

# SPIRITUAL HYGIENE



A Handbook of  
Protecting Your Energy

# Introduction

Spiritual hygiene is just as important as physical hygiene. Just as you wouldn't go days without brushing your teeth or showering, you shouldn't neglect the health of your spiritual and energetic body. Everything is energy, and throughout our daily lives we interact with countless people, environments, and situations that can leave imprints on us. Some of these energies uplift us, while others weigh us down.

When we don't cleanse spiritually, we can carry around unnecessary heaviness, negative emotions, and even spiritual blockages. This can affect our mood, relationships, health, and overall quality of life. This book will show you simple ways to practice spiritual hygiene and to seek deeper cleansing when needed.

# Spiritual Hygiene & Why It Matters

Spiritual hygiene is the practice of keeping your energy body and spiritual environment clear, balanced, and protected. Just like dust can settle on furniture or germs can spread in the body, negative energy can accumulate on you. It can come from stressful interactions, toxic environments, negative media, or even your own unprocessed emotions. The more we ignore it, the heavier and more stagnant life feels. Practicing spiritual hygiene keeps your spirit aligned, your heart open, and your mind clear so you can live with peace, vitality, purpose and abundance.

# Common Sources of Negative Energy

Negative energy can attach itself to us in many ways. Some common sources include: People who are stressed, angry, and draining.

Environments filled with conflict, illness or chaos.

Energetic residue from clients, especially for those in massage therapy, hair dresser, healing, service, or caregiving professions.

Unprocessed grief, fear, or trauma within ourselves. Becoming aware of these sources allows us to take proactive steps to cleanse, protect, and restore balance before the energy weighs us down.

Below are a few simple tools you can use to cleanse and protect yourself and your spaces

# Epsom Salt

Salt was one of the first ingredients God created on earth. Salt is for cleansing and healing. If you work in a field where you're always touching people like a hair stylist, massage therapist, or healthcare worker, you can easily pick up negative energy from clients. By washing your hands with salt at the end of the day, or after each client if you're more sensitive, you can cleanse and neutralize the energy. You can also take Epsom salt baths a few times per week if you're feeling heavy, and it will do the same for your whole body. (No longer than 15 minute salt bath)



# 70% Isopropyl Alcohol

This can be used on hands and surfaces to clean and neutralize energy. It's a quick and simple way to refresh your energetic space.



# Smudging Spaces

Smudging is effective for clearing just the surface layer of energy temporarily. Frankincense carries a higher frequency than sage. It's what Jesus used when he was on earth. Sage is good, but it's best to use it outside since it has a heavy smell that clings to walls and furniture. Frankincense, however, has a much lighter and cleaner smell. Only use the natural frankincense sap to burn and not the synthetic incense or oils as this will do nothing. You must offer the Frankincense or sage to God and bless it to work for space clearings. Ask the spirit of Frankincense or sage to help clear negative energy.



# Rue (Ruda)

Rue, also known as Ruda, is widely used for spiritual protection in various traditions. It can help ward off negative energies and offer protection against harmful influences, including the evil eye. The Rue must be blessed and offered to God for protection. You can plant it in your front yard or keep a small plant inside your home. Many people notice that their rue plant dies often because it has absorbed and carried away so much negative energy.



# Glass Bowl of Epsom Salt

You can take a large glass bowl, fill it halfway with water, and add a little Epsom salt. Bless it and offer it to God. This helps absorb negative energy, especially if you place it by your front door, where it can cleanse energy as people enter your home. The mixture is effective for up to one week before you need to change the salt and water.

When you're ready to dispose of it, first thank God for the protection and ask for the energy to be neutralized. Then flush the water down the toilet. Clean the glass bowl with 70% isopropyl alcohol, soap, and Epsom salt. Never use this bowl for eating or any other purpose. If you choose this practice, keep a separate glass bowl dedicated only to spiritual cleansing.



# Prayer Candle

For prayer, if you would like, you can use a tall white glass jar candle. Only use white candles for prayer. Clean your candle with 70% isopropyl alcohol. Wipe down the glass part of the candle to cleanse and neutralize the energy. Bless your candle and offer it to God.



# Cord Cutting

At the end of your day, or anytime you've interacted with someone who feels draining, carries negative energy, or if you've had a difficult or negative exchange, it's important to cut those energetic cords. This practice is about intention. Set the clear intention to release and disconnect from any negative attachments. You can also use a simple gesture, such as making a karate chop motion with your hands, while saying: "I cut off from anyone or anything that was negative. Thank you, God" This helps restore your energy and keep your spirit clean.

# Deep Cleansing

The only way to fully release heavy or deeply embedded energies is to receive a spiritual session from a healer of God. If you don't feel relief from these simple practices like salt baths or smudging, it may be a sign that deeper spiritual cleansing is needed. This is true for people, homes, and businesses. If smudging or basic tools don't work, it means the space needs to be cleared at a higher level by a healer of God. It's important to reach out for help when you need it because with the right spiritual healing, heavy energy can be cleared quickly, and your life can shift in powerful ways. Don't carry burdens that can be lifted through cleansing and God's healing power.

Please Contact us [here](#) to book a personal healing or space clearing