

Spiritual Awakening

A Practical Guide to Connecting
with Your Higher Self



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with Your Higher Self

SpiritualDoctrine.com 

TABLE OF *contents*

SECTION 1

Your Energy

- Spiritual Practice Explained
- The Mind, the Body, & the Soul
- Self-care is Not Selfish
- Ego vs. Soul
- Feminine & Masculine Energy
- Your Feminine & Masculine Energy
- The Power of Thought

SECTION 2

Physical Practice

- Creating a Sacred Space
- Your Sacred Space
- Centering & Grounding
- How to Center & Ground Yourself
- Healing Methods
- Beneficial Healing Methods
- Benefits of Yoga
- Yoga Poses
- Notes

SECTION 3

Spiritual Cleansing

- Things You May Need
- What is Spiritual Cleansing
- Bath/Water Cleansing
- Herb/Smudge Cleansing
- Cleansing With Crystals
- Auric Sprays
- Singing Bowls
- Cleanse in Nature
- Your Spiritual Cleansing
- Notes

SECTION 4

Bathing Rituals

- Bath Rituals - Sacred Bath
- Herbs, Fruit, & Flowers (1, 2, & 3)
- Essential Oil Types
- Your Essential Oil List
- Mood Baths
- Zodiac Baths (1 & 2)
- Moon Baths
- Your Bath Recipes

BONUS

Further resources for your journey



Spiritual Practices

EXPLAINED

Engaging in spiritual practices is about enhancing your connection with yourself, a higher power, and the world around you. There are many practices and activities that can help you achieve this goal.

A spiritual practice is defined as a disciplined and regular action or activity aimed at cultivating spiritual connection or creating spiritual experiences within your life.

Spiritual practices can help you discover your deepest values, bring clarity to certain aspects of your life, and support you on the journey to wholeness.

Spirituality is universal and not specific to any one religion or belief system.

Your spiritual practice is a dynamic process that can change over time and as you evolve as a person. What works for you today may not serve you tomorrow, and that is perfectly normal.

Your spiritual practice doesn't need to take a lot of time out of your day, and each activity can be rewarding in its own right. While some practices may yield an outcome, many are done simply for their own sake and reward presence rather than effort.

A spiritual practice is:

- Consistent
- Intentional
- Developmental
- Expressive
- Nurturing
- Meaningful

you are what you believe yourself to be

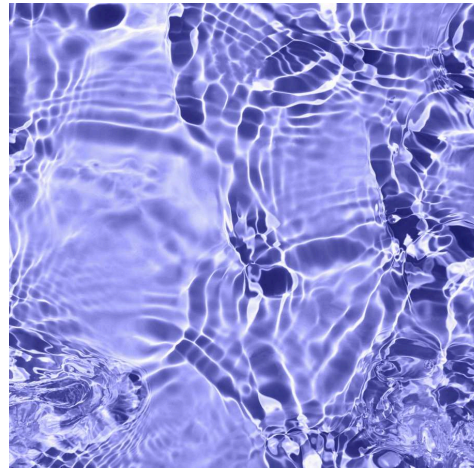
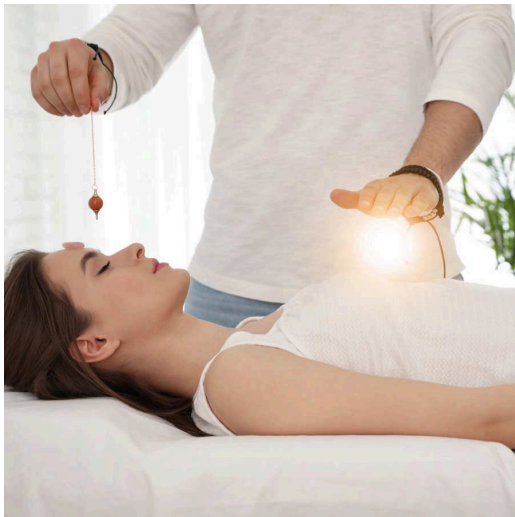
SECTION ONE

your energy

THE MIND

Your mind is the foundation of your ability to heal and manifest in your life. On your spiritual journey, it is the ruler of your personal power. Your mind is ultimately in control of your life, your health, wealth, and emotions. Your mentality controls your:

- Mindset
- Belief System
- Emotional Boundaries
- Ethics
- Internal Biases
- Trauma Healing



THE BODY

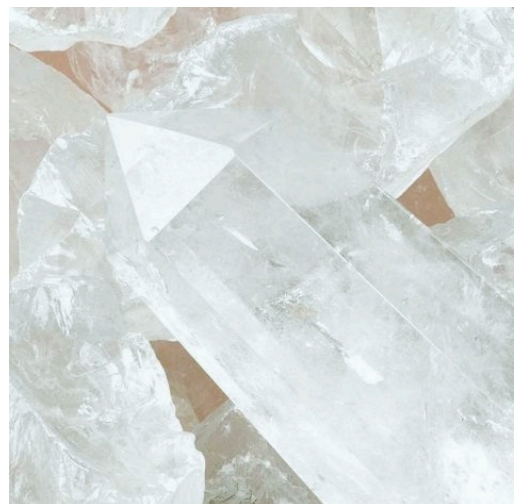
Your body is a powerful tool that is always present and responsive to what is happening in your mind and heart. It is vital to acknowledge it, embrace it, and flow with its energy. To nourish your body, remember to nurture these key elements:

- Movement
- Nutrition
- Physical Boundaries
- Body Image
- Self-Love
- Sleep

THE SOUL

Your soul and spirit power your instinct and intuition, and it is what connects you to the universe and life itself. Your soul relates to:

- Ancestral Healing
- Identity
- Higher-Self
- Creativity
- Intuition
- Source Connection



The Sacred Art of Self-Care: ILLUMINATING THE SPIRIT

Self-care means taking the time to do things that help you live well and improve your physical, emotional, and mental health. Self-care can help you manage stress, lower your risk of illness, and increase your energy. Take a few minutes to write down a few positive affirmations and intentions that will help you remember and focus on your intentions, strength, and personal power.

I am...

I believe...

I can...

I desire...

I have...

I love...

I plan...

I seek...

I will...

THE POWER OF *energy*

Within each of us resides both feminine and masculine energy, intertwining and harmonizing to create the symphony of our being.

In spiritual understanding, both feminine and masculine energies are essential aspects of our being, ideally coexisting in dynamic balance and harmony. Just as the yin and yang reside in eternal unity, these energies reside within us in the same way.

At times these energies can become unaligned, causing an imbalance within us. When the two energies are out of sorts, we can start to experience negative emotions and our overall well-being suffers.

Unbalanced Symptoms

FEMININE ENERGY

NEEDY
OVERLY EMOTIONAL
VICTIM MENTALITY
CARE TAKER/PEOPLE PLEASER
INDECISIVE
SELF DOUBTING
CO-DEPENDENT
COMPARES SELF TO OTHERS
INAUTHENTIC
LACK CREATIVITY
LOSS OF INTUITION

Unbalanced Symptoms

MASCULINE ENERGY

COLD AND DISTANT
EMOTIONALLY UNAVAILABLE
CRITICAL
AGGRESSIVE
HAS TO BE RIGHT
MOVES AWAY FROM LOVE
CONTROLLING
TOXIC OVERACHIEVING
TROUBLE TRUSTING OTHERS
FEAR OF BEING VULNERABLE
UNRECEPTIVE TO FEEDBACK

When we honor and embrace both aspects of ourselves, we awaken to our true being, embodying the full spectrum of ourselves. It is through this sacred union of our feminine and masculine energies that we find balance, empowerment, and spiritual fulfillment, allowing us to shine our authentic and radiant light. Feminine and Masculine energies are like the poles of a magnet that operate within every human system. It is a balance between these energies that makes us whole and help sustain healthy relationships.

