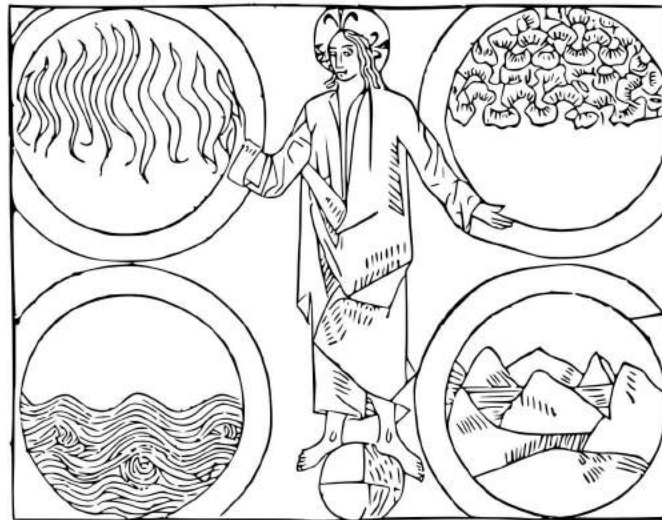


Elemental Protection

Cleanse the energies at home and bring extra protection with the alchemical power of salt.



- Coarse salt

(sea salt, Epsom salt, or others)

- Broom

1. Sweep the floor with a regular broom, so that it's physically clean before doing the spiritual cleanse.

2. Take a handful of coarse salt and place it on the floor.

3. Use the broom to carry the salt and sweep it all over the room, as you repeat the following chant:

*"As I sweep these crystals with my broom,
I send all spirits out of this room."*

4. Finally, collect all the salt and throw it in the toilet bowl, asking that the Water takes away all negativity that has entered the home.