

Spiritual Hygiene

Beyond Sage, Salt + Smoke

Bonus Lesson for the Oracle in Action Collective

Let's be real — spiritual hygiene gets tossed around like a trendy buzzword, often reduced to sage smudging, salt baths, and saying “no.”

While those tools are absolutely powerful, true spiritual hygiene is deeper.

It's sacred maintenance of your energetic ecosystem — a daily devotion to your own clarity, vitality, and power.

Here's what it really means to clean up your spiritual hygiene:



Energetic Discernment

You don't need to protect your energy if you're already selective about where it flows.

Ask yourself:

- Am I leaking energy into people, places, or patterns that no longer align?
- Do I know the difference between intuition and obligation?

Discernment is your built-in boundary. When you honor it, you don't need to defend your energy — you direct it.



Emotional Integration

Unprocessed emotions can gunk up your field faster than any psychic attack.

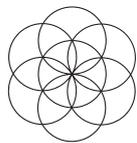
Clean spiritual hygiene means:

- Feeling your feelings without shame
- Not bypassing the mess for the sake of “high vibes only”
- Letting emotions move through you, not get stuck in you

Salt can clear your aura — but shadow work clears your patterns.

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Energetic Reconnection

True hygiene isn't just about clearing — it's about reconnection.

- Reconnection to Self through meditation, breathwork, or stillness
- Reconnection to Source through prayer, ritual, or communion with nature
- Reconnection to your why — your sacred reason for showing up energetically aligned

Think of this as plugging back into your spiritual power grid.

Spiritual Self-Accountability

This isn't about blaming yourself for bad vibes. It's about being responsible for your resonance.

- Are you tending to your nervous system as much as your crystal collection?
- Are you making choices from alignment or autopilot?
- Are you allowing space for rest and recalibration?

Real spiritual hygiene is choosing yourself — over and over again.

Mantra:

"My energy is sacred. I cleanse, connect, and choose what I carry — with clarity, not fear."



