



*Healing,
Purification &
Self Care Rituals*

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Healing, Purification & Self Care Rituals

The following rituals will support you during any deep Emotional, Mental, Physical & Spiritual purification you may be experiencing. Remember what you are experiencing is temporary, it will not last. Working with nature's elements is very beneficial.

Also connecting with your inner guidance is a very good practice to strengthen your intuitive guidance with your higher self. You may receive insight or messages from your inner child or your womb to see what kind of support you need during a purification process. I have provided a list below that has been shared by my many teachers and what I have come to use, more of a reference guide here to help support you.

Deep Purification or Challenging times (can also be known as the dark night of the soul, Being in the Void)

The dark night of the soul or entering the void is a deep and powerful time of soul transformation. You will only be experiencing the dark night of the soul or the Void if your soul feels ready for rebirth, life change and an energetic upgrade. Your soul will never allow you to experience something that you can't handle. Meaning if you are experiencing the dark night of the soul or in the Void then you can handle it and it will serve to deeply transform your life and strengthen your alignment with your soul self. The below rituals or survival tools will also support you when you are experiencing the dark night of the soul or the Void. It is very important to keep supporting yourself through this deep purification on a daily and weekly basis. The more you can support yourself during this process the easier the transformation will be.

BURNING CALIFORNIAN WHITE SAGE

Californian White Sage is one of the most powerful cleansing herbs used for purification. When you are burning the sage in your aura and your space, set an intention while you are burning is also very powerful (for example: "I am the light, I choose the light", or "I love my purified, high vibrational, clear & cleansed space").

TAKING A BATH

By having a bath, it accelerates the release of toxins (emotional, mental, physical & spiritual), it relaxes the muscles, balances the body's energy and assists with the body's own healing process. The benefits you receive from just taking a bath are so amazing, It helps to:

• Reduce muscle tension	• Improve blood circulation
• Reduce sugar levels	• Boost the immune system
• Treat depression	• Reduce stress
• Remove toxins	• Induce sleep
• Improve lung function	

Guidelines on how to do it:

- **Water temperature:** Warm to hot bath (35 – 39 degrees)
- **Duration:** 15-60 minutes (ideally 40+ minutes)
- **What to add:** You can use essential oils, Epsom salt, Himalayan salt, herbs, flowers, crystals – best ones to use are quartz crystals as they will handle being in the water longer. The crystal will infuse into the water its healing properties.

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If this is your first time using essential oils, herbs or flowers always start with a low concentration. You can always increase the amounts the next time.

- **Frequency:** Depending on your need from 2-4 times per week, the best time for most people is in the evening, make sure to leave at least 1 hour before going to bed.

NOTE: While taking a bath is an integrative process, it can also be an activating process, meaning more purification is occurring. So, if you feel even more emotional (whatever the emotion you experience) then you have experienced an activation. It just means it might be best to take a shorter bath time (maximum of 20 minutes), during this time unless you prefer to allow the process.

AROMATHERAPY SPRAYS OR AURA SPRAYS

Aromatherapy/Aura sprays are a must to uplifting your vibration of your aura and space. These can be purchased from spiritual shops or even online crystal shops can sell them or you can make your own.

DIFFUSER

The use of a diffuser in your space is very calming, healing and uplifting, it is very supportive with the emotional, mental, physical and spiritual bodies. It supports to bring balance, harmony and healing. Use only pure essential oils, not ones that are already diluted with other products. Some helpful essential oils to support a calming and soothing environment are:

- **Lemongrass** – supports to revitalise both body and mind, helps to relieve stress & calms the nerves.
- **Rose** – promotes a calming and balancing effect on the brain, helps to stimulate positive emotions & create a sense of well-being.
- **Clary Sage** – Is deeply relaxing and euphoric, promoting feelings of well-being.
- **Lime** – helps to uplift spirits, supports to release of negative thoughts, also promotes focus and concentration and clears mental exhaustion.
- **Bergamot** – Supports to release anger and frustration, reduce anxiety and stress and ease the symptoms of depression – promoting emotional well-being.
- **Lavender** – Has a calming and balancing effect on both the parasympathetic and sympathetic nervous systems, supporting anxiety, stress, panic attacks, depression.
- **Rosemary** – Is an excellent brain tonic, it refreshes and clears the mind, increasing concentration and mental clarity.
- **Frankincense** – Effective in comforting and calming the mind.
- **Patchouli** – Is known as a mood lifter, helps to relieve stress, ease tension and anxiety and promote an overall feeling of well-being.
- **Chamomile (Roman)** – Known for its calming and relaxing effects. Helps to reduce irritability and anxiety.

You can mix them together and create your own blends. Just use no more than 5 drops if using two oils, use 2-3 drop if mixing 3 different oils together. Experiment and have some fun with it.

