

Spiritual Protection While You Sleep



Spiritual hygiene is as essential as your daily shower. As with anything, being proactive instead of reactive amplifies and strengthens the result. By making these practices a regular part of your night routine you build and fortify your spiritual fortress. Include as many as you can, as often as possible—allowing your own intuition to guide you on how to further personalize these practices.

- Wrap your hair/head, EVERY night.
 - With a natural material (silk, cotton, linen, etc. —avoid polyester).
- Change / wash your sheets weekly.
 - Change / wash your sleepwear and head wrap at least once a week.
 - Add ½-1 cup of white vinegar to the washing machine for extra energetic cleansing and protection.
- Keep your bedroom / sleep area clean and decluttered.
 - Open a window and allow fresh air into the space as often as possible, even if for a few minutes.
 - Cleanse the 4 corners of the room + bed with sage / incense, etc. at least weekly.
- Sprinkle salt around the entire perimeter of your bed.
 - Use a natural salt—sea salt, Himalayan pink salt, black salt, etc.
 - Vacuum and refresh weekly, as well as during the New Moon.
- Cleanse your physical vessel before going to bed.
 - Salt hand or body scrub for extra spiritual cleansing.
 - Seal your energy by moisturizing your entire body with your OIL of choice (bottoms of feet as well).
 - Mix frankincense, myrrh, rose, or another high vibrational essential oil with your oil for extra benefit.
- Visualize a sword swiping the perimeter of your energy field.
 - Visualize a white bubble around you, as well as mirrors around you reflecting any negative external energy back to sender.
 - Do these visualizations for your social media pages as well.
 - Ground your energy. (Visualizations, “Tree” yoga pose, etc., Deep Breathing Techniques)
- Eliminate phone + electronic media use at least 1 hour before going to bed.
 - Completely close out ALL (social media) apps.
 - Don’t consume violent media before bed.
- Relax and clear your mind before bed.
 - Stop food consumption at least 1 hour before bed for time to digest (brain-gut connection).
 - Free flow journal to release any ruminating thoughts and bring about mental coherence.
 - Drink a relaxing tea (lemon balm, chamomile, lavender, etc.)
 - Add a bay leaf for increased spiritual protection.
- Say a prayer for protection, as well as a “return to sender” for any negative energy—before bed.
 - Include a form of preemptive gratitude.

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