

Daily Spiritual Hygiene Flow (Quick List)

You cleanse your body — now cleanse your energy.

Spiritual hygiene isn't a full moon luxury or a vibe trend. It's basic maintenance.

This list is for real life: messy mornings, heavy energy, and days when you don't want to try but need to **not lose your mind**.

Do what fits. Leave the rest. But do something.

■ *Morning*

- Call your energy back (even in bed): “All energy that belongs to me — come back cleansed and clear.”
- Ground — feet flat on floor or visual root into the earth
- Quick shield: “I seal my field. No access without permission.”
- Wash hands or face with intention: “Wash it off. Reset. Begin again.”

■ ■ *Midday Recenter (2–5 min)*

- Step outside or open a window
- Shake your arms or legs
- Breathe in for 4, hold for 4, out for 4 (repeat 3x)
- Say: “I release what's not mine. I reclaim my calm.”

■ *Night*

- Cut energetic cords: swipe arms down, say: “Anything not mine — leave now.”
- Salt water rinse (hands, face, or feet)
- Return to self: “I come back to me. I close the day. I call my power home.”
- Visual: wrap yourself in light, cloak, fire — whatever feels like “sealed and safe”

■ *Daily Reminder:*

“My energy is sacred. I don't owe access to anyone. Not even their thoughts.”