Each of us has a balance of energies, and it is natural for us to gravitate towards one side of the spectrum. Perhaps you have heard the term 'tuning into your divine feminine.' This is all about embracing the femininity within us, but it doesn't mean that we have any less masculine energy when we do so.

HOW TO *balance* ENERGY

Feminine energy connects to the water element and refers to the flow of emotions, creativity, and inspiration. When you are strong in your femininity, you have a deep connection to your body and intuition, and you can make decisions based on what you feel in your heart and body. This is the energy that creates life and wants to nurture and support loved ones with feelings of empathy, compassion, and kindness.



Masculine energy connects to the fire element and refers to strength, stability, and self-confidence. When masculine energy is appropriately used, it is creative, practical, strengthening, and visionary. When masculine energy is misused, it can end in ego, anger, resentment, and inner conflict. Masculine energy uses words more than emotions and loves direction and a purpose in anything it pursues. Masculine energy likes to make decisions fast. It's decisive, knows what it wants, and goes after it.



ways to balance

Feminine energy ♀

TUNE INTO YOUR BODY
LISTEN & TRUST YOUR INTUITION
GET CREATIVE (ART, WRITING, ETC)
SET BOUNDARIES TO AVOID PEOPLE-
PLEASING
ENGAGE IN PLAY
PRACTICE EMPATHY FOR SELF

ways to balance

Masculine energy ♂

BE A SAFE PLACE FOR OTHERS
PRACTICE EMPATHY FOR OTHERS
RELINQUISH CONTROL
BE PRESENT IN THE MOMENT
AVOID BLACK AND WHITE THINKING
LET OTHERS SHOW YOU THEY ARE
TRUSTWORTHY

It's important to recognize that although we are always searching for balance in life, nothing is perfect. There will be some days you may feel positive about some aspects of yourself, and others days will feel more challenging. The best thing we can do is to accept and acknowledge that life and especially the spiritual practice is a journey. Let things unfold naturally and don't force anything.

Feminine energy ♀

How are you connecting to your feminine energy?

Areas of feminine energy that you need to reflect and work on:

When do you feel most connected to your feminine energy?

A quote for your feminine energy:

Masculine energy ♂

How are you connecting to your masculine energy?

Areas of masculine energy that you need to reflect and work on:

When do you feel most connected to your masculine energy?

A quote for your masculine energy:

THE ESSENCE OF *Thought*

In the spiritual world and within quantum physics, thoughts hold an incredibly sacred power. Within the vast universe of consciousness, thoughts are the orders that we place at the buffet of life. They possess immeasurable strength, capable of shaping the very fabric of our existence.

Consider this: Every thought that traverses the corridors of our mind carries with it the seeds of creation. Imagine they are ethereal messengers, relaying what we want and don't want in our reality. With each thought, we are either requesting our biggest hopes and dreams, or we are sharing our deepest fears and worries.

As spiritual beings, we are artisans of our own destiny, sculpting our lives with each thought. To our conscious minds, thoughts are just fleeting ideas, but in the spiritual realm, they are the luminous threads that connect us to the universal consciousness. Each and every one of our thoughts transmutes into energy, which then emanates from our being and attracts like energy back into our lives.

Have you ever noticed that when you are feeling great about yourself and exude positivity, more good things happen and everything starts falling into place? The same goes for when things go wrong, all of a sudden everything starts to go wrong all at once. When it rains it pours, right?

Think of your mind like a garden. Not every thought is right in front of you; some are hiding deep inside, like seeds underground. To keep your mind healthy and happy, you need to take care of it gently, like watering and tending to a garden.

Inside our hearts, we find a big truth: when we focus on what we really want, we wake up our hidden powers. By staying focused and determined, we can make our dreams come true, bringing them from our imagination into real life.

As we go after our dreams, we must be thankful and show gratitude for everything we have. Being grateful brings even more good things into our lives, and even when things don't seem great, we never know what lesson we are learning in the present that is preparing us for the future.

All of us are filled with the same beautiful light and powerful energy, and we need to remember the power we harness. It starts in the mind first and foremost, and the best thing we can do is stay in control of this gift, and recognize that we do have the ability to guide our destiny. Once you have this, you hold the key to unlocking your true power.



SECTION TWO

physical practice



CREATING A SACRED SPACE

01

Select your Space

Creating a sacred space requires selecting and setting aside a specific area where you can connect with the sacred energy. This can be any space that provides comfort, such as a room, a section of a room, or an altar area. It can also be a place in nature where you feel calm and centered.

02

Clear and Cleanse

To create a clear mind, it's helpful to start with a clean space. Sage and Palo Santo incense can cleanse the energy of a space. Affirmations can also be said during the cleansing process to clear the space; clearly state and identify what you are doing and why.

03

Set your Intention

When creating a space, consider its purpose and intention. Determine whether it will be used for general purposes or for specific energies, such as meditation. Attune the energy of the space to its intended purpose.

04

Considering and Selecting Items

When creating a space, choose items that align with your purpose and personal style. Possible items can include blankets, books, candles, crystals, herbs, incense, and symbolic objects, such as family heirlooms or items you feel connected to.

05

Intention is Everything

When it comes to the placement of space and items, it is important to trust your intuition and let it guide you. The intentions behind the placement are key, and it's important to let yourself flow freely by trusting your purpose. Remember this is *your* spiritual practice and no one else's- do what feels right.

YOUR SACRED SPACE

The purpose of your sacred space is...

What boundaries will you set for your sacred space?

Why is this space important to you?

Your intentions for your sacred space are:

List of items for your sacred space:

CONNECTED & ROOTED

Nurturing a sense of rootedness and connection holds incredible significance. As we traverse the spiritual path, it's normal to encounter ripples of negative energy, which can cause discomfort and uneasiness. This is all part of the process. Having a spiritual connection is not about flowy dresses and pretty crystals; it's much deeper than that. Grounding helps to balance and stabilize our energy when we are exploring connections to our higher self and other realms.

In our daily lives, we accumulate excess energy, especially during times of stress, overwhelm, or anxiety. Grounding techniques help to release and expel this extra energy, bringing us back into balance. Grounding serves as a powerful practice for restoring inner calm, promoting well-being, and maintaining a deeper connection to ourselves, spirit, and the world around us.

The best way I have found to stay grounded is to be in nature, preferably barefoot. Walking on the earth connects us to the minerals and energy that Mother Earth holds, and helps keep us rooted and relaxed.

Connecting with the Earth's energy is believed to have a healing effect on the body, promoting overall health and well-being. As you begin to incorporate grounding into your daily routine, you may see positive health shifts like improved sleep, reduced inflammation, and better immune function. Staying grounded is a key element in any spiritual practice.

