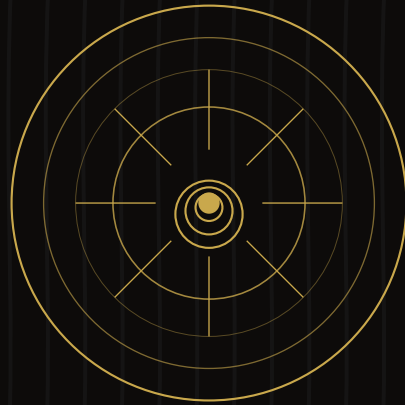




ALCHEMY WARES

# The Complete Beginner's Guide to Energy Cleansing

*Sacred Smoke · Sound · Salt · Crystal · Water · Breath*



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## INTRODUCTION

# Why Spaces Hold Energy

Every space holds energy. This is not merely a spiritual assertion — it is a lived experience recognised universally across human cultures. We walk into a room where an argument has just taken place and feel it immediately, before a word is spoken. We enter a church, a forest, a hospital ward, or a beloved home and feel the quality of each space as distinctly as we feel temperature. The environment we inhabit shapes our internal state, and our internal states shape the environment we inhabit. These two systems are not separate.

The conversations, emotions, and experiences that unfold in a space leave an imprint — carried in the physical environment through scent, through the subtle alterations that human presence makes to air quality, electromagnetic fields, and acoustic resonance, and through the psychological associations that accumulate over time. Energy cleansing is the intentional practice of clearing these accumulated impressions and restoring a space — and the people within it — to a quality of freshness, clarity, and openness.



*"Every space holds the memory of what has occurred within it. To cleanse a space is to consciously choose what it will hold next."*

## 4,500 Years of Sacred Smoke

The burning of aromatic plants and resins for purification is one of the oldest documented practices in human history. Incense burners excavated from ancient Egypt have been dated to the 5th dynasty — the 25th and 24th centuries BCE, over 4,500 years ago. The word 'perfume' derives from the Latin *per fumum*: 'through smoke'. In ancient Egypt, the god Nefertem was the deity of perfume and healing; priests burned kyphi — a complex blend of frankincense, myrrh, cinnamon, juniper, and other aromatics — in temple rituals at sunset to cleanse and consecrate sacred space.

The burning of herbs in ceremony appears independently across virtually every major world culture. Ancient Greeks and Romans burned aromatic herbs in temples and at healing sanctuaries. Tibetan Buddhist monks have burned juniper, cedar, and medicinal herbs in purification ceremonies (*sang*) for over a thousand years. The Catholic Church continues to burn frankincense in liturgical ceremony, a practice documented in Exodus 30:1-10. Indigenous Australian peoples have conducted smoking ceremonies — using eucalyptus, wattle, and native plants — for tens of thousands of years, burning plants to welcome, protect, and heal. Shinto priests in Japan burn incense as part of purification rites. The universality of the practice across cultures with no possible contact is, as with crystals and lunar ritual, one of its most compelling features.

Indigenous peoples of North America — including the Lakota, Chumash, and Cahuilla — have conducted ceremonies using white sage, cedar, tobacco, and sweetgrass for thousands of years. These are sacred practices with profound cultural, spiritual, and medicinal significance. It is essential for those outside these traditions to approach them with genuine respect: to understand their origins, to acknowledge their history (it was illegal for Native Americans to practice their own religion in the United States until 1978), to source materials ethically and

sustainably, and to use the term 'smoke cleansing' rather than 'smudging' — which specifically refers to indigenous ceremonies with distinct cultural protocols that are not ours to claim. Working with these plants as non-indigenous practitioners is a privilege, not a right, and should be approached as such.

## What Science Actually Says

The scientific picture for energy cleansing is — as with crystals — more nuanced and more interesting than either enthusiasts or sceptics typically acknowledge.

The most frequently cited study is a 2007 paper in the *Journal of Ethnopharmacology* by Dr. Narendra Singh and colleagues, which found that burning a blend of medicinal herbs (havan samagri — a Hindu ritual blend — with mango wood, not sage specifically) in a closed room for one hour reduced airborne bacteria by 94%, with some pathogenic species (*Staphylococcus lentus*, *Corynebacterium urealyticum*) absent in follow-up measurements 30 days later in an open-air environment. It is important to note this study used a specific blend, not white sage, and the sealed-room conditions do not replicate real-world use. No direct follow-up studies have confirmed sage-specific standalone antimicrobial effects under normal conditions.

