

fresh brew



Six Steps to Good Magical Hygiene

As magical practitioners, we walk between the worlds of form and spirit. We open ourselves up to the subtle realms, and become aware of the play of energy on a deep level. We consciously choose to create positive change in the world and in our lives, and to release negativity and that which doesn't serve us. For these reasons, it's important for us to regularly engage in proper magical hygiene. A daily **magical hygiene practice** allows us to walk between the worlds safely, effectively, and happily while becoming more and more in possession of the fullness of our magical power. It cleanses us of psychic debris and energetic blocks, allowing us to be clear channels of magical information and power.

I've outlined some effective magical hygiene practices that can be incorporated into your daily meditation. I often work with Archangel Michael to help with magical hygiene, and include him in the descriptions of several practices below, but feel free to work with the Goddess, God, and/or any other appropriate being(s) of your choice.

1 Grounding and Centering

Being grounded means being connected to the energy of the earth. For magical practitioners, I recommend doing this visualization every day, and before any magical endeavor. Once you've practiced it for a while, you'll be able to immediately establish your connection with the earth, no matter where you are or what you're doing. As you practice this exercise regularly, you will find that you feel safer, more confident, more joyful, more in touch with your intuition.

Grounding is a prerequisite for all magical practitioners, and I recommend doing it every day.

Sit in a comfortable position with your spine straight and your eyes closed. You can play drum or trance music with drums if you want, or any sort of trancy music with an earthy sound. Take some deep breaths until you feel your body relax; call on Mother Earth and ask for Her blessing in connecting with Her. Visualize very bright white light drenching your face and turning your face into light; all the muscles, behind the eyes, the cheeks, the inside of the mouth, everything. Now let the white light fill your entire head and turn your head into light. Slowly continue filling every body part with light: your neck, throat, shoulders, back, arms, wrists, fingers, organs, legs, and feet. When you get to your feet, feel and see your entire body so drenched in the light that it is the light. Continue to breathe deeply.

Next, become aware of your spine. Turn your awareness to the end of your spine; see and feel your tailbone grow downward like a root. See this root — made of very bright white light — extend downward, feel it moving down and down, through the deep and receptive earth. Then see it start to expand, branch, and spread while it is still moving down and down. Take your time and experience the earth as your roots continue to move slowly down.

Eventually your roots enter the core of the earth. The core is filled with the same blindingly bright white light that fills your body. This is Earth Light. Your light connects with it and you are now one with the core of the earth. As you connect, the light gets even brighter. Take time to experience this wonderful feeling.

Now, move your attention back to your body. Begin to see your light growing upward like a tree; and in fact, you are a tree, and your body is a part of the trunk. The tree that you are is made of bright white light, and its roots extend all the way into the core of the earth. Reach your branches high into the sky. If it is day, see your leaves basking in the sunlight and moving in the breeze. If it is night, see your branches up among the stars. Now, much like trees pull nourishing sunlight in through their leaves, you see that you are receiving clear sparkly rainbow energy from the sky. This is Universal Light. Let it move in through your leaves and downward into your trunk, mixing with the white light. Let it slowly move toward your body and see it enter your head. From your head, it moves throughout the rest of your body. This Universal Light now moves slowly down your roots, continuing to mix with the Earth Light as it moves. Eventually, it reaches the core of the Earth. Your energy is now connected with and nourished by the Earth and Sky, and you are a bridge between the two. Allow yourself to bask in the feeling of balanced energy and connectedness.

2 Cord Cutting

Psychic and/or energetic cords can become attached to our energy fields in a number of ways, including fear, guilt, and limiting beliefs. Once such a cord is attached, it drains energy and creates imbalance. Cords can be connected to people, past situations, fears about the future, or issues like money or romance. I recommend doing this cord-cutting exercise following the grounding exercise.

Sit with your spine straight. Breathe deeply and consciously relax your body. Notice if you are holding onto any fear or tension and let yourself release it. Ask Archangel Michael (or your chosen patron deity) to cut any psychic cords of attachment that may be connected to your energy field. Continue to breathe deeply and sit quietly for a little while longer and feel the cords being cut. Then take a deep breath and move on feeling free.

I find that, when used as part of my daily magical hygiene, this exercise lifts my mood and increases energy.

3 Aura Cleansing

When your aura, the sphere of light described above, is sparkly clean, you are a clear channel of magical power, possessed of clarity and positive energy. Auras absorb negativity, so it's important to cleanse them regularly. After the cord-cutting exercise, or any time you feel that you may have absorbed negativity, you can perform this cleansing.

Sit with your spine straight and breathe deeply. Ask Archangel Michael (or your patron deity) to remove all darkness, heaviness, and/or negativity from your aura. Visualize a magical vacuum that looks sort of like a sword made of bright white light; all dark spots or debris in your aura and energy field get sucked out with the vacuum. Any lingering negativity from previously cut cords gets vacuumed up as well. When you feel that this is finished, ask that your aura be filled with cleansing and energizing light, which replenishes and rebalances your energy field.

