



EPISODE ONE: EXPELLING MALEFIC ATTACHMENTS

Rejuvenating Bath Salts

This is my recipe for purification by water bath salts. It also happens to work wonders on aching muscles. Great for unwinding and relaxing, especially for someone who has worked hard at physical or mental labor all day. Use in a bath after active sports activity (or intense high magic and psychic work). This bath salt recipe will energetically detoxify and clear the aura. Metaphysicians, of course, will love this recipe for psychic cleansing, but I've found that athletes, laborers, and those who work in stressful professional environments also swear by this rejuvenating bath salt mixture.

- 1 cup Epsom salt
- 1 cup baking soda
- 10 drops sandalwood essential oil
- 10 drops bergamot essential oil
- 10 drops frankincense essential oil

Combine all of the listed ingredients together. Ingredients are for single use in one full bathtub.

Optional Steps:

Plunge the tip of a wand into the center of the salts and recite:

“I call upon the one Divinity, the Holy Spirit with many names, to consecrate these salts and whosoever bathes in these salts shall be cleansed and purified, pain and aches leaving the body and shed into the water, troubles and discomforts leaving the mind and spirit, shed into the water, and the spirit sanctified. By the powers vested in me, it is so ordered.”

Once bathwater has been drawn up, light a single pillar white candle or a red candle (in Taoist traditions, red is often used). Before adding the salts to the bath, as you light the candle, recite:

“I call upon the one Divinity, the Holy Spirit with many names, to consecrate this bath water and whosoever bathes in here shall be cleansed and purified, pain and aches leaving the body and shed into the water, troubles and discomforts leaving the mind and spirit, shed into the water, drained away when I drain the bath, and the spirit sanctified. By the powers vested in me, it is so ordered.”

Then add the consecrated salts into the consecrated bath water.

Unwind and relax in the bath for at least 30 minutes. Visualize and feel the body being cleansed, the spirit being cleansed, and all aches, pain, worries, stress, and troubles leaving you and washed into the water.

Ingredients as listed are for single use in one full bathtub.

Per discussion in Episode 1, take a purification bath three times during the fifteen-day expulsion period. The first is on the full moon; the second is on the third quarter moon; and the final is the dark moon, or eve before the new moon.



Note: This is a potent concentration of essential oils. It's powerful for healing, but those with hypersensitive skin could find the concentration to be irritating. Know yourself, know your skin, and reduce the drops of essential oil if you anticipate that the concentration will be too strong for you.