What is well-supported: white sage (*Salvia apiana*) contains high concentrations of 1,8-cineole (24–72%) — the same primary compound in eucalyptus oil, which has well-documented antimicrobial, antifungal, and expectorant properties. White sage also contains thujone and camphor, compounds that activate specific brain receptors responsible for elevating mood and reducing stress. A 2016 literature review noted that evidence for *Salvia*'s cognitive-enhancing and mood-elevating benefits is promising, with potential applications for dementia and Alzheimer's research.

Burning any aromatic plant material releases volatile organic compounds that stimulate the olfactory-limbic pathway — the direct neurological route to the emotional brain. This is real, documented aromatherapy acting through smoke rather than diffusion. The ritual dimension — the act of intention, of deliberate transition between states — activates the placebo response, which as we discussed in the crystal guide, is neither trivial nor merely imaginary. It produces measurable physiological changes: cortisol reduction, endorphin release, parasympathetic activation. The smoke carries real chemistry and real psychology. That is more than enough to work with.

## When to Cleanse

Cleansing is called for after:

- ◆ Arguments, conflict, or emotionally charged events in a space
- ◆ Illness — physical or emotional — in yourself or your household
- ◆ Moving into a new home or workspace (clearing residual energy of previous occupants)
- ◆ A significant ending — divorce, job loss, bereavement, end of a relationship
- ◆ A period of prolonged stress, overwhelm, or stagnation
- ◆ After visitors whose energy felt heavy or draining
- ◆ Before any ceremony, ritual, meditation practice, or intentional work
- ◆ When the space simply 'feels' heavy — trust this instinct

You do not need to cleanse daily. Over-reliance on cleansing rituals can become a form of magical thinking that substitutes for addressing the actual sources of difficulty. Trust your instincts: cleanse when it genuinely feels needed, not as compulsive routine.

## SACREDSMOKE

# Smoke Cleansing

*The oldest and most universally practised method of energetic clearing*

Smoke cleansing is the most direct and widely used method of energy cleansing across human history — and for good practical reason. Aromatic smoke moves through a space in three dimensions, reaches corners and surfaces that liquids or crystals cannot, carries real antimicrobial chemistry in its compounds, and engages the olfactory-limbic pathway immediately upon inhalation. The smoke transforms solid plant material into vapour — matter into spirit, as many traditions understand it — carrying intention with it as it rises and disperses.

## How to Smoke Cleanse

### 01 Open windows and doors

Create a pathway for the energy to exit. Smoke cleansing moves stagnant energy out — it needs somewhere to go. Open at least one window in every room you are working in.

### 02 Light your herb or wood

Hold the bundle or stick at a 45-degree angle and light the end. Allow it to flame briefly, then blow the flame out gently. The ember should glow and release steady, fragrant white smoke. If smoke is black or heavy, you are burning too aggressively.

### 03 Begin at the entrance

Start at the front door and work clockwise through the space. This mirrors the movement of the sun and is the traditional direction for welcoming and consecrating.

### 04 Give attention to corners

Energetic stagnation accumulates in corners, behind doors, and in enclosed spaces. Move the smoke deliberately into these areas, fanning gently with your hand or a feather if you have one.

### 05 Hold your intention

As you move through the space, hold clearly in your mind what you are releasing and what you are welcoming in. The ritual is not mechanical — the quality of intention shapes the quality of the cleanse.

### 06 Complete at the exit

Finish by returning to the front door, allowing the smoke to drift out. This seals the process and signals its completion.

### 07 Extinguish safely

Press the lit end firmly into a fireproof dish or abalone shell until fully extinguished. Never leave unattended.



## The Cleansing Herbs

### White Sage

*Salvia apiana · White Sage · Sacred Sage*

White sage is the most widely recognised cleansing herb in contemporary Western practice — and one of the most potent. Native to the coastal mountains of California, it has been sacred to the Chumash, Cahuilla, and Kumeyaay peoples for thousands of years. Its high 1,8-cineole content (24–72%) gives it genuine antimicrobial properties. Its thujone and camphor compounds activate brain receptors responsible for mood elevation and cognitive enhancement. It is the most assertively clearing of all the smoke cleansing herbs — nothing removes heavy, stagnant, or negative energy from a space as completely. Approach its use with respect for its origins. Source only from ethical, sustainable suppliers. The Chumash have expressed concern about over-harvesting as commercial demand has grown exponentially. Use thoughtfully, not habitually.

