**USING PLANTS FOR PROTECTION, CLEARING AND BLESSING**

* Plants have been used for thousands of years for esoteric (magical) purposes including rituals around major life events: birth, death, marriage. They’re often used to clear spaces. Think of incense being burned in a church or temple for instance – those resins come from plants.
* I have a hunch but absolutely no evidence that early perfumes were used in a similar manner not to cover up body odor like archaeologists and historians think.
* Plants are used similarly cross-culturally, i.e. *Artemisia* species are used to repel negativity wherever they’re found
* Most cultures use plants

**WATER**

* Water is hugely cleansing all by itself.
* It can hold intention (see the works of Dr. Emoto). You can bless water (holy water), Reiki-charge water, crystal charge water and of course we know all about flower essences. Water holds vibrations.
* Many religions around the world use water baptism to “clean” their new adherents. You can think of this as a rebirth mimicking birth from the original womb. This can be very powerful when done with intention.
* The best water to use in formulas for ritual bathing or ritual space clearing come from natural sources – rain, spring, the sea, lakes, rivers, etc. – because it’s living water.
* Water is an aspect of the Divine and one of the elements that really helps us connect to the Divine. It helps our emotions flow and we are mostly made of water, so we feel things like the pull of the Moon, etc. Of course we were all completely enveloped in water in our mother’s womb, too.
* When we are having a hard time emotionally or spiritually we need more water inside and out: drinking more water, more regular bathing, more spiritual bathing, visits to natural waters like rivers, oceans and lakes.
* Water is feminine. I like to think of water as coming from the womb of the Goddess.
* Water is Life.
* Methods of using water include **immersion, aspersion** (whipping something dipped in water around a space or person or anointing with water like in church where you anoint with Holy Water) and **ablution** or washing.

**SPIRITUAL BATHING** (Ablution)

Spiritual bathing is a way to clear yourself/energy field of the junk of daily living. This is especially nice if you are psychic, HSP, empathic, see clients and/or work with people in a retail-type environment or toxic work environment. Spiritual bathing can help remove negativity, energetic blocks, the evil eye, jinxes, low vibrations, emotions, etc. You can use spiritual bathing to bring luck, Light, blessings, peace and tranquility into your life.

Spiritual bathing can range from very minimalistic (water, intention/prayer) to a very elaborate ritual – bathing before sunrise with certain herbs and other substances while chanting certain Bible verses then collecting part of the bath water and dumping it at a crossroads you go to only for dumping the bath water and doing that for like 9 days in a row.

I’m going to talk about basic spiritual bathing for clearing normal-ish junk. The more highly ritualized your bath is, however, the better it will work. Normal-ish junk includes:

* Thoughtforms: negative self-talk, negative thoughts directed at you from outside
* The evil eye: jealousy
* Jinxes/Curses: aka crossed conditions, being crossed. Someone has done (or paid someone to do) specific ceremonial work against you. (Don’t laugh or scoff. This really happens. I have actually been asked to do this more than once.) Jinxes can also result from trauma without any outside involvement. They can come from ourselves through really strong negative self-talk. Also, people who have natural tendencies to be good at magic can give you a whammy just by negative thoughts.
* Attached spirits/beings: ghosts. Usually the person feels really drained for no reason.
* Emotions: yours or picked up from others.
* Stress

A weekly bath is good, especially if you’re seeing clients or are HSP/empathic/psychic.

If you don’t have a bathtub, no worries. You can use a foot soak or use a dishpan in the shower after you shower. Use a sponge or a cup to pour the water over yourself.

Herb preparation.

I use a Mason jar and strain the herbs through a hops bag from a brewer supply. I use about a handful of dried or fresh herbs to a quart of water. It only has to steep for about 10 - 15 minutes. You can strain the herbs out and take the liquid up to your bath or you can strain the herbs out as you pour the liquid into the bath.

**THE BATH**

1. Have your prepared herbs, a clean towel and clean clothes ready to go.
2. Clean yourself physically (take a shower).
3. Run your bath and pour your prepared herbs into the bath.
4. Get in the tub with intention and prayers to **your spirit guides and/or deities you have a relationship with** and pour the water over your head. I use more pours for more action. I like 3, 7 or 9. So, when I get into the tub I ask my guides and Archangel Michael for help in clearing whatever I have going on. I continue asking for their help and praying while I’m pouring all the water.
5. On the last pour, start wiping the water off yourself in a downward motion and unplug the tub. Visualize the “junk” as dark water, swirling down the drain.
6. Get out of the tub, dry off with the clean towel and put on the clean clothes.
7. Say “Thank You” to all your spirit help and compost your herbs. Clean your tub or spray it clean.