Daily Grounding Practices

- Create a connection with nature by touching the ground with your bare feet or your body each day.
- Practice meditation- either silent, walking, or guided.
- Eat a diet full of vibrant colored, whole foods from the earth.
- Allow time to self-reflect through journaling or other creative practices such as art.

STAYING GROUNDED

exercise

Before I begin any spiritual practice, I like to imagine a big, beautiful tree. Picture how the sturdy full of life tree draws sustenance from the earth, rooting itself firmly in the soil. Then I imagine how I can anchor myself to the essence of my own being. In moments of anxiety or stress, this can allow us to sink deep into the sacred soil of our soul, reminding us that *we are not our experiences*.

During your grounding exercise, try to let yourself sink further and further within the earth beneath you. With each breath, release the burdens of anxieties and stresses, allowing them to dissipate into the nurturing earth below.

-
- 01 Start with slow, steady breathing, and focus on it and only it. Count to 5 while you breathe in, and then exhale for 5 counts.
 - 02 While you focus on your breathing, channel your energy inward to your sacral chakra, which is just below your belly button.
 - 03 While remaining focused, visualize that you're accepting all light and positive energy into your heart's center. Breathe in deeply, and as you exhale release, all the negative and stagnant energy that you are holding.
 - 04 Stay focused on your breathing and energy for as long as feels right.

As you journey deeper into your spiritual healing, you will naturally familiarize yourself with the sacred stillness of centering and grounding. By incorporating these practices with an open heart and a gentle spirit, your path will unfold clearly in front of you. Daily stress and distraction will become less traumatic and overwhelming, and your ability to handle problems will improve.

EGO



- Seeks to serve itself
- Wants external recognition
- Drawn to lust over love
- Sees life as a competition
- Ignites feelings of pain & anger
- Seeks knowledge for power
- A sense of entitlement
- Plays to win
- Enjoys the prize
- Blames over accountability

SOUL



- Seeks to serve others
- Wants inner authenticity
- Drawn to light and love
- Sees life as a gift
- Feelings of abundance
- Seeks wisdom for understanding
- A sense of healing
- Looks inwards
- Appreciates the journey
- Accountability & understanding

Write down the various elements that you recognize from your ego and your soul, compare them and reflect.

YOUR EGO	VS.	YOUR SOUL

WHAT MAKES YOUR *soul* HAPPY?

What are you grateful for? List anything at all; people, places, and activities that make you light up inside.

What do you think of when you think of comfort and safety?

Who do you feel the most loved and supported around? Why?

What does your happy place look like?

WHAT IS YOUR SOUL TRYING *heal*?

When and where do you find yourself most relaxed? Why?

Places, people or situations that make you feel uneasy:

Do you have thoughts on how to resolve the answer to the above question?

Are there times you feel triggered? If yes, why do you think you react the way you do? Is it out of fear, or defensiveness?

Healing METHODS

The Law of Cure

Inner changes produce external changes. Grounding is a great method for removing internal toxic energy from the body as well as releasing stress from the mind. The Law of Cure is a term which refers to physical symptoms leaving the body.

Color Healing

Wearing colors or eating foods associated with the different Chakras can help to heal the specific Chakra of the associated color. Crystals that are associated with the colors of the Chakra are also great tools for the use of color healing. Color healing helps with mental clarity and inner peace.

Flowers

Flowers are considered to be gentle and help to heal emotional wounds. Drinking tea or taking baths with the use of flowers are also great for emotional health. Burning flower essences in the form of incense or oils can be beneficial for relaxation and cleansing emotions.

Crystals

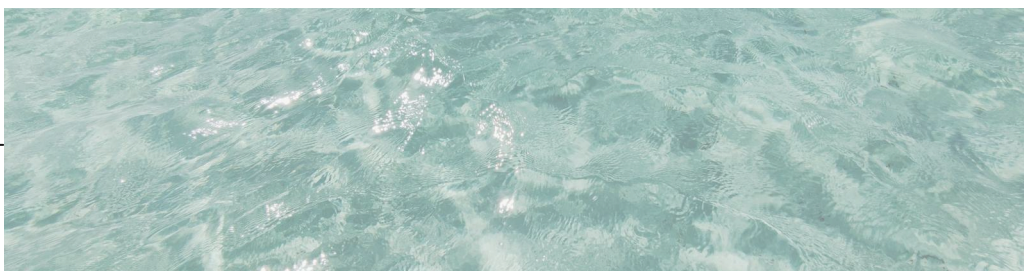
The use of crystals is great for physical, mental, and emotional healing. There are many different crystals, all with a variety of properties, which can help with a range of healing processes within the mind, body, and soul.

Sound

Sound healing is extremely beneficial for physical, mental, and emotional well-being. There are a range of Beta & Delta frequencies that can be used to heal and cleanse the mind, body, and soul; try sound healing meditations in person or online audios.

Nature

Being present in nature can help heal the physical, mental, and emotional bodies. Walking barefoot on the earth, listening to the birds, and smelling the fresh air is one of the simplest, purest, and strongest forms of cleansing.





BENEFITS OF *yoga*

01

Pain & Posture

Body pains can be managed through regular yoga. Various stretches and poses can help reduce spinal compression, relieve muscles, and help the overall alignment and tension release.

02

Strength, Endurance, and Muscle Tone

Yoga uses the whole body weight for overall strength, it improves endurance and consistent practice improves muscle tone.

03

Blood Pressure and Circulation

Yoga reduces blood pressure through better circulation and oxygenation, it transports nutrients and oxygen throughout the body, providing healthier organs, skin, and brain.

04

Respiratory Fitness and Healthy Organs

Yoga's controlled breathing exercises lower the respiratory rate, helping the lungs work more efficiently. It also massages and stimulates healthy organs which is detoxifying for the system.

05

Mood Lift and Stress Reduction

Practicing yoga reduces blood pressure through better circulation and oxygenation, and transports nutrients and oxygen throughout the body, providing healthier organs, skin, and brain function.

06

Self-Acceptance and Self Control

Yoga's controlled breathing exercises lower the respiratory rate, helping the lungs work more efficiently, allowing us better responses to stress. This also helps us regulate our emotions.

07

Concentration and Memory

Yoga can result in better concentration and more motivation. Stress reduction and improved focus can bring about better memory.

YOGA POSES

Traditionally, yoga is a practice that encapsulates well-being on the physical, mental, emotional, and spiritual levels. Practicing yoga can help calm the nervous system and shift the body out of a fight-or-flight response, which is our natural inclination when faced with stress and overwhelm.

Yoga postures can be categorized into four main physical orientations that share similar energetic and physical effects for research and sequencing of asanas:

- Seated poses
- Standing poses
- Supine poses
- Prone poses

Tips for practicing yoga:

1. Begin where you are today, and set expectations accordingly
2. Gather or purchase any yoga accessories and yoga props you might need
3. Decide when, where, and how long you want to practice
4. Create a clean and comfortable space for your yoga practice
5. Choose your yoga sequence or list of poses to practice
6. Read and understand the instructions for each pose before attempting
7. If something is confusing or too difficult, seek advice or skip it
8. Know your physical limits and listen to your body & don't strain yourself

Simple Yoga Routine:



Leg Stretch



Child's Pose



Extended Puppy



Cobra



Crescent Moon



Standing Forward
Fold



Three Legged
Dog



Crescent Lunge

NOTES

[illegible]

SECTION THREE

spiritual cleansing

There are many different ways to integrate healing and cleansing tools into your daily life, but it's important to identify and decide why you want to use them.

