**Guide to Personal Energetic Cleansing + Ritual Bathing**

***Or alternatively, The (Very) Venus in Virgo Protocol   
for the Establishment of Energetic Sovereignty.***

What follows is the streamlined “follow along” version of the procedure described in further   
detail at [sphereandsundry.com/cleansing](http://sphereandsundry.com/cleansing). It is presented in Word format so you can make your own alterations to the prayer language and any other changes you see fit. This version utilizes prayers to Asclepius, because he is a most excellent Patron of such a Rite.

Please perform this process faithfully the first few times to get a sense of its potency and benefits.

1. **Clean the theater of Ritual Operation** (bathroom, bath tub, bed linens, towel)
2. **Cleanse the Physical Vessel** (before, but same day): wash, trim and clean under the nails, use a pumice stone on the feet, perform a full-body exfoliation, shave and cut hair if desired.
3. **Gather all ritual ingredients and tools**, readying them for the procedure (on counter: Incense/ Burner, lighter, Scrapey, Bell and Asclepius or Deneb Algedi Oil if using | beside bathtub: Salts, opened Beer/ Hydrogen Peroxide/ Bluing/ &c., Pitcher)
4. **Initiate the Ritual,** remove clothing
5. **Begin running the bath water**
6. **Light the Incense**, **pray, fumigate** and optionally anoint Scraping + Shattering tools:  
     
   *O, Spirit of Fire, who burns Away that which does not serve, priming for Renewal and New Life! Asclepius, Divine Physician! I baptize these tools in your Holy Smoke. I pray you empower them to sever any energetic connections between Myself and Others that do not contribute to my Good Health, Wellbeing, and Sovereignty. Cleanse these implements of any and all negative energies with this Blessed Fumigation. Cleanse my vessel and auric body of any and all energies and attachments I am better Liberated from. Transmute and burn away all which is not mine, ensuring absolute Restoration of Selfhood. For this, I am Grateful!*
7. **Smoke Bathe the body entire**, including tongue, throat, ears, and hair (be extra   
   thorough around the erotic zones and areas of perceived stuck energy)
8. **Shatter energies with the bell** (top to bottom, front and back, under the feet)
9. **Cut cords with the Scrapey or Ritual Knife** (long, deliberate strokes, whole body — front and back, around the ears, tongue, and throat, under the arms, between legs, under feet, &c.)
10. **Pray over the Water**:*O, Spirit of Water, who makes Clean and Washes Away! Awaken and Empower this Bath to Cleanse the entirety of my Being — my Heart, Mind, Body, and Spirit.   
    Make me Newly Born, wholly Refreshed, and Pure, for I am most Thankful,   
    and turn to you in sincere need of Purification.*
11. **Pray over the Salts** and **add them to the Bath**:*O, Spirit of Salt, you who Purifies and Preserves! Who Absorbs all negativity and Protects! I pray you Empower this Bath to remove from the entirety of my Being — my Heart, Mind, Body, and Spirit, all which does not serve. I ask that you strip anything and everything impeding my Healthy and Sovereign Existence. Praise be.*
12. Use your hand to **stir the water in the same circular direction** until the Salts have fully dissolved, continuing to pray, even mentally, for your intended purpose
13. **Add any other ingredients** by praying and stirring, one at a time
14. If desired, trace sigils or symbols into the water
15. **Get inside the bath**, even if it is not already completely full. The water can be turned off at any time.
16. **Soak** for a minute or two before dunking your whole head under the water, wetting the hair and face
17. **Continue** **soaking for at least 5-10 minutes** or longer
18. **Fill the pitcher with bath water** as you sit or lean back, and **begin at the top of the head**, pouring it back from the hairline, as if you were baptizing yourself or rinsing a child’s hair. Be sure the water runs down the scalp and where the neck and skull meet in addition to the hair itself.
19. **Refill the pitcher and pour over each area 3+ times** before moving on to the next, however much feels right.
20. **Trickle water gently over the front of the face, over the lips, and over the ears**.
21. Pour water down the **front and back of the chest**
22. Run water down the **arms and under the arms**, starting at the shoulders and working down to the hands
23. Pour water over the front and back of the hands and between the fingers
24. **Stand up and continue pouring water down the rest of the body, being sure it runs over the genitals and between the buttocks**
25. Pour down the **legs** and (without falling over, only if you can safely achieve this!) the **ankles, tops, and bottoms of the feet**
26. Go back to the top of the head and begin pouring water so that it **runs down the whole of the body** instead of smaller isolated sections, and work your way down again.
27. You may wish to continue soaking and repeat the pitcher process as you are called, or this can be the end of the bath
28. **Begin draining the tub**, saying even a short prayer of gratitude for the Powers, elements, and tools who aided and blessed you
29. **Rinse if you wish** (depending on how much salt you used, it may be itchy not to)
30. **Air or towel dry**
31. Move to the bed chamber or altar/ working/ spirit room for the final blessing
32. **Adorn fresh clothes**, color coded to your objectives
33. Perform a final anointing with the Oil of your choice and a concluding prayer, such as the Orphic Hymn to Asclepius or Psalm 23:

*The Lord is my shepherd; I shall not want.*

*He maketh me to lie down in green pastures: he leadeth me beside the still waters.*

*He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.*

*Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.*

*Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.*

*Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.*

**Materials Checklist**

**Required**

* **Incense Burner** for smoke bathing (preferably with a handle)
* **Incense of your choice** (Asclepius is my go-to for this, but frankincense or energy clearing herbs are also good. If you do not have a burner, sub with a stick or bundle)
* **Energetic Scrapey Tool** (a ritual knife will do, iron or steel is best)
* **Bath Salts** (Asclepius, Deneb Algedi, Jupiter, Sea Salt, Himalayan, &c. — not only epsom)
* **Ritual Anointing Oil** (Asclepius, Deneb Algedi, Venus, Luminous Crown, your own, &c.)
* **Large Plastic Pitcher**
* **Clean towel + clothing** to change into following
* **Lighter**

**Optional**

* Beer, 3% Hydrogen Peroxide, or Bluing
* Herbs or other ingredients of your choice, per your objectives
* Ash (as a bed for the incense) + charcoal (if needed to light it)
* Exfoliating Glove or other exfoliant
* Pumice stone
* Nail clippers
* Scissors
* Razor
* Bell
* Candle(s)