<b>Best Uses</b>	Full space clearing · After conflict or illness · Moving into a new home · Before ceremony
<b>Alchemy Wares</b>	White sage singles · Cedar + White Sage blend · Dragon's Blood + White Sage · Seven Chakra + White Sage · <a href="https://alchemywares.com/category/sage/">alchemywares.com/category/sage/</a>

## Palo Santo

*Bursera graveolens · Holy Wood · Sacred Wood*

Palo Santo — 'holy wood' in Spanish — is a tree native to the tropical dry forests of South America, found primarily in Ecuador, Peru, and Venezuela. It belongs to the same botanical family as frankincense and myrrh (Burseraceae). What makes it extraordinary is the harvesting method: Palo Santo's most potent aromatic oils develop only after the tree has died naturally and lain on the forest floor for a minimum of four to ten years. This aging process concentrates terpenes — particularly limonene — into the heartwood. The Inca used it in ceremonies; Quechua shamans (curanderos) burn it to drive out negative energy and invite blessings. Energetically, Palo Santo works differently from white sage: where sage removes, Palo Santo invites. Its citrus-wood-mint fragrance lifts the atmosphere, invites positive energy, and creates a quality of warmth and spiritual clarity. Use it to consecrate a space after clearing with sage — the combination of removing and welcoming is a complete cleansing protocol.

<b>Best Uses</b>	After clearing with sage · Beginning a new project or intention · Before meditation · Daily space maintenance
<b>Alchemy Wares</b>	Natural Palo Santo sticks · <a href="https://alchemywares.com">alchemywares.com</a> — ethically sourced from Ecuador/Peru

## Cedar

*Various species including Cedrus, Juniperus, Thuja*

Cedar has been burned in purification ceremonies by many indigenous peoples of North America, by Celtic practitioners in the form of saining (juniper), and by Tibetan monks in sang ceremonies. The Celts burned juniper at the new year, believing it prevented disease and evil from entering the home. Native American traditions use cedar to attract positive energy — after sage has cleared what is unwanted, cedar brings in what is good. Cedar-white sage combination bundles work on both dimensions simultaneously. Cedar smoke has a warmer, woodier quality than white sage — less abrasive, more welcoming.

<b>Best Uses</b>	After illness · Inviting positive energy · Homes with children or animals · Gentler daily use
<b>Alchemy Wares</b>	Cedar + White Sage blend · <a href="https://alchemywares.com/category/sage/">alchemywares.com/category/sage/</a>

## Dragon's Blood

*Dracaena draco / Daemonorops draco*

Dragon's blood is a deep red resin derived from the Dracaena tree or from rattan palm species. It has been used in ritual across ancient Rome, medieval Europe, North Africa, and China for protection and purification. Roman augurs used it in ceremony; medieval alchemists and ceremonial magicians considered it among the most powerful protective resins available. Its smoke is intensely protective and banishing in quality — excellent for clearing spaces after conflict, illness, or any situation involving genuinely heavy or threatening energy. Dragon's blood + white sage bundles combine the clearing power of sage with the protective intensity of the resin.

<b>Best Uses</b>	After conflict or psychic attack · Maximum protective clearing · New home cleanse · Strong banishing
<b>Alchemy Wares</b>	Dragon's Blood + White Sage · <a href="https://alchemywares.com/category/sage/">alchemywares.com/category/sage/</a>

## Sweetgrass

*Hierochloe odorata*

Sweetgrass is among the most sacred plants in many North American indigenous traditions — it is known as the 'hair of Mother Earth'. In many ceremonial protocols, sage is burned first to clear what is unwanted, and sweetgrass is burned second to invite in what is good: positive energy, blessings, and the presence of benevolent forces. Its sweet, vanilla-like aroma is gentle, welcoming, and distinctly different from the assertive quality of sage. It braids traditional protocol with practical aromatherapy: its coumarin content creates a warm, calming scent that settles the nervous system after the clearing work is complete.

<b>Best Uses</b>	After sage clearing · Welcoming ceremonies · Inviting blessings · Sweet, gentle daily practice
<b>Alchemy Wares</b>	Available from specialist indigenous plant suppliers — source ethically

■ *Cultural note: Always source white sage from suppliers who grow it sustainably or work with indigenous communities. Use with respect and genuine intention — not as casual decoration or Instagram content.*

## SACREDSOUND

# Sound Cleansing

*Vibration as the oldest and most universal purification technology*

Sound cleansing operates on the understanding that everything is vibration — including stagnant energy — and that certain sounds can disrupt, dissolve, and reset accumulated energetic residue in a space. This is not merely metaphysical: sound waves produce measurable physical effects on matter. The phenomenon of cymatics — the study of visible sound vibration patterns — demonstrates that specific frequencies create specific geometric patterns in sand, water, and other media, showing that sound physically reorganises the structure of matter it passes through.

