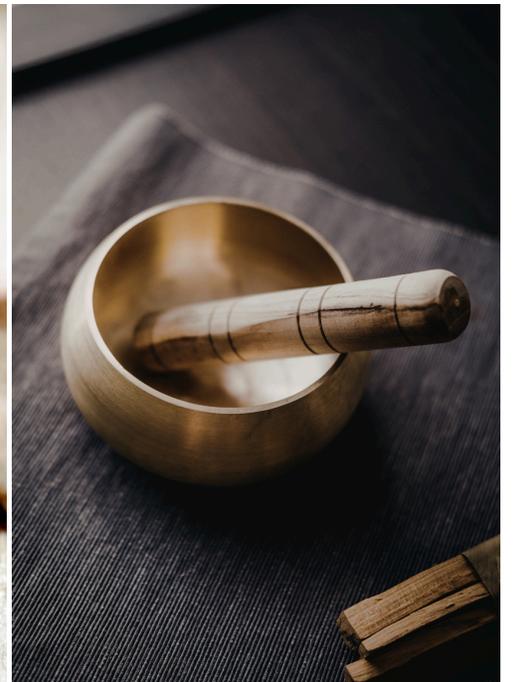


SPIRITUAL

HYGIENE &
CLEANSING

WWW.CELINE-MICHELLE.COM



HOME & SELF CLEANSING

Just as everything around us is energy, our homes and our bodies hold energy. Over time, stress, emotions, outside influences, and everyday life can build up—often without us even realizing it. Just as we physically clean ourselves and our home, it's equally important to energetically cleanse our inner world and the energy that surrounds us.

Home and self cleansing is a powerful yet simple way to restore balance, clarity, and calm. When your space feels lighter and your energy feels clear, it becomes easier to rest, focus, heal, and move forward with intention.

This guide was created to help you reconnect with that sense of harmony by offering clear, supportive guidance - without pressure, perfection, or complicated rituals. Whether you are new to spiritual hygiene, or an experienced energy alchemist, this guide is here to help you realign your space and your energy with intention, awareness, and care.



What You'll Find Inside This Guide

In the following pages, you'll explore a variety of simple yet powerful cleansing methods, including:

- Sound & Smoke – How vibration and sacred smoke can be used to clear stagnant energy and reset the atmosphere of your home
- Salt – Using one of the oldest and most grounding elements for protection, purification, and energetic balance
- Crystals – How to work with crystals to absorb, transmute, and maintain clear, supportive energy within your space
- Symbols – The use of symbols, markings, and focused intention to reinforce protection, clarity, and energetic harmony

Each chapter is designed to be approachable and flexible, allowing you to choose the methods that resonate most with you or adapt them to suit your personal practice.

For those who prefer clear guidance, the final pages of this guide include a step-by-step overview of how I cleanse my own home using the methods shared here.

SOUND & SMOKE

Sacred smoke and sound are among the oldest and most widely used methods of cleansing across cultures and traditions. Both work by shifting stagnant, dense, and heavy energy, helping to restore balance and energy within a space and within yourself. Stagnant energy often lingers in corners, doorways, and areas where emotions, stress, or conflict have accumulated.

SACRED SMOKE

Sacred smoke cleansing is the practice of using smoke from natural materials to clear and purify energy. This can be done with a few different tools such as: Sage, Palo Santo, Incense, Cedar and other dried herbs. Use what feels most aligned for you in the moment.

In any practice, setting clear intentions is always the first step. This is just as important as the smoke itself. Move slowly through your space, allowing the smoke to drift into corners, doorways, and areas that feel heavy or overlooked following the flow of your home. Go from room to room, paying special attention to those in between spaces such as hallways and alcoves. If cleansing yourself, gently guide the smoke around your body, always moving with care and awareness.

SOUND & VIBRATION

Sound cleansing works through vibration. Everything carries a frequency, and sound helps disrupt stagnant energy while encouraging movement and flow. This makes sound an especially helpful tool when smoke is not an option or when you want a quick, accessible reset.

Sound can be created using singing bowls, bells or chimes, tuning forks, ceremonial drums, clapping your hands, or using your own voice through singing and chanting.

