

Water Rituals for Emotional Clearing

Emotions are energy in motion. When you hold them in too long, they rot in your body.

Water knows how to carry. Water knows how to cleanse.

You don't need a fancy bath setup or spa treatment. You need to **move the energy** through your system before it calcifies into pain or patterns.

QUICK DAILY OPTIONS

- Cold water to the wrists — run your hands under cold water and say: “I release what I don’t need. I return to myself.”
- Crying in the shower — don’t wipe the tears. Let water join water.
- Face splash release — splash your face 3 times with intention: “Cleanse. Reset. Reclaim.”
- Saltwater foot soak — add salt to a basin, submerge feet, speak your release.

FULL EMOTIONAL CLEANSING RITUAL

What you’ll need:

- A quiet moment (even 10 minutes)
- A bowl or tub of water
- Salt (any kind)
- Optional: herbs like rosemary, mint, or lavender

STEPS:

- Speak your truth aloud: “I’m holding sadness / rage / grief / numbness — and I’m ready to let it move.”
- Add salt to water: Let it dissolve. Place hands over the bowl or sit in the bath.
- Breathe and stir the water slowly with fingers (or body): Visualize your emotion entering the water without judgment.
- Say: “I give this to the water. May it take what I no longer need.”
- Pour the water outside or down the drain with full awareness. As it goes, say: “It’s not mine to hold anymore.”

JOURNAL PROMPT:

“What emotion has been living in my body — and what is it trying to say before it leaves?”