

A person with long, dark, wavy hair is seen from the back, looking up at a dark blue night sky filled with numerous small, bright stars. The person's hair and the top of their head are visible in the lower half of the frame, silhouetted against the starry background.

Cleanse

A community zine on energetic boundaries,
cleansing space + spirit & protecting your energy.

www.carmellelauren.com

A COMMUNITY ZINE

CLEANSE

One day I asked my community: What ways do you as a practitioner or sensitive person, practice energetic boundaries? How do you you clear unwanted energies from your home, work space & self? How do you protect your energy while still remaining open hearted to the world?

These are their responses.....

BURNING YARROW

QI GONG

jumping in the ocean //

taking salt baths

putting on my "space suit" and leaving it at work

VISUALIZING A STRONG FEILD/AURA
DANCE/MOVEMENT

smoke clearing

showers and washing

QI GONG

MALACHITE

HAWTHORN

exercise

*SMUDGING WITH SMOKE MEDICINE IN
THE MORNING & WHEN NEEDED*

WALK THROUGH THE
FOREST AND JUST
LISTEN TO THE SOUNDS
NO PEOPLE

*turn off notifications on phone // only check phone
when you can handle it*

*HAVING A PROTECTIVE GROUNDING
STONE OR JEWELRY TO CONNECT TO*

....

READING THE
ALCHEMIST

RITUAL. MEDITATIONS.

VISUALIZATION OF
PROTECTIVE &
CLEANSING LIGHT
AROUND ME

herbs like yarrow

*ANIMAL PROTECTORS
(THAT ARE SHAPE SHIFTING
ANCESTORS)*

*visualizing my highest self & then showing up as
her*

...

GIVE IT TO THE
OCEAN

MAKING AN OFFERING &
ASKING THE ANCESTORS
TO CLEAR IT FOR ME

*sending whatever isn't mine back down to the earth
through my feet*

psychedelics

*LETTING THE CEDARS AND TREE
BRANCHES BRUSH ME AS I WALK
THROUGH THE FOREST*

SOMATIC PRACTICES
THAT HELP ME FEEL MY
"NO"

lots of sleep & rest

*TAKING HERBAL TINCTURES FOR
BOUNDARIES BEFORE WORKING WITH
CLIENTS*

here is some space to write your own:

*& MAY THE COLLECTIVE CIRCLE BE
CAST AROUND US ALL. BLESSED BE.*