose Petals, Pineapple Sage & Flower Petals, Blue Sage, Bay Leaf, Lavender Petals, Pink Himalayan Sea Salt, Quartz Crystal Chip, Epsom Salt, Goats Milk & Essential Oils (Lavender, Cedar, and Clary Sage). All Botanicals are harvested from Rainey's Sacred Garden.*
- **Protection Stones (Hematite, Tiger's Eye, Black Obsidian)** - Very strong grounding Energy, absorb negative Energy & all 'lower' vibrations, encourage you to live boldly, fiercely & bravely, connection to solar plexus, powerful cleanser of Psychic smog created within your aura, and a strong psychic protection stone. These Protective stones carry the properties of feeling more centered, inspire positivity, supports health & removes Energy blockages, strengthen your both your Astral & Etheric Auric Energy Field!
- **Fire & Ice Clear Raw Quartz** - Opens one's consciousness to the higher dimensions so that one may receive guidance and wisdom. Use it to support alignment both spiritually and physically. It's also believed to be a powerful manifestation stone. It clears negative energy so you can focus on your true desires, raising your consciousness and bathing you in a loving light.
- **Rough Black Tourmaline** – Natures energy shield, known for protection and cleansing. Tourmaline is a symbol of great strength, increases energy levels, inspires creativity, confidence, and eliminates ALL unwanted energies, repels lower vibrational entities by purifying and absorbing negativity. It provides a shield of protection, while keeping you grounded, in the present time and space.
- **Chakra Gemstones (7)** – Chakra gemstones contain the Energy of healing, removes blockages, clears & regulates Chakras.
 - **Root - Red Jasper:** foundational grounding, physical & Spiritual Energy, aid emotional stability, keeps you present, boosts strength, self-trust, courage, balance, and tethers your Auric Field with Energy of Light from Mother Gaia.
 - **Sacral – Carnelian:** stabilizing, restores motivation & creativity, promotes positive sense of self, motivates personal power & success, overcoming of past trauma, holds the Space to trust yourself & your perceptions, enhances sexual Energies and removes personal blockages for healing trauma in the past, present & future, harness the Energy of Light from the Sun.
 - **Solar Plexus – Citrine:** maintains your Spiritual path, confidence, amplifies your Psychic GPS, helps you find your way home (self), activates your Intuition, protects you from negative Energies, encourages personal power, releases fears & phobias, emotional balancing, harnesses your Inner Light & Intuition.
 - **Heart – Aventurine:** calms negative emotions, removes stuck emotional Energy, heals and promotes harmony, balance, boosts and opens possibilities & opportunities, clears fear &



apprehension, brings in faith that the Universe is working for your benefit, amplifies 'Intentions', ushers in the Energy of Love.

- **Throat – Sodalite:** holds the vibration of patience & calm, manifests what's on the inside speaking your truth out into the Universe, reverses addictions & cellular memories, instills self-reliance, promotes strength & courage to assert your true self, conduit to Spirit Guides, channels the Energy of Higher Self Light.
 - **Third Eye – Amethyst:** incredibly protective, purifying, dissolves negative Energies, activates Spiritual wisdom, brings in a sense of calm awareness & clarity, legendary healing, stimulates the Third Eye, and connection of Energy Etheric Light.
 - **Crown – Clear Quartz:** known as the Master Healer, one of the most powerful healing stones available, reinstates balance, conduit of downloads from Universal Energies, Spiritual expansion, stimulates astral travel, harmonizes all of the Chakras below, heals Mind, Body & Spirit, amplifies 'Intentions', retains celestial information, activates, clears, provides clarity, and hold the Energy of Universal Light.
- **Protection Stones (Hematite, Tiger's Eye, Black Obsidian)** - Very strong grounding energy, absorbs all negative energy, encourage you to live boldly, fiercely & bravely, connection to solar plexus, powerful cleanser of psychic smog created within your aura, and a strong psychic protection stone.

- **Black Obsidian** – Psychic Vacuum Cleaner! This stone cuts through negative energy. Obsidian confronts negativity and works against it, blocks psychic attack. It is the 'Psychic Vacuum' and is a cleanser of Psychic dirt and soaking up negative energy pollution, clearing a smog withing the Aura and is considered as a powerful psychic protection stone. Assists is 'shielding', provides a grounding link to Mother Earth from the base chakra and strengthens you in times of need, helpful for highly sensitives.

Obsidian absorbs all negative spiritual influences, brings clarity to Mind, Body & Spirit. Obsidian's gift is the 'insight' into the causes of disease, detoxifies, dissolves blockages, helps you understand who you truly are, integration of perceptions, and dissolves ancient traumas brining a depth and clarity to your emotions. Promotes compassion and strength, while dissolving fears, brings in hidden inner light. Expands consciousness removing restricted beliefs, sharpens the senses, brining clarity to mine. Aid in accessing higher, unknown realms with confidence.

Nothing can be hidden from Obsidian as it is without boundaries of limitations. It works extremely fast, pointing out all destructive energies, supportive in growth through deep soul healing, facilitates going back into the past and healing through spiritual invulnerability showing you your capabilities and strengths that have been forgotten, so they can be retrieved and refined to the point of clarity clairvoyance. Revitalizes the purpose of the Soul and anchors the Spirit into the physical body, while urging you to explore the unknown.

