

SEA SALT Cleansing Protocol

One effective way to cleanse and refresh our home environments is to use Sea Salt.. Exactly “how” this works and what specifically happens, energetically, is (way) less important than the simple doing of it. As I tell students and clients, yes, *it matters*, which spark plug fires first and in what order in your vehicle, but you don’t have to know that in order to drive across town. Exactly “how” Sea Salt, using White Sage or Clear Water removes energetic imprints may be interesting, but simply taking the action is all that is required.

Sea Salt is at a higher vibration than table salt (or even Kosher salt), and is recommended to be used to clean and remove energetic imprints from non-corporeals – be they discarnates, DFEs, or even simple thought forms. The process is as follows:

- 1) Sprinkle/pour a line of sea salt across the thresholds of the home (only all doorways, not windows),
- 2) Leave it there overnight, and
- 3) Sweep it out – away from the house – the next day.

In cases where one lives in an apartment or with a roommate and wants a similar energetic cleanse, put the sea salt in a bowl in the corner of your bedroom (leave overnight) and then throw it out the front door the next day.

A clean environment tends to encourage happiness and prosperity. Just as cleaning up the dirt and messes we can perceive with our 5 senses helps with clear thinking and makes room for new and better things to show up in our lives, cleansing energetically can help our spiritual status and emotions.

Find more @ www.IwantJoy.com