## Historical Tradition

Tibetan singing bowls — made of an alloy of seven metals corresponding to the seven celestial bodies — have been used in Buddhist ritual for over a thousand years for purification, meditation, and healing. The ancient Hindu concept of *nāda brahma* ('the universe is sound') places sound at the foundation of all creation. Temple bells in Hindu and Buddhist traditions are specifically designed to produce a sustained tone that clears the space and marks the beginning of sacred time. The use of bells, drums, rattles, and chanting for purification appears in Celtic, African, Aboriginal, and indigenous American traditions. Catholic churches ring bells for the same reason. The method is universal.

## The Science

Research on sound healing has documented measurable effects including reduced cortisol, lowered blood pressure, and increased alpha brainwave activity during singing bowl sessions. A 2016 study published in the *Journal of Evidence-Based Complementary and Alternative Medicine* (Goldsby et al.) found significant reductions in tension, anger, fatigue, and depressed mood following singing bowl meditation, with the greatest improvements in those who had never participated before. The physical mechanism — sound waves disrupting the electromagnetic field of a space and resetting acoustic resonance patterns — is plausible physics, though not yet directly studied in the context of space clearing specifically.



## Methods

### 01 Singing bowl

Strike the bowl gently and allow the tone to sustain, or run the mallet around the rim to build a continuous resonance. Walk through the space allowing the sound to fill every area. Pay particular attention to corners where sound waves can interrupt stagnant patterns most effectively.

### 02 Bell or tingsha

Tibetan tingshas (two small cymbals connected by a cord) produce a particularly clear, sustained tone ideal for space clearing. Strike together and allow the ring to fully fade before striking again. Move through the space methodically.

### 03 Clapping

Sharp, deliberate clapping — moving through each corner of a room — is one of the oldest and most straightforward methods. The impact of the clap disrupts energetic stagnation instantly. Notice how the sound changes from flat (stagnant) to resonant (clear) as the space shifts.

### 04 Voice and chanting

Sustained humming, chanting of seed syllables (Om, Ah, Hum), or singing move through a space uniquely because the practitioner's body becomes the instrument. The chest resonance of sustained 'Om' is a powerful internal and external clearing tool simultaneously.

### 05 Tuning forks

Specific frequencies (432 Hz, 528 Hz) have been associated with healing and purification in sound therapy practice. Strike and move through the space, or hold near specific areas that feel dense or stuck.

◆ **Companion tools:** Singing bowls complement beautifully with frankincense or sandalwood incense burned immediately before. Clear quartz amplifies the resonance field of any sound cleansing practice.

## SACRED SALT

# Salt Cleansing

*The universal preservative and purifier — found in every tradition*

Salt is one of the oldest purification substances known to humanity — used in virtually every major spiritual tradition as a ward against corruption, evil, and stagnant energy. In ancient Rome, soldiers were paid in salt (giving us the word 'salary'). The Jewish tradition places salt on the Passover Seder plate as a symbol of purity. Shinto purification rites use salt in harae ceremonies. Salt is blessed and used in Catholic exorcism rites. Sumo wrestlers throw salt before a match to purify the ring. The universal association between salt and purification is not coincidental — salt is a genuine antimicrobial and desiccant, and has preserved food, bodies, and spaces throughout human history. This practical reality created the spiritual reputation.

## Why Salt Purifies

Salt's cleansing properties are real chemistry. Sodium chloride is a powerful desiccant — it draws moisture from its environment, which inhibits the growth of bacteria and mould. High-salt environments are genuinely hostile to microbial life, which is why salt has been used for food preservation since antiquity. Salt lamps (Himalayan rock salt heated by a bulb) are often claimed to release negative ions that purify the air — the evidence for significant ion release from salt lamps is limited, though the warm ambient light creates a genuinely calming atmosphere. The psychological and ritual associations of salt with boundaries, protection, and purification operate through the well-documented pathways of intention and mindfulness.



## Methods

**01**

### Salt bowls

Place small bowls of sea salt or Himalayan pink salt in the corners of a room to absorb stagnant energy. Leave for 24–48 hours, then dispose of the salt outside or down the drain — do not reuse it as food. Replace monthly in spaces that feel energetically dense.

**02**

### Salt lines

Pouring a thin line of salt across thresholds (doorways, windowsills) is a traditional protective practice found in multiple cultures. It creates an energetic boundary that prevents the entry of heavy or unwanted energy. Use sea salt, black salt, or Himalayan salt.

**03**

### Salt and water spray

Dissolve a teaspoon of sea salt in a spray bottle of water. Add several drops of purifying essential oil (frankincense, eucalyptus, or lemon). Spray through rooms, around doorframes, and across thresholds. This is a gentle, smoke-free alternative to burning herbs.