When working with cleansing tools you must set your intentions and focus on where you are today, then channel the energy of the person you want to become.

THINGS YOU MAY NEED

- Herbs such as Sage and Palo Santo
- Crystals (varies depending on situation)
- Incense sticks and stand
- Singing bowls
- Essential oils (varies depending on situation)
- Himalayan or rock salt
- A journal or some paper and a pen to write intentions
- Water
- Candles and matches or a lighter
- Items from nature such as shells, flowers, leaves, or wood.



WHAT IS SPIRITUAL CLEANSING?

Spiritual cleansing is used to remove negative energy that may be surrounding us and our space. Our bodies are surrounded by an energetic field that protects us and our energetic body. This is also referred to as the aura.

“Recharge yourself as much as you charge your phone”

The mind, body, and spirit are interconnected, so if one part is out of balance, the rest will be affected. Just like cleaning your house and physical body, it's important to cleanse your aura through spiritual cleansing for energetic maintenance to feel your best self.

When should a spiritual cleansing be performed?

- After an illness or when you have a feeling of bad luck following you around.
- After toxic relationships or encounters- romantic, professional, or social.
- During various financial difficulties.
- When moving into a new home, starting a new job, or entering a new season.
- To shift your energy if you feel tired, drained, angry, low energy.

Tailoring a spiritual practice to your needs can bring mental clarity, help with stress and anxiety, and become a long-term energy management tool. Acknowledging negativity and performing spiritual cleansing rituals can lead to feeling lighter physically, emotionally, and energetically.



“Your hardest times often lead to the greatest moments of your life.”

BATH/WATER CLEANSING

Water not only cleanses the physical body but also absorbs and washes away negative energies in the spiritual body. Natural water sources such as oceans, rivers, streams, hot springs, and waterfalls are great for this purpose. Taking a bath or shower and drinking water can provide easy access to the benefits of water purification.

BENEFITS:

Skin

Skin conditions can be helped by releasing toxins as bacteria and other debris are also drawn from the skin, leaving it feeling fresh and rejuvenated.

Circulation

It can help to relieve muscular aches and pains as well as sore joints.

The Mind

It can help to relax the mind by reducing feelings of heightened emotions, stress, and anxiety.

“water has been used to communicate
the sacred value of life”

RELAXING BATH RITUAL:

Ingredients:

(Measurements vary)

- Baking soda
- Almond or jojoba oil
- Dried calendula petals
- Dried rose petals
- Epsom or Himalayan salt
- Lavender essential oil

Steps:

- Blend/mix the dry ingredients together in the bowl, then slowly add the essential oils while stirring.
- Add to your bath and store any leftovers in a jar for next time.

The human body is made up of 70% water, which makes it one of the best elements for transmuting energy around the body because the properties of water are made to reach every cell and subatomic particle.

- 01 Drink a cup of water - add your favorite fruits or herbal tea bags.
- 02 Take a relaxing bath - add flowers and essential oils.
- 03 Set intentions with water and add it to your cooking.



HERB/SMUDGE CLEANSING

Smudging is an ancient practice that involves using a smudge stick made from bundled herbs to cleanse and purify living spaces, people,, and objects. The smoke from the ignited smudge stick is believed to remove negative energy and purify the surrounding environment.

“ You are worthy of the best things in life ”

BENEFITS:

Clears Negative Energy

The smoke helps to change the molecular structure of both the air and energy.

Increases Sense of Well-being

Smudging can be used as a natural antidepressant.

Relaxing Properties

Calming effects to help lower blood pressure, relieve stress and normalise breathing rates.

Cleanses Objects

Allowing the smoke to pass over the object can help preventing it from affecting you or your environment.

HERBS FOR SMUDGING:

Cedar

Copal

Frankincense

Lavender

Myrrh

Palo Santo

Sage

Sweetgrass

A feather can be used to brush the smoke through the space or over the person.

ESSENTIAL TOOLS:

- Smudge stick of choice
- Candle, match, or lighter
- Fireproof bowl or abalone shell
- A feather to smudge the smoke
- A bowl of sand or dirt to extinguish the smudge stick safely

HOW TO SMUDGE:

- Set your intentions - speak your affirmations out loud
- Light the smudge stick and begin to smudge the smoke clockwise in circular motions
- Move mindfully through the space or over the person while focusing on the intention
- Extinguish the smudge stick after cleansing

CLEANSING WITH CRYSTALS

Crystals can provide energetic and physical protection, promoting harmony and renewal. Any crystal can be used, but it's important to ensure it's surrounded by other crystals or natural objects to fully utilize its energy and vibrations. You can cleanse them with water as well as charge them in the sunlight or moonlight.

CRYSTALS FOR CLEANSING:

Amethyst

A great all-round crystal which can cleanse your space of negative energy and can also help to clear your thoughts.

Black Obsidian & Black Tourmaline

Perfect for absorbing negative energy, it can be worn for protection and used for cleansing purposes. It also contains grounding and stabilizing properties.

Clear Quartz

Great for cleansing the space and amplifying the energy, it can be used for protection while bringing clarity and focus.

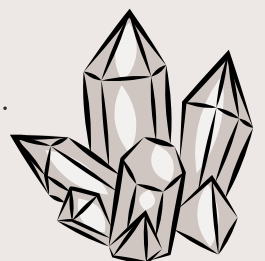
Selenite

The ultimate purifier and amplifier as the energy just seems to flow, it can provide protection as well as cleanse and charge all other crystals and healing tools.

“ live less out of habit and more out of intent ”

CLEANSING & CHARGING YOUR CRYSTALS

- Charge them in the moonlight or sunlight.
- Wash in water but make sure the crystals are water safe first.
- Cleanse them with smoke from your smudge bundle
- Bury them in dirt for at least 24 hours.
- Use a cleansing crystal, such as a selenite bowl, to cleanse and charge your other crystals.
- Cleanse with the use of sound bowl frequencies and vibrations.
- Visualization and intent.

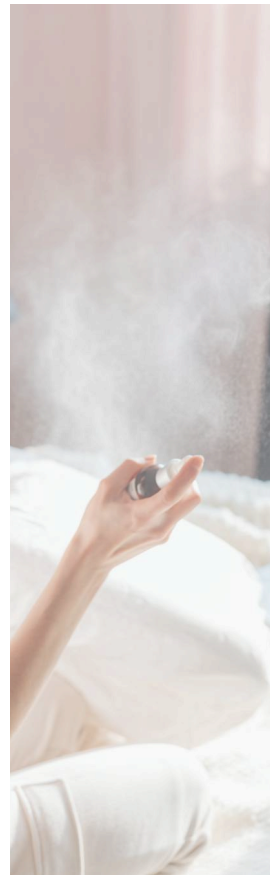


AURIC SPRAYS

Auras are energy fields that surround us and reflect our current mood and state of mind. Auric sprays can be used to clear energy, realign vibrations, purify, and protect both the space and aura by maintaining a balanced energetic field and environment.