Optionals: Candles – white ones – lit and put on the floor to be walked through once you’re out of the tub.

Notes:

* For women, it’s not recommended to do a bath like this when you have your period. That’s an automatic cleansing in and of itself. Also, when newly pregnant you have to be careful as well.
* A good basic bath is 2 – 4 big handfuls of Epsom salts, half a lemon and a bay leaf.
* My personal fave bath is about 2 cups of goat’s milk and a bunch of fresh parsley.
* I recommend starting out with a basic bath and moving up to heavier herbs if necessary. Cleansing too much can leave you feeling stripped and exposed. It’s very uncomfortable.
* If your spiritual baths are not clearing stuff up for you see a practitioner.

**PERSONAL CLEARING/PROTECTION WITHOUT BATHING**

* Clearing sprays, including Florida Water. I like using hydrosols mixed with tinctures and some essential oils for customized clearing sprays. Nice combos include rose and palo santo for blessing; yarrow for boundaries, etc.
* Just water in the hand with intention and wiped over the body helps.
* Smudging. Good smudging herbs for clearing and protection include mugwort, cedar, myrrh, frankincense, copal, etc. I use white sage before ceremony and healing (which is a ceremony, essentially). I use tobacco for heavy-duty clearing.
* You can burn lots of different herbs – more in Materia medica
* Plant Limpia. Branches of plants (rosemary, basil, mugwort…nothing too hard or prickly.). Dip them in water (which you can pray over, add tinctures, essences, etc. to) and “spray” people with the water. Alternately, you can brush yourself with the plants (top down), smacking them on the Earth with the intention of ridding yourself of whatever doesn’t belong; old emotions, negative energy, etc. Dispose of the plants! Don’t keep them.
* Egg Limpia. Sometimes I do an egg limpia to diagnose and then a bath to further clear stuff. Rub your hand with cascarilla then take an egg and rub it all over your body. Break the egg into a glass of cold water. All the different things you see mean something and are things that have been cleared. Interesting to do periodically.
* Medicine Bag. I like to include protective or blessing herbs in my medicine bag. I often tuck it in my bra or put it in a pocket.

**SPACE CLEARING**

Space clearing is similar to personal spiritual bathing as we use water and herbs. We also bring in the elements of Air, Fire and Earth and use incense/smudging here. You will need an herb wash, prepared as for the spiritual bath or a commercial floor wash, like Chinese Wash and herbs/incense for burning.

1. Start with a fairly physically clean house.
2. Clear from top to bottom and from back to front: top back to top front then bottom back to bottom front and out the front door. Make sure you have some windows open in each room.
3. Call in your spirit help and have a clear intention of clearing your space.
4. Incense/smudge first going top to bottom, back to front, praying as you go. You want to state that you are clearing all energies, emotions, spirits and imprints from each room. These things are no longer allowed in your space. Keep a window open in each room to let things out.
5. Aspersion – sprinkle your water/herb/wash in the corners of each room or fill a spray bottle and spray the floor. Dab a “5-spot” on each window (each corner and in the middle of the window). Do this in each room with intention. Dispose of your water off your property. In the street is fine.
6. Blessing. Finish up with a blessing spray, inviting peace, tranquility, Divine Light etc. into your space and asking your guides to help. You can also fill the space with Reiki.
7. It’s a good idea to take a spiritual bath after space clearing.

Notes:

* You can wash hard floors with the herb mix or floor wash, too.
* You may want to do a patch test if your herb wash is dark or you use a commercial wash.
* Frequency recommended: twice a week to start then a monthly maintenance.
* Hydrosols are awesome for space clearing.
* Incense. I use both incense sticks and resin tears. For the resin tears I use either charcoal on a bed of sand or ashes in a ceramic pot or an electric resin burner, depending on what I’m doing. For smudging the whole house I use the charcoal-pot method with a feather. If I’m working in just one room or just my downstairs (I have a small house) I’ll use the burner.