**04**

### Salt body scrub

For personal energy cleansing, mix sea salt with a carrier oil and a few drops of purifying essential oil (tea tree, eucalyptus, or frankincense). Use in the shower, scrubbing from the feet upward, with the clear intention of releasing what is no longer needed. The physical exfoliation and the energetic release work simultaneously.

## 05 Black salt

Black salt — sea salt combined with ash, black pepper, and protective herbs — is used specifically for protective and banishing purposes. Sprinkle across thresholds to prevent negative energy from entering, or dispose of it at a crossroads to symbolically send away what is unwanted.

- ◆ **Companion tools:** Sea salt combined with white sage smoke for maximum space clearing effect. Frankincense or cedarwood essential oil added to salt sprays amplifies the purifying quality.

## SACREDSTONE

# Crystal Cleansing

*Minerals as anchors for protective and purifying energy fields*

Certain crystals are specifically associated with energetic purification and protection — not the healing or chakra work detailed in the Crystal Healing guide, but the active maintenance of clear, clean energy fields in spaces and personal auras. These are the working tools of the crystal practitioner's cleaning kit: crystals placed not for their beauty or their correspondence to specific intentions, but for their continuous, low-maintenance purifying work.

## The Cleansing Crystals

### Selenite

The premier space-cleansing crystal. Self-cleansing and never requires charging. Place selenite wands along windowsills and doorframes, in corners, or on bookshelves. Selenite is said to continuously purify the energy field of any space it occupies. Place other crystals on a selenite charging plate overnight to cleanse them. The fibrous, luminous quality of selenite creates a visual sense of light and clarity that supports the psychological dimension of the cleansing work.

**Placement:** Corners of rooms · Windowsills · Doorframes · Beneath the bed · Crystal charging station

### Black Tourmaline

The primary protective crystal. Place at the four corners of a room, near the front door, or beside electronic devices. Black tourmaline is understood to create a protective energetic field that deflects rather than absorbs heavy energy — unlike some crystals that require frequent cleansing because they absorb what they encounter. A piece by the front door is the single most impactful crystal placement for space protection.

**Placement:** Four corners of main rooms · Front door (both inside and outside) · Near electronic devices · Beside the bed for sleep protection

### Shungite

A rare carbon mineral from Russia, shungite is used primarily for electromagnetic protection and water purification. It has documented antimicrobial properties due to its fullerene carbon structure — placing it in drinking water for several hours has been shown to reduce bacteria and improve water quality. In energy cleansing, it is placed near electronic devices (computers, WiFi routers, phones) and used as a protective shield against electromagnetic field exposure.

**Placement:** Near WiFi routers, computers, and mobile phones · Near the television · On the desk workspace

### Clear Quartz

As the master amplifier, clear quartz placed in a space amplifies any cleansing intention set within it. Use in the centre of a protective crystal grid, point upward to draw positive energy into a space, or place alongside other cleansing crystals to enhance their effect. A clear quartz cluster in the main living space continuously amplifies the quality of energy in the room.

**Placement:** Central point of protective grids · Living room (cluster) · Beside selenite in corners · On the altar or meditation space

## The Protective Crystal Grid

A protective crystal grid — placing four black tourmaline pieces at the four corners of a room with a clear quartz point in the centre — is one of the most effective long-term space protection methods. Set it up after a thorough smoke cleanse, with clear intention. The grid works continuously and requires only occasional recharging (every new moon is ideal). Leave the crystals in place permanently unless you are doing a full cleanse and reset.

- ◆ **Companion tools:** Combine crystal placement with smoke cleansing for a complete reset. Selenite and black tourmaline are the essential pair for any home.

## SACREDSCENT

# Essential Oil Cleansing

*Plant medicine for space clearing — the smoke-free alternative*

Essential oils offer a smoke-free alternative to herb burning that is equally effective from a neurological and atmospheric standpoint — and in some ways more precise, as specific oils can be selected for their documented antimicrobial, antifungal, or mood-elevating properties rather than their traditional associations alone. The olfactory-limbic pathway is activated identically whether the aromatic compounds arrive through diffusion or combustion. For those with respiratory sensitivities, children, or spaces where burning is impractical, essential oil diffusion is the most appropriate primary method.

## The Cleansing Oils

### Frankincense (*Boswellia sacra*)

The most widely used aromatic substance in sacred space-clearing across history — burned in Egyptian, Catholic, Hindu, Buddhist, and Islamic sacred spaces for millennia. Contains incensole acetate, which activates ion channels in the brain reducing anxiety and depression. Deepens breathing, quiets the analytical mind, and creates the characteristic quality of sacredness. The single most powerful oil for transitioning a space from ordinary to sacred.