BENEFITS

- Raising vibrations
- Uplifting the mood
- Repairing tears in the aura
- Strengthening and balancing the auric field
- Transforming negative energy
- Removing lower vibrational energy
- Balancing chakras
- Purification and strengthening intention



GROUNDING

Perfect for cleansing and connecting, helps to bring your head out of the clouds.

- Get a spray bottle and fill it with purified water
- Add a few drops of vanilla & ginger essential oil
- Add Black Tourmaline, Smoky Quartz, & Clear Quartz
- Spray around yourself and your space

LOVE

Bring more love into your life or feel unconditional love for yourself.

- Get a spray bottle and fill it with purified water
- Add a few drops of Jasmin & Ylang Ylang essential oil
- Add Rose Quartz, Clear Quartz, Jade, Chrysoprane, & Aventurine
- Spray around yourself and your space

PROTECTION

For creating healthy boundaries or when you need a little extra strength in your energetic field.

- Get a spray bottle and fill it with purified water
- Add a few drops of Lavender, Lemongrass, & Eucalyptus essential oil
- Add Citrine, Black Tourmaline, Tiger's Eye & Clear Quartz
- Spray around yourself and your space

SINGING BOWLS

Singing bowls are an effective tool to cleanse the energy of your space and yourself by clearing negative energy. The pure and resonating tone produced by singing bowls brings the body and environment's energy levels into balance, allowing fresh energy to flow through the house. Singing bowls also help to improve feng shui.

the universe speaks in frequencies

HOW TO CLEANSE WITH A SINGING BOWL

- 01 Position the bowl on the palm of your hand, feel and appreciate the bowl's weight.
- 02 Start to play the bowl by striking its rim gently, get familiar with the sound by hitting the bowl a few more times.
- 03 Circle the rim clockwise with the mallet to generate a range of frequencies and vibrations.
- 04 Take in the sound of the bowl and let its purifying effects flow through your body.
- 05 Move through the space room at a time, taking in the sounds the bowl produces and feeling the positive energy cleansing the space

BENEFITS

- Deep relaxation and muscle regeneration
- It can relieve pain in the joints, muscles, and shoulders
- It can be used to ease sciatica and back related pains
- It can help to improve the digestive system
- It can calm emotions and help clear the mind
- It can improve the effects of headaches and migraine
- It can improve circulation and release tensions
- It stimulates stress relief and the elimination of toxins from the body



CLEANSE IN NATURE

Stepping out into nature and getting Vitamin D from the sun is a great way to neutralize negative energy and cleanse yourself. Listening to the bird song, taking in the fresh air, and letting the light clear out the pollution of the modern world. Nature is truly the best medicine.

NATURISTIC

- Your garden
- A local park
- A forest or woods
- A river or water source
- A beach
- The mountains

THINGS TO DO

- Go for a walk
- Practice breathe work
- Meditate
- Read a book
- Write in your journal
- Use your senses - smell & touch.
- Sit, relax and enjoy the view & moment.

BENEFITS

Nature is an organic healer and antidote for many different causes of des-ease.

Improves Mental Health

Provides time for reflection and clarity, and nature gives us a connection to primal roots - it can also improve memory.

Increases Sense of Well-being

It can be natural antidepressant providing a sense of relaxation and a better mood.

Improves Physical Health

It can improve blood pressure, muscle tension, and other health-related issues by increasing the immune system.

“ without wi-fi you may find a better connection ”

When exposed to nature, you can heal emotionally and mentally, and feel focused and at ease. Nature is a tonic for true holistic wellbeing.

- 01 Focus on the surroundings of the place you are in. [See]
- 02 Take in the scent of nature - the flowers and earthy scents. [Smell]
- 03 Listen to the noises around you from all walks of life. [Hear]

YOUR SPIRITUAL CLEANSING

Date:

(S) (M) (T) (W) (T) (F) (S)

Affirmation:

“ ”

Mood Before:

😊 😊 😐 😞 😓

Weather:

☀️ ☁️ ☁️ ☔️ 🌧️ ❄️

Mood After:

😊 😊 😐 😞 😓

Type of cleansing:

Reason(s) for cleansing:

Thoughts and feelings **before**:

Thoughts and feelings **during**:

Thoughts and feelings **after**:

TOOLS:

Interpretations & notes:

NOTES

[illegible]

SECTION FOUR

bathing rituals

BATH RITUALS / SACRED BATH

What is a Bath Ritual / Sacred Bath?

Bath rituals or sacred baths can provide physical, mental, and emotional healing and purification. It is a time for you to clear your mind, relax, and set intentions for different areas of your life. Anything negative can be washed down the drain. A typical bathing ritual consists of various ingredients such as salts, herbs, flowers, essential oils, crystals, and other high-vibrational tools.

What can a Bath Ritual / Sacred Bath aid in?

- Acceptance
- Creativity
- Purifies
- Awakening
- Detoxing
- Relaxation
- Balance
- Energising
- Relaxes Nervous System
- Calming
- Improved Immune System
- Reduce Anxiety & Stress
- Cleansing
- Heightened Intuition
- Uplifting

Setting Your Intention:

Depending on the type of bath and its ingredients, setting your intention accordingly is important.

- 01 Relax, take some deep breaths, and focus on your intention.
- 02 What do you want? *Let this soak into you while you relax.*
- 03 What do you want to let go of? *Visualize this washing away down the drain.*

Why will bathing rituals be beneficial for you?

Things you want to welcome:

Things you want to let go of:

HERBS, FRUIT, & FLOWERS (1)

Amaranth



Relaxes the mind and leaves skin feeling satin smooth, providing relief from dry skin, stress, anxiety and fatigue.

Calendula



Rich with anti-inflammatory and anti-microbial properties, it's useful in healing wounds, soothing eczema, & can be an antiseptic.

Chrysanthemum



Great for clearing toxicity within your body and boosting immunity, it can soothe aches and pains.

Cinnamon



Can remove toxins from the body and act as a natural disinfectant, it can also invigorate the spirit and elevate the mood.

Dandelions



Perfect for the skin such as treating age spots, reducing wrinkles & fine lines, fighting acne, eczema, & toning the skin.

Fennel



Cleanses, exfoliates, and tones the skin - fighting the signs of ageing. It can also protect against skin inflammations.

Forget-Me-Nots



Filled with antioxidants, it deeply hydrates the skin and can help with breathing and lung problems.

Ginger



Enhances the blood-flow to all parts of your body, it is great for boosting energy & can alleviate menstrual cramps.

Hibiscus



With its gentle exfoliating properties it can even the skin tone, improving skin texture and the appearance of fine lines and wrinkles.

Jasmine



Perfect for detoxifying the skin while presenting relaxation benefits, it can also help to relieve menstrual cramps.

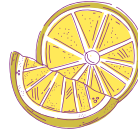
HERBS, FRUIT, & FLOWERS (2)

Lavender



Perfect for relaxing the body, calming the nerves, and rejuvenates your skin. It provides a sense of tranquility.

Lemon Slices



Tightens pores, refreshes & revives tired skin, cleansing and energizing the body.

Linden Flower



A powerful antioxidant which is perfect for relaxation and provides protection for the skin, it is said to slow down the ageing process.

Lotus Flower



Contains numerous benefits and can be used to soften, moisturize & generally rejuvenate the skin and hair.

Meadowsweet



Contains salicylic acid & tannin content which is perfect for soothing inflamed skin or acne, it can also improve moods.