4 Chakra Clearing

You know when the weather person points out a spiraling swirl of air that is the cause of a hurricane? Chakras are places in our energy field that swirl and vibrate with a specific type of energy in much the same way (but in miniature!) Clearing them on a regular basis is important because it helps us clear away unhelpful patterns and negative energy while opening us up to the fullness and beauty of life.

Each chakra spins in a circle and corresponds with a color. Everyone's sixth sense perceives differently, so you may or may not actually perceive the chakra as the color to which it is assigned. The color designation is just a helpful bridge to perceiving something that is beyond the scope of our five primary senses.

As you begin to become familiar with your chakras (see sidebar) you'll start to feel a connection between your mind, body, and emotions like never before. You'll also know when they are especially balanced or when you have an energetic block or any sort of issue with the healthy flow of energy in one or more of them. This knowledge allows you to work on the energetic level to bring yourself back into a holistic state of balance and harmony.

I recommend clearing your chakras after grounding, cord cutting, and cleansing the aura.

Sit with your spine straight. Close your eyes and consciously relax your muscles and organs. Take some deep breaths and consciously relax your mind. Now, visualize a concentrated beam of white light moving upward from the core of the earth. Know that this light is vibrating at a very high frequency and is a high-powered cleansing tool. Become aware of the red spiraling and swirling light at the base of your spine. See the beam of light enter the middle of this chakra. As the light enters, it makes the chakra brighten and spin at a rapid pace. The red becomes more vibrant and any darkness or heaviness dissolves away. Take as much time as you need with this. Now the light moves up to the orange chakra below your bellybutton. It enters the center of this chakra and causes it to brighten and glow. See it spinning vertically, emanating light from the front and back of your body. See the beam of light moving up to the yellow spiraling light spinning vertically half way between your bellybutton and your heart. The yellow becomes brighter and clearer. The beam now moves up to the vertically spinning green energy at your heart. This creates a great flowering of energy at your heart, and the green becomes more emerald and brilliant. Continue to see the beam move up to the vertically spinning blue energy at your throat. When the light enters the center of the swirl, the blue light becomes brighter and less dense. Let the light move up to the swirl of indigo energy on your forehead above and between your eyebrows. The indigo energy brightens and glows. Next, the light moves out through the purple and/or white swirl of energy spinning horizontally at the crown of your head. This chakra also becomes brighter and more vibrant. Take some deep breaths and continue to relax, revisiting any chakra that still feels out of balance in any way. Continue until you feel that your chakras feel totally cleansed, open, and balanced.

5 Energetic Protection

When you're finished with the grounding, cord cutting, aura cleansing, and chakra clearing, it's important to finish with a powerful protection.

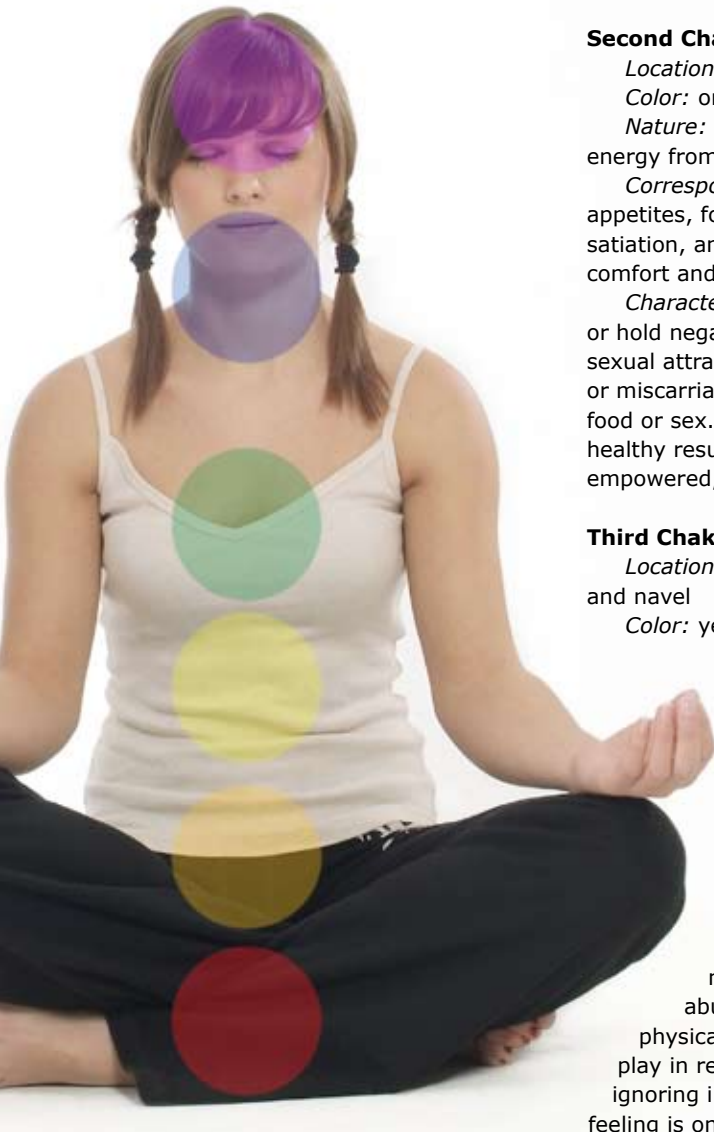
Sit with your spine straight. Take some deep breaths and relax. Ask the God/dess to fill the sphere of energy around you with protective light through which no negativity may enter, and through which all vibrations that are loving and positive may enter easily. This light may be indigo, white, pink, or green; choose the color that feels like it would be most effective for you today.

