**Spiritual Bath Client Sheet**

A Spiritual Bath is a wonderful, simple way to clear energies– including emotions, spiritual stimuli, spirits, as well as to release stress. Spiritual bathing has been utilized for thousands of years in many different religious and spiritual paths for this purpose.

Please read through the whole procedure.

**Directions**

I suggest that you take the General Clearing Bath as needed. Once a week during stressful times.

I also suggest that you are physically clean first, meaning you would take a regular shower to physically cleanse yourself. You do not want to take a regular shower or bath after the spiritual bath, or add any “regular” bath elements like bubbles or shampoo to the spiritual bath.

Have something heatproof to hold the herbs and hot water for the relaxing bath. I suggest a quart measuring cup or a Mason jar. Measuring cup is easier to handle. You’ll need a strainer as well.

**Specific instructions:**

**The General Bath:** You will need Epsom or Sea salt (about 3 big handfuls), a bay leaf, and half a lemon. Simply put the salt in the bottom of the tub with the half of a lemon and bay leaf.

Some people choose to put the lemon in a cheesecloth or similar bag so the lemon seeds or lemon itself and the bay leaf do not clog the drain.

Get in the bath with the specific intent or prayers that anything negative or not yours be released from you (or prayers for allowing the stress of daily life to leave you for the relaxing bath).

In downward strokes you will do six to nine passes down your body asking for this energy to release, along with any personal intentions and prayers you choose.

For this bath you will start at the top of your head and work your way downward to your feet. On the last pass you will stand up (so the water is just on your feet) so that you are no longer submerged in the bath water. You will unplug the drain and step out of the tub.

Run the shower for a moment to clear any residue. It’s okay to rinse your hair a bit if it might be crunchy from the salt. **Clean yourself off with a fresh towel and dress in fresh clothes. If you’re especially sensitive and plan on going right to bed, you may want to put fresh sheets on before you start your bath.**

Don’t forget to thank your guides and angels.

For a **Relaxing Bath** use lavender, rose petals or chamomile along with the salt. You can use essential oils here, just mix them into the salt. Don’t put them directly into the bath; the oils pool on top in one place. For this bath take about a handful of herbs/flowers and place them in the Mason jar. Fill that with boiling water. Let it steep for 15 minutes or so. Carefully strain into the bath water. Get into the tub with the intention of releasing excess energy that is not yours and ask for spirit support to do so. Follow the instructions above when getting out of the bath (wiping yourself down, drying with fresh towel, etc.)

For a **Letting Go Bath** use hyssop, following the instructions above for the relaxing bath. Hyssop helps release emotions, worries and doubts. Get into the tub with the intention of releasing emotions, worries or doubts that you have and ask for spirit support to do so. Follow the instructions above when getting out of the bath (wiping yourself down, drying with fresh towel, etc.)

Talk to Deb if you think you’re in need of a heavy duty clearing bath or want something more specific (clearing a jinx, for example).

**SHOWER INSTRUCTIONS**

If you don’t have a tub or have a hard time getting in and out of a tub, you can use a plastic dish pan (I get mine at Target for around $3), a bucket, a really big bowl, etc. Stand in the shower stall or tub and use a mug or cup to pour the water over yourself with prayers and intention. Wipe yourself off & etc., as described above.