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GROUNDING YOURSELF

Option 1. Stand or sit barefoot on the grass and breath in and hold for 3 seconds and exhale through the mouth fully and deeply, releasing it and feel it going down into the earth. Become aware of the elements (Air, Water, Fire-sun, Earth, Ether). around you and allow them to infuse their energy & power into your energy field, Repeat this 3 times. This is a simple but very effective technique for grounding and connecting you to the Earth. It supports the balancing of your energies and receive revitalisation from the elements.

Option 2.

1. If possible, stand outside in nature for this grounding exercise as it is more powerful. If you can't that is totally okay, just imagine you are outdoors when doing this practice. Stand or sit barefoot on the grass and take in some beautiful deep breaths up through the back of the spine, hold it for 3 seconds and let it out through the mouth with an AHHHHH. Do this 3 times.
2. Take your awareness to the sounds around you and just listen to all the sounds you can hear for a little while.
3. Then bring your awareness to your breath, notice your breath going in and out of your nostrils.
4. Now bring your awareness to the deep centre in your body behind your navel. This is the most centre point of gravity in your body. Breath into this space for a while till you feel like you are back in your centre, back within yourself.
5. Now see, sense or feel you are a tree, a big beautiful old tree that has been around for centuries. Your legs and up to your solar plexus are the trunk of the tree and from your breastbone up are the branches with the leaves.
6. See, sense or feel your trunk has really big and long roots deep in mother earth all the way down to her core – the crystalline core and your whole trunk is pulsating with this vibrant life force, connecting to the earth and water element, your yoni is pulsating, your womb is pulsating, and your solar plexus is even pulsating with mother earths energy. Stay in the space until you really feel grounded and connected to mother earth.
7. See, sense or feel your branches are long, thick healthy covered with lots of leaves and its swaying in the light breeze and dancing with the air, sun and either element. Stay in the space until you really feel connected to the cosmic world.
8. See, sense or feel the branches reaching up and up to the cosmic realm and feeling connected to the infinite universe where everything and everyone is connecting energetically, we are all one.
9. See, sense or feel the connection and balance between both worlds and you are the expression here in the middle world.
10. When you see, sense or feel you are grounded and balanced between both worlds you can slowly open your eyes.

YOGA POSES

Yoga is very beneficial to supporting the release of Emotional, Mental, Physical and Spiritual energies, especially when you hold a pose, feel and breath into the tension that is present in your body during the pose. Using yoga poses that work with each main chakra will help to balance and clear the energy in each energy centre, supporting you to feel more balanced and flowing.

If you are interested in doing these exercises, I can suggest some yoga poses that are effective for each chakra. A separate document will be provided for this and maybe a video of me demonstrating each pose.

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WALKING

Go for a walk for at least 20minutes. Also being out in nature and connecting with the elements helps to move the energy out of the body, grounds you and recentres your energy.

BURNING RESINS & HERBS

Burning resins energetically supports to cleanse your space and the healing of your aura when you are going through difficult or trying times. Examples of resins are:

- Frankincense – supports you to feel safe, nurtured and aids in meditation
- Sandalwood – supports you to calm your mind, body and aids in meditation
- Lavender – supports the calming and balancing of emotions
- Rosemary – supports the clearing and calming of the mind

HERBAL TEAS

Drinking herbal tea 2-3 times a day is very supportive in cleansing, healing and protection during a purification process or any time. You can drink them straight or with a little honey. It is very nurturing.

Healing teas – Chamomile, Yarrow, Nettle, Lemon balm, Mugwort

Gentle Cleansing teas – Rose Petals, Peppermint, Motherwort, Lavender, Rosemary, Dandelion

Protecting teas – Cedar, Thyme, Calendula, Sea Moss, Astragalus root

JOURNALING

Journaling your feelings and then burning the paper when finished to release and transmute it into the universe. The fire element in this ritual supports the transmutation of the old energy, supporting you to energetically release whatever is needed in the moment in order for you to feel lighter.

MEDITATING WITH A CRYSTAL

Use your non dominant hand and hover over your crystals and feel which crystal will best support you in the moment. Place it in your hand while you become comfortable ready to meditate and allow yourself to be become receptive to the crystals' energies. You can set an intention to the crystal and ask it to "infuse its healing qualities into every molecule, particle, atom, cell of your being.

CRYSTAL HEALING

Placing crystals on your chakras and womb centre grid is very supportive to balance your energies and infuse the healing qualities of each chakra. At the end of the day when you are going to bed or just before you go to bed intuitively (hovering over the top with your non dominant hand and waiting for the energy to feel stronger or you may feel you need to stop) select 7 crystals one for each chakra. Set your intention and ask the crystals what you would like them to do for you ie: "Crystals please clear and cleanse each energy centre and infuse your healing qualities into each energy centre, molecule, particle, atom and cell of my being and energetic field".

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You can select the crystal by its colour that matches the colour of the chakra for each part of the body it corresponds to. A list below is provided of what crystals best support each chakra.