Mint Leaves



Stimulates the skin with its healing properties, it is wonderful for easing sunburn pain.

Orange Slices



Promotes circulation, reduces the skins pores, and revives the skin - it is high in Citric Acid and Vitamin C.

Orchid Flowers



Contains calcium, magnesium and zinc which are all great for the skin - it boosts immunity & reduces fine lines.

Parsley



Great for soothing inflammation and reducing bruising, it also helps with cleansing and purification.

Peony



Great for glowing, healthy, and toned skin - it also has added benefits of helping with menstrual cramps.

HERBS, FRUIT, & FLOWERS (3)

Rose



Keeps the skin smooth and soft by helping to retain moisture in the skin, it can ease anxiety & be a powerful mood enhancer.

Rosemary



Promotes relaxation and is excellent for relieving joint pain, fatigue, anxiety, and stress.

Linden Flower



Relieves chest congestion and soothes muscle pains, it is great for calming irritated skin or relieving other minor skin conditions.

Name:

Benefits:

Name:

Benefits:

Name:

Benefits:

Name:

Benefits:

ESSENTIAL OIL TYPES

Chamomile



Perfect for relaxing the body and soothing sensitive skin, it can reduce redness with its antibacterial properties.

Citrus



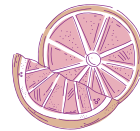
Contributes to immune system function with its antiseptic, anti-fungal, antimicrobial, astringent, & detoxifying properties.

Eucalyptus



Great for soothing irritated skin, relieving pain, protecting against infection, & rejuvenating sore muscles.

Grapefruit



Contains antibacterial properties which can balance moods, decrease blood pressure, & relieve stress.

Jasmine



Contains antiseptic and anti-inflammatory properties which can be useful in general skin care.

Lavender



Multi-purpose, boosts the mood, decreasing stress and relieves muscle tension.

Orange



Promotes the production of collagen as well as increasing the blood flow to the skin.

Rose



Multi-purpose, great for regenerating the skin while comforting the mind and relieves stress.

Vanilla



Rich in antioxidants, it can help to reverse skin damage and slow down signs of ageing like fine lines, wrinkles, & age spots.

Ylang Ylang



Used to soothe stress, anxiety, sadness, tension, and sleeplessness. It is also said to boost the libido.

YOUR ESSENTIAL OILS LIST

Name:

Benefits:

Name:

Benefits:

Name:

Benefits:

Name:

Benefits:

Name:

Benefits:

Name:

Benefits:

MOOD BATHS

Different ingredients can evoke specific emotions, allowing you to embrace and soak up its powers and influences. There is a bath for every mood with the many herbs, flowers, and oils to choose from. It is important to set your intention in alignment with this mood.

Love Bath Ritual

- Epsom Salts or Himalayan Salts
- Rose Petals
- Lemon Slices
- Jasmine Essential Oil
- Rose Essential Oil

Key Words:



- Divinity
- Kindness
- Passion

Crystals:



- Aventurine
- Clear Quartz
- Rose Quartz

Creativity Bath Ritual

- Epsom Salts or Himalayan Salts
- Lemon & Orange Slices
- Orange Essential Oil
- Vanilla Essential Oil

Key Words:



- Awareness
- Grounding
- Inspiration

Crystals:



- Amethyst
- Citrine
- Clear Quartz

Anxiety Bath Ritual

- Epsom Salts or Himalayan Salts
- Rose Petals
- Lavender
- Lotus Flowers
- Chamomile Essential Oil

Key Words:



- Rejuvenation
- Relaxation
- Serenity

Crystals:



- Amethyst
- Moon Stone
- Rose Quartz

Creativity Bath Ritual

- Epsom Salts or Himalayan Salts
- Dandelions
- Mint Leaves
- Eucalyptus Essential Oil

Key Words:



- Abundance
- Prosperity
- Stability

Crystals:



- Citrine
- Clear Quartz
- Tigers Eye

Notes:

ZODIAC BATHS (1)

Bathing rituals aligned with the zodiac sign can benefit each sign's uniqueness during its specific phase. Setting an intention according to the sign, whether it's the Sun, Moon, or Rising sign, is crucial.

Aries Bath Ritual

- Epsom Salts or Himalayan Salts
- Rose Petals
- Orange Slices
- Citrus Essential Oil

Key Words:



- Courage
- Leadership
- Passion

Crystals:



- Aquamarine
- Rose Quartz
- Topaz

Taurus Bath Ritual

- Epsom Salts or Himalayan Salts
- Calendula
- Cinnamon
- Ylang Ylang Essential Oil

Key Words:



- Endurance
- Patience
- Strength

Crystals:



- Agate
- Lapis Lazuli
- Smokey Quartz

Gemini Bath Ritual

- Epsom Salts or Himalayan Salts
- Forget-Me-Nots
- Lavender
- Lavender Essential Oil

Key Words:



- Generous
- Intelligent
- Versatile

Crystals:



- Pearl
- Shungite
- Tigers Eye

Cancer Bath Ritual

- Epsom Salts or Himalayan Salts
- Amaranth Flowers
- Jasmine Flowers
- Jasmine Essential Oil

Key Words:



- Dreamy
- Emotional
- Sensual

Crystals:



- Aventurine
- Jade
- Moonstone

Leo Bath Ritual

- Epsom Salts or Himalayan Salts
- Calendula & Rose Petals
- Lemon & Orange Slices
- Orange Essential Oil

Key Words:



- Brave
- Inspirational
- Passionate

Crystals:



- Citrine
- Sunstone
- Tigers Eye

Virgo Bath Ritual

- Epsom Salts or Himalayan Salts
- Lavender
- Forget-Me-Nots
- Chamomile Essential Oil

Key Words:



- Gentle
- Loyal
- Versatile

Crystals:



- Amazonite
- Amethyst
- Chalcedony

ZODIAC BATHS (2)

Astrological signs can be grouped into four categories based on their elemental association. Earth signs focus on balance and the physical world, water signs are ruled by emotions and flow with energy, fire signs are passionate and goal-oriented, and air signs prioritise ideas and hard work to achieve their goals.

Libra Bath Ritual

- Epsom Salts or Himalayan Salts
- Hibiscus
- Rose Petals
- Rose Essential Oil

Key Words:



- Balance
- Kindness
- Peacekeeper

Crystals:



- Agate
- Rose Quartz
- Tourmaline

Scorpio Bath Ritual

- Epsom Salts or Himalayan Salts
- Calendula
- Cinnamon
- Ylang Ylang Essential Oil

Key Words:



- Loyal
- Passionate
- Secretive

Crystals:



- Amethyst
- Citrine
- Obsidian

Sagittarius Bath Ritual

- Epsom Salts or Himalayan Salts
- Lavender & Rose Petals
- Lemon Slices
- Lemon Essential Oil

Key Words:



- Explorer
- Leadership
- Powerful

Crystals:



- Amethyst
- Clear Quartz
- Ruby

Capricorn Bath Ritual

- Epsom Salts or Himalayan Salts
- Jasmine Flowers
- Thyme Leaves
- Jasmine Essential Oil

Key Words:



- Confident
- Grounding
- Successful

Crystals:



- Garnet
- Jasper
- Opal

Aquarius Bath Ritual

- Epsom Salts or Himalayan Salts
- Amaranth Flowers
- Orchid Flowers
- Grapefruit Essential Oil

Key Words:



- Explorer
- Free Thinker
- Intelligent

Crystals:



- Aquamarine
- Black Onyx
- Turquoise

Pisces Bath Ritual

- Epsom Salts or Himalayan Salts
- Lavender
- Mint Leaves
- Chamomile Essential Oil

Key Words:



- Dreamy
- Intuitive
- Mystical

Crystals:

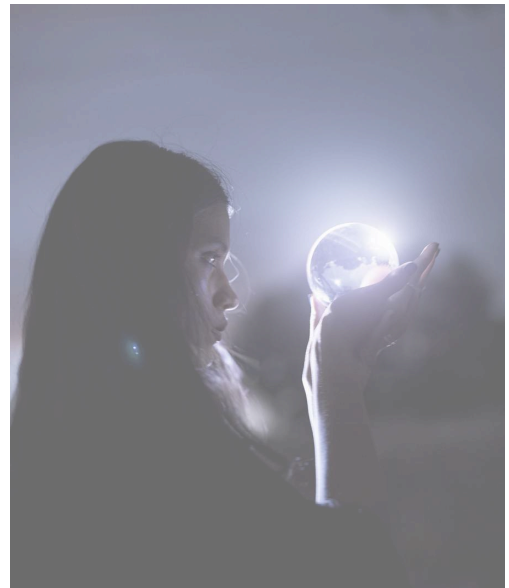


- Amethyst
- Bloodstone
- Jade

MOON BATHS

Each moon cycle presents a different energy for us to absorb and lessons for us to reflect on. Moon baths can help to connect us with this cycle.

It is important to set your intention before or during the moon bath, ensuring the energies of the moon align with the intentions you are setting.



New Moon Bath Ritual

- Epsom Salts or Himalayan Salts
- Dried Lavender
- Peony Flowers
- Lavender Essential Oil

Key Words:



- New Beginnings
- Peace
- Self-Love

Crystals:



- Amethyst
- Rose Quartz
- Smokey Quartz

Waning Bath Ritual

- Epsom Salts or Himalayan Salts
- Mint Leaves
- Rosemary
- Rose Essential Oil

Key Words:



- Detoxify
- Reflection
- Release

Crystals:



- Amethyst
- Bloodstone
- Rose Quartz

Full Moon Bath Ritual

- Epsom Salts or Himalayan Salts
- Dried Lavender
- Dried Rose Petals
- Rose Essential Oil

Key Words:



- Empowerment
- Gratitude
- Inner-Peace

Crystals:



- Amethyst
- Clear Quartz
- Moonstone

Waxing Bath Ritual

- Epsom Salts or Himalayan Salts
- Rose Petals
- Fennel
- Chrysanthemum
- Rose Essential Oil

Key Words:



- Clarity
- Endurance
- Soothing

Crystals:



- Carnelian
- Jasper
- Moonstone

YOUR BATH RECIPES

Name:

Ingredients:

Keywords:

Crystals:

Name:

Ingredients:

Keywords:

Crystals:

Name:

Ingredients:

Keywords:

Crystals:

Name:

Ingredients:

Keywords:

Crystals:



READ MORE LIKE THIS

More Resources

POPULAR IN SPIRITUALITY

Dreamwork Guide & Journal

Do you ever feel like your dreams are trying to tell you something?
The Dreamwork Guide helps you decode the messages so you
can understand the wisdom being sent to you.

[FIND OUT MORE](#)



DREAM JOURNAL

SPIRITUAL DREAM JOURNAL

Every dream is your soul guiding and speaking to you about
what you are not yet conscious of.

[FIND OUT MORE](#)

POPULAR IN SELF HELP

Self Love Toolkit

Are you ready to start feeling empowered, confident, and get your
glow back? Self Love Toolkit is the easiest and most fun way!

[FIND OUT MORE](#)

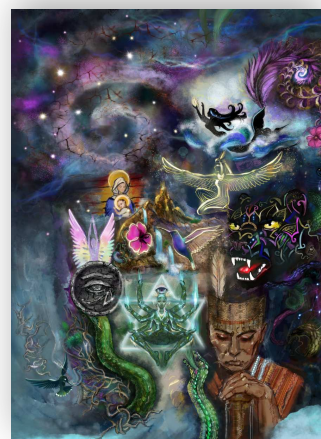


ADDITIONAL TOOLS AND RESOURCES FOR YOUR JOURNEY

SOUL HEALING

AWAKEN YOUR TRUE SELF: HOLISTIC HEALING FOR PROFOUND TRANSFORMATION.

[CLICK HERE](#)



ANCESTRAL HEALING

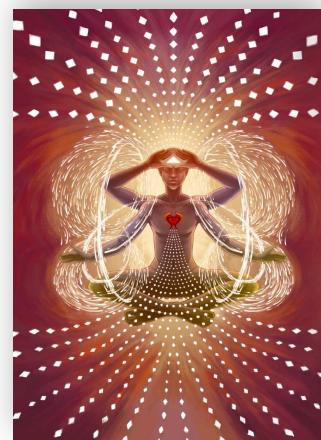
Ancestral healing breaks the invisible generational scripts running your unconscious. You cannot fully awaken until you free yourself from your lineage's unhealed past.

[CLICK HERE](#)

Subconscious Reprogramming

To truly understand how your mind works and how you can reprogram it for health, success and wealth, this explains in detail how to tap into the frequency and start seeing rapid change in your life.

[CLICK HERE](#)



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Bonus Section



Below are some of our favorite worksheets and trackers to help you stay on top of your personal development journey.

SPIRITUALDOCTRINE.COM

Self Reflection

I am someone who loves _____

I am someone who dislikes _____

I am someone who enjoys _____

I am someone who is ready to _____

I am someone who always _____

I am someone who's thankful for _____

I am someone who is knows _____

I am someone who is _____



Energy Amplifiers

- ☐ Sunlight
- ☐ Outdoors
- ☐ Breathing Exercises
- ☐ Laughters
- ☐ Cuddling with an animal
- ☐ Meditation
- ☐ Reading
- ☐ Music
- ☐ Talking to a trusted friend
- ☐ Journaling
- ☐ Creativity
- ☐ Sleep
- ☐ Self-care
- ☐ Writing

Energy Vampires

- ☐ Over-analyzing
- ☐ Too much screen time
- ☐ Clutter
- ☐ Dehydration
- ☐ Poor diet or habits
- ☐ Poor sleep
- ☐ Gossip/drama
- ☐ Lack of boundaries
- ☐ People pleasing
- ☐ Blaming others
- ☐ Comparison
- ☐ Disempowering self-talk
- ☐ Lack of movement
- ☐ Living in the past Repeating negative cycles
- ☐ Not taking action

SELF-CARE PLANNER

PRIORITISING SELF-CARE IS A VERY IMPORTANT STEP IN LIVING A BALANCED AND STRESS-FREE LIFE. FILL OUT THE BOXES BELOW DURING THE WEEK TO GIVE YOURSELF TIME TO REFLECT.