**Use:** Diffuse 4–6 drops before any ritual, meditation, or ceremonial cleansing. Apply diluted to doorframes and windowsills in a spray. Combine with myrrh for maximum sacred atmosphere.

### Tea Tree (*Melaleuca alternifolia*)

One of the most clinically validated antimicrobial essential oils. Broad-spectrum efficacy against bacteria, fungi, and viruses — including antibiotic-resistant organisms. Provides real, documented air purification in the physical sense. After illness, conflict, or any situation where both energetic and physical cleansing is needed, tea tree is the most practically grounded choice.

**Use:** Diffuse 5–8 drops after illness or conflict. Combine with lemon for a powerful purifying diffuser blend. Add to salt sprays for surface and threshold cleaning.

### Eucalyptus (*Eucalyptus globulus / radiata*)

High in 1,8-cineole — the same compound that makes white sage antimicrobial. Strongly expectorant, antimicrobial, and mentally clarifying. The sensation of breathing eucalyptus-diffused air is itself a felt experience of clearing. Its sharp, bright quality cuts through staleness, both physically (it genuinely reduces airborne pathogens) and atmospherically.

**Use:** Diffuse after illness or in spaces that feel stale and stagnant. Combine with lemon for a powerful clearing blend. Excellent in the bathroom and kitchen. Add to salt sprays for surface cleansing.

### Lemon (*Citrus limon*)

The most effective citrus oil for air purification — high limonene content with documented antifungal and antibacterial properties. The bright, sharp quality creates an immediate sense of freshness and renewal in any space. Research has confirmed lemon oil's capacity to reduce surface bacteria and improve cognitive performance in the environment where it is diffused.

**Use:** Diffuse in workspaces for clarity and freshness. Combine with tea tree and eucalyptus for a maximum purifying blend. Excellent in kitchens and entrance halls.

### **Lemongrass (*Cymbopogon citratus*)**

High citral content gives lemongrass a sharp, penetrating quality that cuts through energetic stagnation with particular effectiveness. It is one of the most powerful space-clearing oils — more assertive than lemon, less clinical than eucalyptus. Used in Ayurvedic and Southeast Asian cleansing traditions for centuries. Excellent after arguments or periods of emotional heaviness.

**Use:** Diffuse when a space feels energetically heavy or stuck. Use in a spray blend after arguments. Combine with frankincense for a clearing blend that also consecrates.

### **Cedarwood (*Cedrus atlantica / deodara*)**

Cedarwood has been used for purification and protection since antiquity — Solomon's Temple was built from cedar for its sacred quality. Its deep, woody, slightly camphoraceous aroma creates a quality of groundedness and protection that makes it ideal for establishing a clean, stable energetic baseline in a space. Particularly effective in bedrooms and workspaces.

**Use:** Diffuse as a daily maintenance oil to maintain a grounded, clear space. Combine with frankincense for a sacred protective blend. Apply diluted to threshold areas.

### **Clary Sage (*Salvia sclarea*)**

A more accessible and legally unambiguous companion to white sage. Clary sage carries similar mood-elevating and mentally clarifying properties — its linalyl acetate content produces a distinctly clearing, slightly euphoric quality. It does not have the same cultural significance as white sage, but as a plant-based aromatic cleanser it is both effective and ethically straightforward to use.

**Use:** Diffuse as an alternative to burning white sage — particularly appropriate in spaces where smoke is impractical. Combine with lemon for a bright, clear purifying blend.

### **Universal Cleansing Spray Recipe**

Universal Cleansing Spray: Combine in a 100ml glass spray bottle — 90ml distilled water · 1 tsp fine sea salt (dissolved) · 10 drops frankincense · 8 drops lemon · 6 drops eucalyptus · 4 drops tea tree. Shake before each use. Spray through rooms, across doorframes, and around your personal energy field. This blend covers sacred consecration (frankincense), physical antimicrobial action (tea tree, eucalyptus), and mental clarity (lemon).

## SACREDBREATH

# Intentional Breath Cleansing

*The most portable and always-available purification tool*

The breath is the only purification tool that requires nothing external and is available in every moment. Conscious, intentional breathing used specifically for energetic clearing operates through the same olfactory-limbic pathway as aromatic cleansing — and through the well-documented physiological effects of controlled breathing on the nervous system. It is the most personal and the most immediate of the cleansing methods, and the most effective for clearing the personal energy field rather than a physical space.



## Practices

### 01 Clearing exhale

Sit comfortably. Inhale deeply through the nose, drawing breath all the way into the belly. Visualise the inhale filling you with clear, luminous light. On the exhale — through the mouth, forcefully — visualise releasing all accumulated tension, stagnation, and heaviness. Repeat seven times with full presence. This is the simplest and most immediate form of personal energy clearing.