**MATERIA MEDICA**

Bath Herbs

* Water. Rain water, fresh water, Holy Water, etc.
* Salt. Salt is fantastic at clearing stuff and it’s relaxing. If you’re especially sensitive or very empathic, add some goat’s milk or vinegar to the bath. Ocean bathing is essentially taking a salt bath.
* Goat’s Milk. I really dig goat’s milk. I feel it’s very protective and, especially for empaths with a spongy energy field, it fills the holes in the sponginess.
* Parsley. Parsley’s great for clearing and it repels negative energies (specifically spirits). It can restore luck and repel some jinxes. You can put fresh parsley in a vase or cup and keep it on a nightstand to repel spirits. Works great in hotels.
* Coffee. Coffee is a pretty strong clearing agent. You can use instant coffee or previously brewed coffee. Coffee clears negative thoughtforms (jealousy, self-sabotage) as well as emotions, low-level spirits.
* Pine. Pine wards off evil eye. It’s a good spiritual cleanser and helps clear your own thoughts. It can release jinxes. Pine-sol used to be made from pine; it’s not anymore. For space clearing I use a few drops of pine or spruce EO along with Dr. Bronner’s Sal Suds which is made with actual pine. Love it.
* Ecualyptus. Wards off evil and helps you cast off your own bad habits and self-jinxing.
* Rue. Big time protection, especially against the evil eye and clearing of jinxes. I have rue planted near the entrances of my house.
* Hyssop. Hyssop clarifies thoughts, the spirit and “sin”.
* Mugwort. Clears negative energy. Protective. Good plant for plant limpia.
* Basil. “Evil cannot stay where basil is”. Drives away evil and protects. Basil also turns around luck.
* Bay leaves. For uncrossing jinxes, warding off evil and protection. Bay helps clear the mind and emotions.
* Dragon’s blood (resin of the Dracenea tree). Wards off evil. Banishes.
* Lemongrass. Helps to get you unstuck and break up old conditions, like addictions.
* Agrimony. Changes the situation. Reverses gossip.
* St. John’s Wort. Wards off evil, protects (especially against disease), excellent general cleanser. Brings in Divine Light, hope and releases emotions.
* Mexican Marigold. Brightens the spirit. Blessing.
* Lavendar. Relieves stress, brings peace, love. Blessing.
* Mothewort. Brings peace and blessing to the home.
* Thyme. Brings restful sleep and prevents nightmares. Burned for purification. Clears emotions.
* Rosemary. Clears thoughts. Uplifting. I like using rosemary branches for plant limpias.
* Rose. Attracts love. Uplifting.

**Burning Herbs**

* Myrrh. Highly cleansing. Clears jinxes/curses. Clears emotions.
* Tobacco. Cleansing, protective. Tobacco also creates a bridge between worlds so I use it in shamanic ceremony quite a bit.
* Palo Santo. Highly cleansing. Purifying. Removes spirits and also attracts opportunity. Uplifting. Clears emotions.
* Sage. Mainly for consecrating and ceremony. Moderately cleansing as a secondary purpose. Clears imprints, thoughts.
* Sweetgrass. Calming, purifying of the spirit. Blessing.
* Cedar. Moderate to high spiritual cleansing. Clears negativity. Brings clarity to situations. So you could burn some cedar then meditate on the situation you’re having trouble with to find an equitable solution.
* Pine needles. Highly clearing of negative energy. Dispels evil. Emotional clearing.
* Frankincense. Calm, peace. Cleanses energies. Dispels sadness.

**Non-Herb Heavy Hitters**

* Ammonia. Household or magical ammonia (Buffalo ammonia) from a botanica. Magical protector, cleanser and purifier. Opens portal and sucks spirits out. Super heavy duty.
* Camphor. Heavy duty cleanser. Releases spirits and heavy energies, curses. Crumble into bath water.
* Cascarilla. This is powdered, purified egg shell in little cups. Keeps away negative spirits, cleanses, purifies. Good for psychics and people who get psychically attacked. Rub on hands before preform an egg limpia to keep negative energy off your hands while you do the cleansing.
* Murray and Lanman Florida Water. Cologne used for medium to heavy clearing and protection. Very smelly but hugely useful. I keep some in a spray bottle and use after heavy-duty healings. Can be used to cleanse ritual objects, antiques, etc. Attracts good spirits, too. Amazon usually has the best prices.