I'M GRATEFUL FOR

EXERCISE AND NUTRITION

MY BIGGEST SELF-CARE GOAL THIS WEEK

HABITS

01

02

03

04

05

05

S	M	T	W	T	F	S
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐



Mood Tracker

DATE:

MOOD: 🥲 😡 😞 😐 😊 😍 😁

TODAY I HAD ENOUGH:

	YES	NO
SLEEP	☐	☐
REST	☐	☐
WORK	☐	☐
EXERCISE	☐	☐
VITAMINS	☐	☐
MEDICINE	☐	☐
FOOD	☐	☐
FRESH AIR	☐	☐
SELF-CARE	☐	☐

Today's
Affirmations

TODAY'S CHALLENGES

TODAY'S HIGHLIGHTS

GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT
ON THE THINGS YOU'RE THANKFUL FOR

TODAY I'M GRATEFUL FOR

1

2

3

THINGS THAT MADE ME SMILE TODAY







SOMETHING THAT
INSPIRED ME TODAY

PEOPLE I'M GRATEFUL
TO HAVE IN MY LIFE

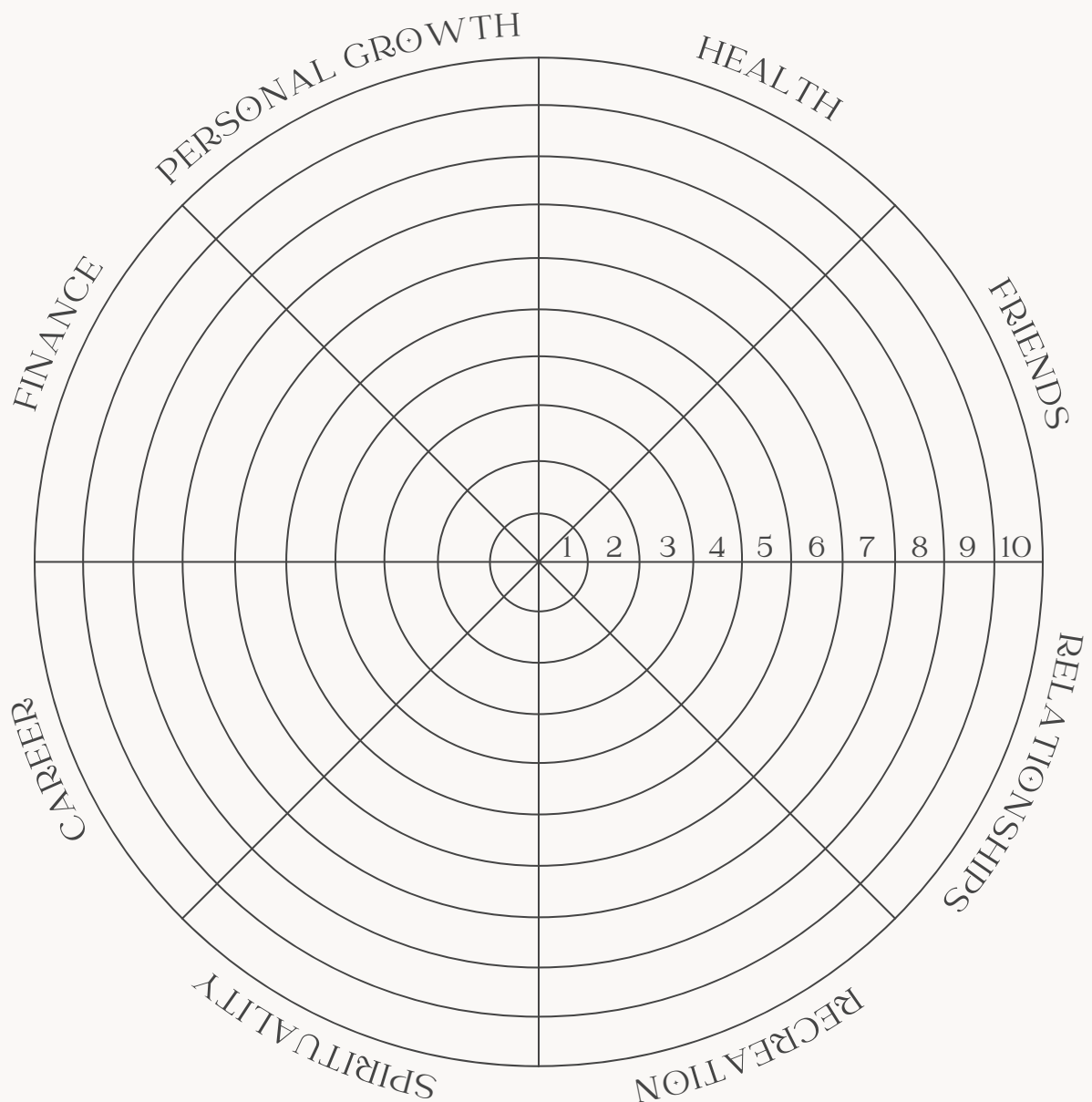
Daily Affirmation

NOTES & FREE THOUGHTS



WHEEL OF LIFE

THE WHEEL OF LIFE IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10.



MONTHLY REFLECTION *Journal*

DATE:

TIME:

◆ Monthly Wins

◆ How does it make me feel?

◆ Challenges

◆ How can I improve it?

Accomplished Goals

Unaccomplished Goals

Goals Next Month

Habits Retained

Habits Eliminated

New Habits Developed

(Good & Bad)

Three things that I am most grateful for this month:

Two life lessons I learned this month:

One word that best describes this month:

How will you rate this month?



MONTHLY REFLECTION *Journal*

DATE:

TIME:

◆ Monthly Wins

◆ How does it make me feel?

◆ Challenges

◆ How can I improve it?

Accomplished Goals

Unaccomplished Goals

Goals Next Month

Habits Retained

Habits Eliminated

New Habits Developed

(Good & Bad)

Three things that I am most grateful for this month:

Two life lessons I learned this month:

One word that best describes this month:

How will you rate this month?



WEEKLY CHORE CHART

WEEK OF: _____

MORNING	M	T	W	T	F	S	S
Make bed							
Wash dishes							
Make breakfast							
Pack kids lunch							
Pack kids school bag							

AFTERNOON	M	T	W	T	F	S	S
Vaccum							
Take out trash							
Wash dishes							
Check the mail							
Tidy up							

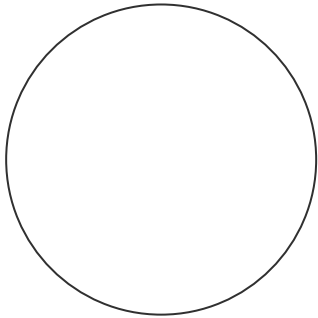
EVENING / NIGHT	M	T	W	T	F	S	S
Put toys away							
Prepare dinner							
Put dirty clothes in hamper							
Clean the bathroom							
Put kids to bed							

MONTHLY INTENTIONS

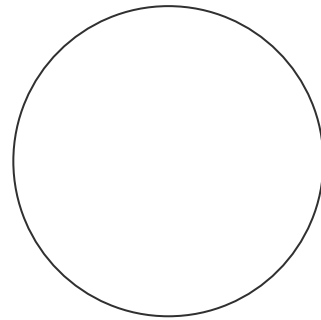
Month: _____

This month I choose to focus on..

This month I choose to let go of..



Self-development



Finances

Relationship

Health & wellness

Self-care

Career/school

Monthly mantra