



“Spiritual Hygiene & Protection for Everyone”

By Kate Deeks

OPEN

BOUNDARIES: Define boundaries and how they are essential in all realms. Opening and closing when working with spirit, how to assert your will, and how to build protection

CLEANSING: how to remove traces of unwanted energy using baths, tools, and mental conjuring

SHIELDING: using the above and adding force of spirit guides/ancestors to stand strong

REMOVAL: cutting ties, how to investigate deeper attachments and where to go from there

Resources

CLOSE