- **Hematite** – The Mirror Stone! A great tool for energetic support, calms vibrational energy, removes negative energy by mirroring it back to the source, acts as a shield blocking negative energy from even entering, great for Rooting aiding in feelings of being safe by grounding your energy into Mother Earth by collecting disjointed energy, provides focus. Hematite reflects back the 'siler lining' in every dark cloud, it is the 'light at the end of the tunnel' offering vibrational courage, the 'shifter' of negative



energy by interrupting the connection between you and the source of negative energy, removes scattered energy from your energetic field by 'returning to sender', clears the mind, teaches you about the Law of Polarity by balancing opposites by equalizing Universal Light Codes through high frequency energies while still remaining connected to Mother Earth. Hematite enhances Intention Setting by quieting the mind. Shamans use this powerful protective guardian crystal. instructs you to revere the sacredness of all life and to perceive its true permanence in the form of the Spirit. Shaman stones assist you in overcoming the fear of death, so that you can pursue your spiritual path without restraint. They act as psychic and physical protection stones during meditative and out of body travel.

- **Tiger's Eye** – The Labyrinth! Assists in balancing your chakras and biochemistry by slowing down the flow of Energy withing the physical body, so that you can 'feel' with purity. Increases that vital 'life-force energy' through the Law of Equilibrium, creating harmony and a calm awareness. Increases emotional stability, release of emotions that 'do not server your highest'! Improves focus, mental clarity, and empowers your 'light', while keeping you grounded. Keeps your thoughts aligned with your Higher Self, your personal truths, and values.

Use this crystal to balance, be present and in the moment your Earth Star Chakra when feeling disconnected. This is a great stone for journeying into Past Lives to awaken your awareness of past-life talents and unwanted fears.

This stone is great for your Solar Plexus Chakra brining empathy into your life, enhancing your psychic abilities and self-empowerment. This incredible stone acts as a labyrinth to attract negative forces into it, where they get lost, and their strength slowly dissipates into the abyss of the Tiger's Eye entanglement maze.

- **Iceberg Selenite Sacred Candle Holder** – This lovely mini candle holder has been carved out of white selenite (gypsum) and has been left in its natural state. Holds ritual candles (4" height, 0.5" diameter). This piece is perfect for any altar, sacred space or home. Selenite clears negative energies and is powerful enough to reprogram other stones. It is a stone of mental clarity, expanding awareness and improving one's connection with the Divine. Selenite can be placed near your Sacred Bath to enhance your Ritual. The light passes through easily, creating a calming glow resembling moonlight. Rubbing the stone enhances intuition and aids meditation. Clears negative influences, balances energy, stabilizes emotions, great asset for meditation.
- **Selenite Teardrop Offering Bowl** – Use this hand-carved polished bowl as a Sacred Container for your Spiritual Bath crystals. Not only will this Sacred Bowl keep your crystals "clear" of all lower energies, but it will also charge your crystals and shield your Spiritual Bath and its surrounds from negative forces. This Sacred Bowl has powerful healing vibrations while activating all physical chakras. Promotes peace, calm awareness, crystal clear clarity, and well-being. As you slip into a mediative state, this Sacred Bowl will point your energy towards the higher realms for a crystalline connection.
- **White Sacred Tealight Candle (Botanicals & Crystal Chips)** – Botanicals from Rainey's Sacred Garden, infused with Seraph Energies. There is something about the simplicity of lighting a candle. It's useful when wanting to create serenity for Meditation, quiet personal time, and invoking a positive, Sacred Energy into your Sacred Space. Each candle contains a Clear Crystal Point at the bottom that is meant to be kept close to you once the candle has burned down to keep your Intention's flowing. All candles are made with soy



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by Rainey, infused with Seraph Frequencies. Handmade and poured soy candle by Rainey infused with essential oils (*Lavender & Mint*).

- **Ancestral Offerings** Blend of rosemary, lavender, rose petals, lavender petals, bay leaf, white sage, mint, apple & cherry wood, blue sage, Palo Santo & pure essential oils from Rainey's Sacred Garden.
- **Glass Cylinder Ancestral Offerings** – Honoring our ancestors helps us feel grounded and reminds us that we are all connected through our ancestors and the rest of the web of life. Ancestors offer us Divine Guidance and make better decisions that will benefit generations to come. Our Ancestors want only what is for our highest good, guide us through our own spiritual journey, intergenerational healing, awakening, and provide us with the ultimate protection. Burning “*Offerings*” is a great way to connect with your ancestors as well as yourself. Strengthening that bond with your ancestral army will help you stay not only grounded, but properly guided.
 - **Ingredients:** *Blend of rosemary, lavender, rose petals, lavender petals, bay leaf, white sage, mint, apple & cherry wood, blue sage, Palo Santo & pure essential oils from Rainey's Sacred Garden.*
- **Glass Alter Smudge Plate** – Place a small amount of your Ancestral Offerings on the plate and set your Intention that you are honoring those who went before you as you light this Sacred blend. Feel their presence coming into the space into your Sacred Bath. Feel your energetic vibration expanding beyond your physical form as they come through to protect and guide you on this journey.
- **Bay Leaf Offering – “Self-Love”** – Let this Magical Herb take your Intentions into the Universe. Bury the askes into Mother Earth. This powerful herb is useful for manifestation, prosperity, protection, cleansing & even Psychic development. After you burn your Ancestral Offerings, light your Bay Leaf and set it on the Glass Alter Smudge Plate. Repeat in your mind, “Self-Love, Self-Love, Self-Love” and feel the magical properties cleansing the energy of the space, while banishing all negativity remaining.
- **Fresh Lavender Smudge w/Sandalwood Incense & Selenite Stick** - Spiritual kindling, restoration, serenity, clarity, peace & a calm awareness. Sandalwood incense deepens connection, grounding & present centeredness. Selenite is a highly Spiritual stone and is the gemstone of purification, opens up to higher frequencies & messages from the Universe. Amazing stone for lifting Energy blocks, ushers in peace, purity to one's head & heart, ensures that you stay protected & connected to the Energy around you. Selenite is the stone of purity and spirituality; it deepens your vibration and provide a profound healing experience.

You can use all or some of the suggested ingredients, it is all about Intent.



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