

YOUR ENERGY CLEANSING GUIDE

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**THE MINDFUL  
WIGWAM**

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*Mindful  
Wigwam*  
Empowering YOU!

## DYI CLEANSING

Everything is Energy.  
Your own Energy radiates  
around you and fluctuates with  
your ups and downs.  
Cleansing enables a reset  
and recharges with positive  
energy.  
It restores balance.

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Sometimes, your Energy is impacted by other Energies that don't belong to you.

If you're an empath, you are more sensitive to other Energies.

It's also often that you simply need to get rid of your negative Energies, like having a shower to be clean & start fresh!

Energy cleansing is recommended regularly like a decluttering of your home, to make space for new, clean, positive, elevating, Energy

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# Why Cleanse

Cleansing energetically is exactly the same as how you would treat anything else in your life. You de-clutter your home, you clean, you keep your life organised and free from anything no longer needed. Applying the same principles to your Energies allows you to stay aligned, balanced and free from anything no longer useful to you.



*The Mindful Wigwam*

# How to use Energy cleansing tools

## Sage - Palo Santo Smudging

You can use dried sage leaves, dried sage leaves attached together, white sage incens or palo santo.

The smell or dried leaves attached together can be overwhelming and not liked by everyone.

Dried sage leaves can be put in a recipient and light up to burn. They burn slowly so you will need to light them up again.

The leaves attached together will also need to be re-lit several times and can be used like a wand.

The incens sticks just need to be lit and used like a wand  
Palo Santo can be burnt in an avalon shell or used like a wand.  
Again that doesn't burn fast so will need re-lit.

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# How to use Energy cleansing tools

## Crystals

Crystals are a great every day cleanser. You can use specific crystals in specific spots in your house to attract what you want. For example the East corner is finance and some crystals or water in that corner will help bring financial abundance.

There are a few powerfully cleansing / protective crystals to put around the house and around you: Black Tourmaline, Amethyst, Fire Agate, Jet Stone & Obsidian.

I suggest to have these in key areas where there is a lot of traffic: the entrance hallway is obvious. Also try and put them around wifi, tv, phone and anything emitting frequency and allowing energy flow.

Black Tourmaline is particularly good for that.

You can put them around windows too and you should put some around your bed.

REMEMBER TO CLEANSE YOUR CRYSTALS REGULARLY.  
You can use salt, sage, palo santo or the Moon's energy to do so

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# How to use Energy cleansing tools

## Essential Oils

Oils are as powerful as any other cleansing method. The obvious one to use is sage. However Orange is also known to cleanse, as well as Lavander, Frankincense or Lemon. Peppermint is also powerful at shaking the old and bringing in new Energy.

You can do a homemade spray with filter water and a few drops of oil (any of the above or a mix as you feel appropriate), or you can use them in a diffuser.

You can't go wrong with these oils and can mix them to suit your taste or depending on your mood.

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# How to use Energy cleansing tools

## Salt

Salt has been a powerful cleansing tool forever. The only rule is to use quality salt with properties such as Himalyan sea salt, dead sea salt, rock salt...

You can put salt around the 4 corners of a house or you can put a handful in the bath.

## Music

Gong, Tibetan bowls, Tetha waves, and negative energy cleansing music are also recommended for transmutting negative energies and welcoming new Energies.

If you use a Gong or a Tibetan bowl, ring it a few times around the house in various places and let the sound completely finish before ringing again. The longer the wave of sound, the more negative energies are being cleansed.

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# How to perform the Energy Cleanse

1 - If you can, light a white or light coloured candle

2- Focus, Centre and ask out loud with intention for the white light to allow you to perform this Energy cleansing

"Here and now, I call upon the divine Light to protect and guide me as I cleanse my house, myself and (please list anyone else in the house, including pets). And so it is. Thank you, Thank you, Thank you"

3- Take your chosen tool for cleansing and start going around your house, yourself (from top to bottom for all living things) and repeat the following out loud WITH INTENTION as you go around your house, yourself, your family.

"I release any and all energies that are no longer serving me or my highest good to be transmuted to light"

"I release any and all energies that are no longer serving this house or its highest good to be transmuted to light"

"I release any and all energies that are no longer serving \*\*\*\*\* or his/her highest good to be transmuted to light"

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# How to perform the Energy Cleanse

4- Open windows and doors to let fresh, clean, renewed air and Energy enter your home

5- Say out loud: "Thank you for clearing my home, myself and \*\*\*\*\* and our entire energetique system and for allowing us to release anything that was less than Love. And so it is. Thank you, thank you, thank you"

6- you can then close the windows and blow the candle (or leave it if you wish)

If you used salt, leave it overnight and Hoover in the morning.

7- If you are having a bath, you can say something more specific as you enter the bath such as

"Here and now, I ask to cleanse myself and release any and all beings, thoughts, situations and any energies that are less than Love or that are no longer serving me or my highest good, accross all planes of my existence, accross all lifetimes and all universes, so they be transmuted to Light for the highest good for all. And so it is. Thank you, Thank you, Thank you."

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# How to cut the cords

Often we develop Energetic attachment to people or other Energies. It is very important to cut the cords to anything that doesn't belong to us or anything that not us or any past situation or being or emotion. Cutting Cords is a simple exercise that you can literally perform anywhere. Ideally you would light a candle (white or light colour) and perform an Energy cleansing after cutting the cords.

What to do? Light your candle and say this WITH PURE INTENTIONS

"I call upon Archangel Michael and his sword. I ask him to cut all the cords, the chains, the threads, the locks, the padlocks, the links, and any other form of connection that are attaching me to \*\*\*\* and \*\*\*\* to me.

\*\*\*\*, you free and liberate my energy and I free and liberate yours, each of us takes its own energy back and returns in our rightful place and dimension.

I release you with Love and Light. And so it is.

Thank you, thank you, thank you."

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# How to protect your energy

Every day before going out or as often as you can, I recommend protecting your energy (from negative energies, energy vampires, ill intended energy...).

What to do? Light your candle and say this WITH PURE INTENTIONS and visualise the Light around you

"Here and now, I place myself in a bubble of protective divine Light. I am surrounded by Light protecting my Energy from any negative energies and any energy that isn't mine. This bubble is invincible, impenetrable, indestructible and invisible to any and all energies that don't belong to me or not serving my highest good. It is protected by my divine and supreme Protectors of Light.

I am safe, my Energy is safe, now and forever.

And so it is.

Thank you, thank you, thank you."

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# A FEW RULES AND GUIDELINES

Try and cleanse once a week if you can (or more!) Sundays are a great day as it's Archangel Michael's day.

Whatever you do, do it with pure intentions of Love and Light.

You are not allowed to cleanse or cut cords or do any energetique work without someone's permission first except for your own family.

Don't worry about not doing it properly, what is done with pure intentions is always successful.

Do what feels right. If you want to change a few words, if something else comes to you to say, go for it, follow your intuition and be guided by your heart.

If you ever need more guidance, I am only a message away, don't hesitate.

With Gratitude, Love and Light

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