### 02 Breath of Fire (Kapalabhati)

Rapid, rhythmic diaphragmatic breathing — sharp exhales through the nose, passive inhales. 30–60 pumps, followed by a deep inhalation and hold. The physical effect is immediate: the body is flooded with oxygen, CO<sub>2</sub> levels drop, and the resulting physiological shift produces a clear, energised, alert state. Many practitioners report a felt sense of having been scoured clean after Kapalabhati. See the Breathwork Guide for full instructions.

### 03 Alternate nostril (Nadi Shodhana)

The most balancing breath practice. Used before energy cleansing work to clear and balance the practitioner before they begin clearing a space. A practitioner who is themselves scattered or heavily energised will work less effectively. Five to ten minutes of alternate nostril breathing before space clearing produces noticeably better results.

### 04 Intentional sighing

The physiological sigh — double inhale through the nose, long slow exhale through the mouth — is the most rapidly effective method for shifting the nervous system from activated to calm. Use whenever you feel overwhelmed by the energy of a space before beginning cleansing work. Stanford's 2023 research confirmed this produces the fastest measurable reduction in anxiety of any breathwork technique studied.

◆ **Companion tools:** Frankincense or eucalyptus diffused during breath cleansing amplifies both the physical and energetic effects through simultaneous olfactory engagement.

## SACRED WATER

# Water Cleansing

*The universal solvent — for space, body, and energetic field*

Water is the universal solvent and the universal symbol of purification across every major spiritual tradition. Baptism, mikvah, ablution, ritual bathing before prayer, the holy water of Catholic and Hindu traditions, the ritual washing of Shinto practice, the sacred rivers of India — water cleanses in the physical and the symbolic dimension simultaneously. The human body is approximately 60% water; the Earth's surface is 71% water. Our relationship to water as a cleansing force is not metaphorical — it is foundational.



## Practices

### 01 Ritual bathing

The most effective method for personal energy field cleansing. Draw a warm bath. Add: a cup of sea salt (to dissolve and draw out absorbed energy), 6–8 drops of essential oils in a carrier (frankincense, lavender, or eucalyptus for deep cleansing; rose or geranium for heart clearing). Light a candle. Set a clear intention as you enter. Soak for 20 minutes. The combination of heat, salt, aromatics, and intention creates a complete reset of the personal energy field. Particularly valuable after emotionally exhausting events or prolonged periods in draining environments.

### 02 Cold shower or immersion

Cold water immersion has well-documented physiological effects — activating the sympathetic nervous system briefly, followed by a powerful parasympathetic rebound. From an energetic standpoint, cold water is considered the most immediate method for clearing the personal aura — many indigenous traditions use cold water immersion for exactly this purpose. Even a final 30-second cold rinse at the end of a shower creates a distinct felt sense of energetic clearing.

### 03 Moon water spray

Moon water (water charged overnight in moonlight) used in a spray bottle throughout a space carries the purifying and amplifying quality of lunar energy. Particularly effective when combined with a few drops of frankincense or rose essential oil. Use after smoke cleansing to seal and complete the process.

### 04 Florida water

Florida water — an alcohol-based cologne containing citrus, lavender, and clove — has been used in Afro-Caribbean, Hoodoo, and Latin American spiritual traditions for over 200 years for purification, protection, and spiritual communication. Applied to the hands and face, or sprayed through a space, it is one of the most tradition-rich water-based cleansing preparations available.

### 05 Rose water

Distilled rose water has been used for purification in Persian, Ottoman, Indian, and European traditions for centuries. It carries the heart-opening, love-attracting quality of rose combined with the purifying quality of distilled water. Spray through spaces after clearing to invite warm, loving energy in, or use on the face and hands as a personal field refresher.

◆ **Companion tools:** Rose or jasmine essential oil added to ritual bath water deepens the heart-clearing quality. Sea salt from the Alchemy Wares collection combined with frankincense oil creates the optimal clearing bath blend.

# Full Home Energy Cleanse — Step by Step

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A complete home cleanse combines smoke, sound, salt, and intention in a structured sequence. Allow 30–60 minutes for a thorough practice. The most effective timing is at a new moon, before moving in, or after a significant emotional event.

## 01 Prepare yourself first

Before cleansing a space, cleanse yourself. Take a shower or at minimum wash your hands and face with intention. Do five minutes of alternate nostril breathing or simply stand barefoot on the earth for a minute. You are the instrument through which the cleansing flows — your own clarity matters.