This protective sphere of light will remain powerful for at least six hours, and gradually fade for another six. You can renew it by doing a quick visualization and prayer.

Get in the Habit

It may seem like a lot at first, but once you get into the habit of doing these exercises they will become second nature. Maintaining good magical hygiene brings success to your magical endeavors and every aspect of your life. ☺

TESS WHITEHURST is a writer, lifelong student of the magical arts, feng shui practitioner, and advocate of self-love, self-expression, and personal freedom. You can visit her online at www.tesswhitehurst.com.



Second Chakra (Sacral)

Location: below the navel

Color: orange

Nature: spins vertically, emanating energy from front and back

Correspondences: desires and appetites, food, satisfaction and satiation, and feelings of physical comfort and nourishment.

Characteristics: can absorb and/or hold negativity about eating or sexual attraction, having an abortion or miscarriage, feeling deprived of food or sex. When clear, appetites are healthy resulting in feeling nourished, empowered, receptive, and creative.

Third Chakra (Solar Plexus)

Location: halfway between heart and navel

Color: yellow

Nature: spins vertically, emanating and receiving energy from front and back

Correspondences: personal power, boundaries, "gut instincts," action, and issues relating to control.

Characteristics: can absorb and/or hold negativity from being abused or assaulted sexually, physically, or emotionally, power play in relationships of all kinds, ignoring instincts. When clear, the feeling is one of being "in the flow" ready for anything and anyone, with healthy boundaries.

Fourth Chakra (Heart)

Location: center of chest (heart)

Color: green

Nature: spins vertically, emanating and receiving energy from front and back

Correspondences: giving and receiving love, being open to love, generosity, receptivity, gratitude, and connection with universal love.

Characteristics: can become blocked or restricted from fears about giving or receiving love, beliefs about not being deserving of love, heartbreak, loss, grief, beliefs that there is a limited amount of love in the world. When clear, it results in feeling connected to the oneness of all things, grateful, loving, loved, and simultaneously vulnerable and strong.

Fifth Chakra (Throat)

Location: throat

Color: blue

Nature: spins vertically, emanating energy from front and back

Correspondences: speaking your truth, clear communication, channeling, creative expression, expressing uniqueness through words or images, feeling seen, known, and heard.

Characteristics: can become blocked or restricted from fears about speaking your truth, past experiences of being shushed or shunned for speaking, stifled creativity, speaking harshly to others, feelings of being invisible. When clear, enables clear expression of truth and energized communications.

Sixth Chakra (Third Eye)

Location: forehead between and just above eyebrows

Color: indigo

Nature: spins vertically, emanating and receiving energy from front, emanating energy from back

Correspondences: tuning into inner knowing and receiving psychic and spiritual information and impressions

Characteristics: can become blocked or restricted from fears about using your sixth sense, being brought up in a fear-based ideology or religion, being taught that psychic impressions are not real, overemphasis on what can be perceived only with the five common senses. When clear, results in feeling connected to guidance and vision and the ability to perceive the subtle and spiritual realms.

Seventh Chakra (Crown)

Location: the top of head

Color: violet and/or white

Nature: spins horizontally, receiving universal light from above

Correspondences: receiving magical power and light from above, connection with the divine, guidance, support, synchronicity, and energy from the Universal Realm.

Characteristics: can become blocked or restricted from negative experiences with religion that lead to fears about Divine Energy, a need to "go it alone", over-reliance on caffeine or other drugs, beliefs that you don't deserve help or guidance. When clear, you are naturally energized, open, joyful, inspired, and able to recognize the divine spark of life in all things including yourself. ☯

Chakra Basics

First Chakra (Root)

Location: base of spine

Color: red

Nature: spins horizontally, drawing energy up from below

Correspondences: survival; connection to the Earth and physical realm; feelings of safety and grounding; the feeling of being supported, nourished, and connected to your family and tribe; sexuality.

Characteristics: can absorb and/or hold negativity from being fearful about safety, money, or resources, moving to a new location, feeling disconnected from the family or group, or feeling uneasy about physical sex. When clear, you feel safe, secure, provided for, and at home in the world.