

Lenka

Spiritual Purity

Our spiritual body holds our beliefs, our thoughts and our emotions. When we do not keep our spiritual body clean, unhealthy vibrational energy will eventually penetrate into our physical body and may manifest there in the form of illness, dis-ease, depression or anger. Below are symptoms that may arise as well as suggestions to create a healthy daily habit to keep your spiritual body pure, healthy and light.

Symptoms of a toxic energy field

Personal

- Feeling heavy
- Emotionally drained
- Blaming others
- Spreading rumors
- Feeling fearful
- Feeling confused
- Lacking clarity & focus
- Attacks of jealousy
- Judging self & others

Your Home

- Feeling restless and edgy
- Having sudden anger attacks
- Poor sleep & bad dreams
- Arguments with family
- Lacking desire to create



Lenka

Empowering Techniques

Purifying your energy field

- Physical body - juice cleanse, drink water with lemon and sprinkle with high quality salt, drink teas such as nettle and dandelion that assist with cleansing
- Salt bath- use plain epsom salt or high quality salt in your nightly bath. Add petals of your favorite flowers or drops of lavender or essential rose oil
- Swim in the ocean
- Grounding - walk barefoot outdoors , or simply lay outside on the grass
- Forest bathing - walk in the forest with awakened consciousness and tap into the high vibrational healing energy of our magnificent healing allies, the trees
- Crystals - wearing crystals such as, rose, kyanite, obsidian, and hematite assists in strengthening your energy field.

Purifying your home

- Keep live plants in the house as they remove negative energy from the air
- Keep small pots of fresh herbs on your countertop
- Purchase fresh flowers weekly and invite their lovely spirit into your home
- Have crystals or salt lamps in your home, Shungite assists in EMF toxicity
- Smudge with ethically sourced plants like White Sage, Cedar or Mugwort
- Burn sweet grass to welcome new energy in the home
- Burn resin like frankincense, and Myrrh to elevate the vibrational energy
- Use essential oils like lavender, peppermint, pine or rosemary in a diffuser
- Keep your home clean, uncluttered