As you create sound, move through your space with awareness. Pay attention to how the sound shifts in different areas—some spaces may feel dense or quiet, while others may feel lighter and more open. A great indicator of energy is the duration of the chime; short and muted can be an indicator for dense and stagnant energy, long clear ringing can be an indicator of a clean and clear vibration.





SALT

Salt is believed to absorb and neutralize stagnant or heavy energy. Valued for its grounding and stabilizing properties, salt is often associated with purification, boundary-setting, and energetic balance. Its 'simple' nature makes it one of the most accessible tools for cleansing both space and self. Salts most often used is table salt, sea salt, or Himalayan salt.

There are many gentle ways to incorporate salt into your cleansing practice, depending on what feels right for you:

- Bowls of Salt – Placing small bowls of salt in rooms, corners, or near entrances can help absorb unwanted energy. These should be discarded and replaced regularly.
- Salt Baths or Foot Soaks – Adding salt to bathwater or a foot soak can help cleanse and ground your personal energy, encouraging relaxation and release.
- Protective Lines or Barriers – Some people choose to place a thin line of salt near doorways or windows as a symbolic boundary of protection.

Salt cleansing does not need to be complicated or excessive. Small, mindful actions are often enough to create noticeable shifts. Trust your intuition, use only what you need, and remember to dispose of used salt respectfully and with gratitude once it has served its purpose.

When using salt to cleanse & charge your crystals:

Pour salt into a small bowl, place a piece of cotton cloth or napkin on top and place your crystals on top of that to avoid direct contact with the salt. Ideally, crystals can be charged anywhere between 20 mins - 2 hours.

Crystals hold some moisture so leaving them in the salt for too long can completely dry out the crystal and affect its capacity to conduct the energy and do its 'job' effectively.

Salt mixture curated by Georgia Ambarian
IG: @lightenergydancing

Himalayan salt (doesn't get congested as easily as other salt), mixed with sage, lavender & rose hips



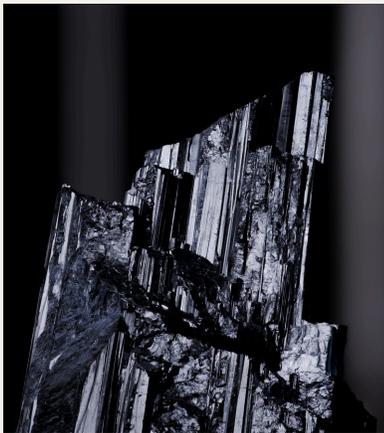
CRYSTALS

Crystals are such incredible tools to use for personal and home protection; each carrying their own frequency. When used with intention, they can help absorb, deflect, or stabilize energy within your home and personal space. They can be used as a consistent form of maintenance to help maintain a high vibrational space.

Commonly used protective crystals include:

TOURMALINE

Used to absorb negative energy
Obsidian - used to create a shield to protect from negative energy

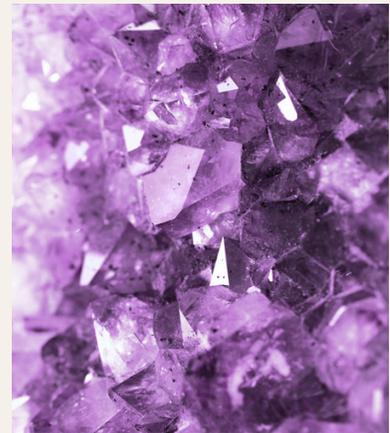


SELENITE & SATIN SPAR

Most often used for its cleansing and charging properties for other crystals, but also for protection & clarity.

AMETHYST

Used for protection, clarity, and calmness in the home but is often also used to enhance sleep and intuition.



As always, trust yourself to make the right decision for yourself and your home. Selenite wands are most often placed on top of doorframes, especially by the front, back and garage door. Selenite bowls & towers can be placed on a dresser or designated space to cleanse and charge your crystals. Black tourmaline or Obsidian is often placed in all 4 corners of the home to create a protective grid around the home. Tourmaline is also often placed by the front door, in the car and on the left wrist or left pocket (bringing energy to you). Amethyst is often held in the hands or placed on the third eye chakra during meditations as an enhancement stone.

