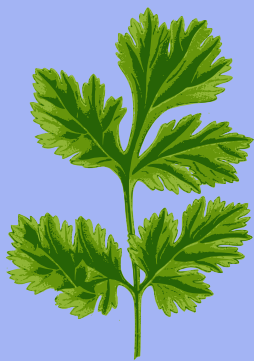


CLEANSING PROTECTIVE WATER RITUAL

By Sistahs of the Calabash in Partnership
with Save the Harbor



HERBS

When we say plant ancestors, we are seeing the full plant, its past, present, and future. We are naming its closest relatives, plants and rootworkers have worked beside them for generations. We call in the herbs of **Hyssop , Mint, Rosemary, Lavender, Mugwort, Parsley, Eucalyptus** 1/4 a cup of each



CRYSTALS

Crystal healing is a type of alternative therapy that involves using gemstones, stones, and crystals to bring balance to an individual's life and mind, as well as charge our medicine and sacred tools sources. The Crystals you will use: **Aquamarine, Carnelian, Aura Quartz, Labradorite**



MAGICK OILS

Oils have been used for centuries by practitioners of magic and indigenous healing. Oils are used to anoint sacred objects, yourself, and magical spells. **Sage, sandalwood, peppermint, lavender**



CURIOS

unusual objects of art, valued as a curiosity , natural objects fall into this category the curios you would use is any kind of **7 sea shells**

RITUAL STEPS

THIS RITUAL WILL LAST 7 DAYS STARTING MONDAY, PLEASE BRING A OFFER TO THE OCEAN (SUCH AS WATERMELON, SILVER COINS, CHAMPAGNE, WHITE FLOWER, SWEET FRUIT)

1. Collect about 32oz of water from the ocean, and mix this with your bath water (best if you use natural element bowl, enough for you to add 1 cup to your bath for 7 days
2. Take time to think of what you are in need of being cleansed from, what do you want to strip, and bring forward, you must
3. Break Up Herbs while setting intentions of what you want to come forward or/and release, if using dried herbs bring 7 cups to boil, and strain
4. Pour in each magick oils into your bath
5. Speak your prayers into your 7 shells and place them in your bath
6. Find a safe space to place bowl, cast your circle around the bath with any kind of salt
7. Place your crystals at the front back , side to side of the circle
8. Place a 7 day white candle at the center of bath leave burning until complete
9. Gather herbs and candle from bath when complete and dispose at a trash at crossroads

WATER ATTRIBUTES

Water an ancient primordial force of feminine divinity of destruction and nurturing energy . Is the most absorbent element and can be charged to hold specific vibrations . Water has been used in healing rituals for centuries . For ritual water holds a high spiritual frequency and is almost an immediate connection to the spirit world. It can be used to conjure spirits to trap and to heal .When it comes to spiritual baths the intention is to charge the water with the conjured spirits frequencies and energies from the plants , instruments , voices and rhythms that we use to influence the desired outcome of the ritual at hand . It can be as simple as speaking words of high vibrations over your water and then pouring over your self or it can be as elaborate as using healing instruments and ancient frequencies to charge your water . Using spiritual waters magically can help you remove unwanted energies from a place or yourself, protect you and your home, drive away enemies, and attract love, luck, and all other good things.

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Cleansing

Peace water is used to bring peace to an environment as well as to prevent negative people and/or entities from entering the household. It may be sprinkled in the four corners of a room, or the four corners of a property. To make peace-water brew a tea of fresh basil leaves, add a splash of bay rum and a few drops of liquid bluing.



Banishing

Blue water is used to rid a person or place of negative energy, hexes, and crossed-conditions. It can easily be made by adding liquid bluing to tap water and adding a pinch of salt.



Manifesting

Rivers, lakes, ponds, rain are all sweet waters. Rivers and streams have the ability to 'flow' they bring movement so they are brilliant for removing or getting rid of things whether it is spell work that focuses on removing or dispelling or whether you just want the water to carry your spell away. Sweet waters are used in spells in matters of the heart, and emotional release and connection..



Protection

The salt water remedy is a simple but powerful spiritual remedy to counteract harmful unseen black energy and drain it out of our system. By doing so, we do not waste our spiritual practice in counteracting black energy. Instead it can be used to bring about our spiritual growth.

HOW TO PREPARE FOR A SPIRITUAL BATH?

Step 1: Scrub the bathtub thoroughly first to make sure it is really clean.

Step 2: Set a mental intention that this time is totally yours and you will not be disturbed by texts, phone calls or visitors for the next hour or so.

Step 3: Take a quick shower and clean yourself first. Remember that no soaps or other cleansing agents can be used during a spiritual bath.

Step 4: Fill the bathtub with water at a temperature that feels most comfortable. As the tub is filling up, gather all the ingredients you need (ingredients on page 1 of infographic). You may want to light an incense stick or a few candles or play some soothing music – anything that will relax your mind into a calm, meditative state. Release the tensions of the day, like you would in a spa, and focus on just enjoying yourself.

Step 5: Step into the bath and soak for about 20-30 minutes. As you relax in the water, clear your mind of all unwelcome thoughts and focus on your intention to let go of all stress and negativity. There is no right or wrong way to do this – as long as you're relaxed and intentional.

Ocean Water Alternative

1 Cup of water added with 1/4 Dead Sea Salt