



Emotional Healing Through the Power of a Ritual Bath

You've already engaged in purification practices – cleansing objects and tools, the importance of washing up before rituals and purifying space using a magic circle. Purification has been part of mystical practices throughout history. Through cleansing, we remove “dirt – real and energetic – from ourselves and the objects involved in our witchery. The last exercise for this step is on purification through ritual bathing. In our ritual, the emphasis is on removing the last vestiges of shadow energy. However, ritual bath should be done for the purpose of cleansing and preparation before major workings, such as casting a spell. Through the watery Under World symbolism of immersing ourselves in water, we enter the energetic depths, releasing all that harms us into the waters. Conveniently, when we pull the plug that water goes into the Under World of the pipes.

Supplies:

- Correspondence: purifying white energy.
- Epsom or Sea Salts (unscented). You can add a scoop of activated charcoal if you like. Activated charcoal is purified to a higher degree than the briquettes used for burning incense. Salt is a powerful protector and absorber while charcoal is a mighty purifier. Add to bath first then once incorporated, add the potion below.
- Cleansing potion: made by adding ¼ tsp ground ginger and 1 tbsp dried yarrow (or dandelion tea) to two cups of boiled natural water. Let steep, covered, for 10 minutes then add to bath. The ginger activates the cleansing process. Don't use too much. You may feel tingly in the bath, if it's too much, get out and rinse yourself off well.
- You can add a few drops of an essence, oil or water of an associated Under World botanical that has a pleasant smell if you want. Examples: honeysuckle, rose water, jasmine.
- Fresh white candle to symbolize your rebirth since this is the last part of your emotional healing journey. The white candle is your spirit borne anew. Keep the bathroom dark except for this one candle. No energetic drainage by electricity. You want to keep the space whole.

- Burn an incense or one of the botanicals listed above. Dried yarrow or dandelion will burn well on a charcoal disk. 1 tbsp on ½ disk will do the trick.
- Shamanic drum music if possible. My favorite is anything by Byron Metcalfe.
- Something from the sea, like a shell or stone to represent the Under World energy of the ocean.

Procedure:

- Timing: This can be done during the waxing or waning by summoning the appropriate lunar energy. Use waxing moon energy to attract cleansing energy, waning for removal strength.
- Bring all your supplies into the bathroom. Cast your circle first and then run the water. Add the salt (and charcoal if using) first, sending your intention to be purified of the past and born anew into it as you stir it in the water. Then add the potion – all two cups except for enough for your altar chalice. While you stir, contemplate the healing power of the Under World oceanic current. Once the ingredients are in the tub, get in and chant the incantation as many times as you need to:
“Mighty sea, release from me, all that binds and troubles my mind, into the deeps below does the connection between my feelings and the past go.” Change this to “cleanse” for use during the waxing moon.
- While the music is playing, concentrate on releasing all those destructive emotions into the water. Release the cord to them as a gift which they will readily accept. We welcome in the new after cleansing or releasing, so open your cord to Hekate, your guides or whatever forces you connect with. Messages and images often come forward during this post-release moment while you are still in trance. This is the natural process of filling the space left after cleansing and release. Stopping before this stage occurs will leave you feeling drained and potentially exposed to harmful energies.
- When you feel ready, light the white candle: *“Born from the depths this night, my past has taken flight. Now this candle I do light and look to the future bright.”*
- Drain the water and open the circle.
- Write about the experience in your journal.