- Base Chakra (red):** Garnet, Ruby, Red Jasper, Red Agate, Red Aventurine, Bloodstone, Smoky quartz, Hematite, Obsidian.
- Sacral Chakra (orange):** Carnelian, Orange Jasper, Bloodstone, Fire Opal, Citrine, Orange Calcite, Milky Quartz, Moonstone, Selenite.
- Solar Plexus (yellow):** Amber, Citrine, Golden Topaz, Sunstone, Yellow Calcite.
- Heart Chakra (green):** Amazonite, Chrysocolla, Chrysoprase, Emerald, Green Aventurine, Green Calcite, Green Fluorite, Kunzite, Malachite, Morganite, Moss Agate, Peridot, Pink Calcite, Pink Tourmaline, Rhodochrosite, Rose Quartz, Watermelon Tourmaline.
- Throat Chakra (blue):** Angelite, Apatite, Aquamarine, Azurite, Celestite, Blue Calcite, Blue Quartz, Blue Sapphire, Chrysocolla, Kyanite, Lapis Lazuli, Sodalite, Larimar, Turquoise, Blue Lace Agate, Blue Topaz, Chrysoprase.
- Third Eye Chakra (violet/purple):** Amethyst, Blue Quartz, Charoite, Kyanite, Lepidolite, Purple Fluorite, Sodalite, Sugilite.

Crown Chakra: There is no specific – I personally like to use clear quartz & moonstone. I also intuitively select.

PLACING ROCK SALT IN YOUR SPACE

Having loose rock salt placed on a plate or in a bowl in each room of your home or where you spend a lot of your time supports to absorb all the negative energies drawing it away from your energetic field. Rock Salt lamps are also helpful to place around the house.

Epsom salt is beneficial to place around electrical equipment such as TVs, computers, laptops as they emit the electromagnetic emissions and also affect our electromagnetic field. Just cut a hole out in the top of the box and place them at the back out of view. Crystals are also a very good source to work with to protect yourself from EMF. Further information has been provided in the other document (Energetic & Physical cleansing & Protection Rituals).

www.earthingoz.com.au – great website for grounding, EMF protection.

CONNECT WITH A TRUSTED FRIEND or HEALING COACH

Sharing your feelings with a trusted friend or a healing coach and receiving empathy can be a cathartic healing process to support you to process your emotions and come to a state of acceptance.

LIGHT 3 CANDLES & SAY A PRAYER ASKING FOR DIVINE SUPPORT

Lighting 3 candles creates a powerful trinity for healing, awakening and combining this with a prayer or a request for help creates a powerful healing effect. Share and express your feelings fully when in prayer as if you are speaking with a best friend, let all your concerns out and allow the divine to energetically take away your burdens and solve them for you. This is a process of letting go and surrender.

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RECEIVE AN ENERGY HEALING SESSION

Receiving an energy healing session will assist the process by clearing and shifting your aura and energetic field.

GET A MASSAGE OR REFLEXOLOGY

Treat yourself to a beautiful massage or spa or even reflexology, it will help you to relax, release and shift energy from your body.

MUSIC

Listen to some calming, nurturing music that you find supportive at this time. Even a guided meditation will also help to calm you and rebalance your energy – the bonus guided meditation link is provided. This guided meditation is specifically suited for supporting you when you are in a heightened emotional state.

<https://www.harmonyandflowwithin.com/1-1-healing-session-bonuses>

EAT LOTS OF VEGETABLES AND FRUITS

Live foods are high in energetic frequency, it will keep your physical body supported and revitalised.

HONOUR YOUR EMOTIONS THAT ARE COMING UP

Honouring your emotions at this time by feeling them and embracing them. You need to feel the emotional pain and cry as much as you need, in order to release the density from within.

RELEASING EMOTIONS

Sometimes our emotions want to be heard, they want a voice, support this by giving the emotion or feeling what it needs. This is all supporting the release of the density in the body, whether it be:

- For Grief, Sadness, hopelessness – allow yourself to really deeply cry, wail
- For Anger, frustration, irritation – Scream or yell into a pillow, punch the pillow, even energy exercises help to move the anger energy.

Remember when you are releasing to not get caught up in the story, it's just old stuff releasing and fully allow yourself to deeply express the emotion if that is what is needed in your own sacred space if possible.

The ego part of the mind will want to control this part of the process and there will naturally be resistance wanting to express itself and it can initially be in the form of irritation and frustration, being short and snappy at others – this can possibly be projection onto others not realising that the frustration and irritation is actually targeted at yourself. Really noticing what is happening on the inside.

Log your upsets in the Emotional Triggers log (in the link provided above under music) as you may start to see a pattern arising.

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LETTNG PEOPLE KNOW WHO ARE CLOSE TO YOU

It's important to let the people who are close to you know that you are going through a vulnerable time so they can be gentle with you and provide support where you need.

Drink plenty of water and give yourself, self-love as much as possible, this is about you now, it's important to make time for your needs.