Different ways of cleansing your crystals: sacred smoke (Sage, Palo Santo), salt, placing them on or near selenite/satin spar, sound, full and/or new moon (depending on your intention). If you are using water for cleansing, not all crystals are water friendly; some will disintegrate (satin spar) or become toxic (pyrite). The easiest way to remember which ones can't be cleansed with water is if the name of the crystal ends in 'ite' such as fluorite, malachite, angelite, etc.

Crystals are supportive tools, not replacements for self-awareness or personal boundaries. When used mindfully, they can help reinforce protection, grounding, and clarity, creating a space that feels safe, steady, and aligned.

PROTECTION SYMBOLS

Protective symbols have been used across cultures for centuries as tools of intention, grounding, and energetic safety. Whether drawn, worn, visualized, or placed in the home, these symbols act as reminders and anchors—supporting feelings of protection, calm, and balance during cleansing practices.

When working with symbols, the most important element is intention. Choose symbols that resonate with you personally and use them mindfully during cleansing or protective rituals.

Here are symbols that are often used:

The Evil Eye (Protection Eye / Watchful Eye) - often associated with warding off negativity or ill intention, this symbol represents awareness and protection.

The Hamsa - represents the hand of God and is often used in Middle Eastern cultures as a protective symbol to ward off bad energy and bring good fortune, health, and happiness

The Eye of Horus - rooted in ancient Egypt, used for protection, healing, and well-being.



A protective and energy-enhancing symbol I often use is the Reiki symbol Cho Ku Rei. I work with it while burning sage or Palo Santo to clear a space. Moving in a counterclockwise direction—which, for me, represents releasing energy (while clockwise is for adding)—I draw the Cho Ku Rei symbol in the air along every wall and in each corner. I also trace it over furniture and objects that feel heavy or stagnant and in need of purification.

As I complete the circuit and return to my starting point at the doorway, I draw the symbol upward toward the ceiling and then downward toward the floor. I then trace the outline of the doorframe, visualizing it glowing with golden light, and finally place the symbol in the doorway itself to seal the space, protecting it from any negative or draining energy.



Runes and sigils are also powerful tools for protection. One of the primary protective runes is Algiz (Y), which symbolizes a divine shield, defense, and a connection to higher powers, and is often depicted as elk antlers. Traditionally used by the Norse, Algiz was carved into weapons and shields for protection. Today, it can be drawn with paint or chalk near the front door or anywhere around the property to ward off ill-intentioned energies.

SPIRITUAL HYGIENE

Personal body cleansing is just as important as cleansing a space. Throughout the day, we absorb energy from people, environments, emotions, and experiences—both positive and negative. Over time, this buildup can leave us feeling drained, heavy, or disconnected. Intentional body cleansing helps release what no longer serves us and restores balance, clarity, and protection.

The Power of Intention

At the heart of any cleansing practice is intention. Whether using water, smoke, sound, or visualization, the focused intent to release stagnant or unwanted energy is what activates the cleansing process. Before beginning, take a moment to ground yourself, breathe deeply, and clearly state—out loud or silently—what you are releasing and what you are inviting in



Beyond the physical body, our energy system also requires regular cleansing, clearing, and balancing. The chakras—seven primary energy centers running from the base of the spine to the crown of the head—govern different aspects of our physical, emotional, and spiritual well-being. When these centers become blocked, overactive, or imbalanced, it can manifest as emotional distress, fatigue, or a sense of disconnection. Cleansing the chakras helps restore the natural flow of energy throughout the body.

In addition to the chakras, we have multiple energetic bodies, often referred to as the aura or subtle bodies, which extend beyond the physical form. These layers include the etheric, emotional, mental, astral, etheric template, celestial, and ketheric bodies, each absorbing and reflecting the energies we encounter daily. Just as our physical body collects tension and stress, these energetic layers can hold imprints of emotions, thoughts, and experiences. Regular cleansing of the energetic bodies helps release accumulated residue, strengthen the auric field, and maintain a sense of alignment, protection, and inner harmony

If this guide resonated with you and you feel called to explore more of yourself, I offer personalized sessions and services designed to support your unique needs. You're welcome to reach out, ask questions, or simply connect when the timing feels right. Until then, may your spaces be clear, your energy protected, and your path guided with intention.

May Peace Be With You,
Celine