## 02 Gather your tools

Sage or Palo Santo (or both) · A fireproof bowl or abalone shell · Matches · Salt (for corners and thresholds) · Selenite and black tourmaline (for placement after) · Your chosen essential oil blend or spray · A candle (white for clarity, or your chosen colour)

## 03 Declutter physically first

Physical clutter and energetic stagnation reinforce each other. You do not need to deep-clean, but clearing obvious physical disorder before you begin makes the energetic cleanse significantly more effective.

## 04 Open all windows and doors

Create pathways for the energy to exit. Every window and interior door should be open, allowing fresh air and smoke to move freely through the entire space.

## 05 Begin with sound

Ring a bell or clap sharply through each corner of every room. Move clockwise. The sound disrupts and begins to loosen stagnant energy before the smoke arrives.

## 06 Light your smoke

Begin at the front door. Light your sage or Palo Santo, allow it to settle into a gentle smoke, and move clockwise through the entire space. Spend extra time in corners, behind doors, in wardrobes, and in the bathroom. Speak or think your intention as you move: 'I release all energy that does not belong here. Only what serves this space and its inhabitants may remain.'

## 07 Salt the corners

After completing the smoke circuit, place small amounts of sea salt in each corner of the main living areas. These will remain for 24–48 hours before disposal.

## 08 Place your protective crystals

Set selenite in corners and on windowsills. Place black tourmaline at the four corners of the space and at the front door. Set any crystal grid you wish to maintain.

## 09 Diffuse your oils

Diffuse frankincense, or your chosen purifying blend, through the space for 30–60 minutes to complete the cleansing atmosphere and consecrate the cleared energy.

## **10**      **Set your intention for the space**

Stand in the centre of the main room. Close your eyes. Breathe slowly. Speak clearly what you are welcoming into this space: peace, love, clarity, abundance, creativity — whatever is most true for you now. The cleanse is not complete until the space has been given a new intention to hold.

## **11**      **Light your candle**

Close the ritual by lighting a candle and sitting quietly for several minutes. The ritual is not the doing — it is the quality of presence throughout. Finish with gratitude.

*"A clean space is not merely an absence of dust. It is a field of possibility, consciously prepared."*

THE ALCHEMY WARES COLLECTION

# Everything You Need to Cleanse and Consecrate

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The Alchemy Wares energy cleansing collection has been assembled to support every method described in this guide — from sacred smoke and crystal protection to essential oil sprays and ritual tools. Every product has been selected for quality, ethical sourcing, and genuine practical effectiveness.

## Sage and Smudging

The foundation of smoke cleansing practice. White sage, cedar and white sage, dragon's blood and white sage, eucalyptus and white sage, pirul, purple sinuata, yellow sinuata, and seven chakra varieties — each with a distinct aromatic quality and cleansing purpose. All ethically sourced. Palo Santo natural sticks are also available, harvested from naturally fallen trees after the required aging period. The full range supports every stage of the smoke cleansing protocol.

[alchemywares.com/category/sage/](https://alchemywares.com/category/sage/)

## Incense

Frankincense, Nag Champa, sandalwood, and Ayurvedic seven-chakra blends for consecrating a space after physical smoke cleansing. The ceremonial quality of burning incense — particularly frankincense — completes the shift from cleared to sacred that every cleansing practice aims toward. Excellent combined with crystal placement for a complete energetic reset.

[alchemywares.com/category/incense/](https://alchemywares.com/category/incense/)

## Essential Oils

Frankincense, tea tree, eucalyptus, lemon, lemongrass, cedarwood, and clary sage — all profiled in this guide as cleansing oils. Available individually or in combinations. Use in the Universal Cleansing Spray recipe, in diffusers, or diluted for threshold anointing. The smoke-free alternative for spaces where burning is not practical.

[alchemywares.com/category/oils/](https://alchemywares.com/category/oils/)

## Crystals

Selenite wands and plates, black tourmaline pieces, clear quartz clusters, and amethyst — the essential crystal toolkit for space protection and cleansing. Selenite charging plates allow all your other crystals to be cleansed overnight. Black tourmaline at four corners and the front door provides continuous protective maintenance between full cleansing sessions.

[alchemywares.com/category/crystal/](https://alchemywares.com/category/crystal/)

## Ritual Kits

Curated sets combining the essential tools for a complete cleansing practice. Ideal as a starting point for new practitioners, or as a gift for someone moving into a new home, beginning a new chapter, or simply ready to take their energetic environment seriously.

[alchemywares.com/product-category/ritual-kits/](https://alchemywares.com/product-category/ritual-kits/)



*Explore the complete cleansing collection at [alchemywares.com](https://alchemywares.com)*

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*Ethically sourced · Sustainably harvested · UK delivery · Ritual tools for the modern mystic · [alchemywares.com](https://alchemywares.com)*