

Post-Ceremony Practices for Energetic Clearing

Energetic clearing is one of the most **overlooked** yet **essential** post-ceremony practices. After an entheogenic experience, your energetic field is **wide open**, and it's important to **release what isn't yours**, restore your boundaries, and come back into **centered alignment**.

Here's a complete guide to:

Post-Ceremony Practices for Energetic Clearing

— *Cleanse, Seal, and Realign Your Subtle Body*

Why Energetic Clearing Matters

During ceremony, you may absorb:

- Collective emotional energy
- Residue from difficult visions
- Emotions from others in the space
- Spiritual or ancestral energies
- Open psychic/empathic channels

Even beautiful ceremonies can leave you **sensitive**, **drained**, or **disoriented** if energy is not cleared and grounded.

"You wouldn't walk barefoot through the forest and not wash your feet. Do the same for your energy."

Core Phases of Post-Ceremony Energetic Hygiene

1. **Clear** → Remove stagnant, heavy, or foreign energy
2. **Seal** → Close the "gateways" that were opened
3. **Restore** → Refill with your own presence, light, and protection

1. Energetic Clearing Rituals

Use any of the following within 24–72 hours after ceremony:

Salt Bath (or Shower Scrub)

- Add 1–2 cups of **Epsom salt** or **sea salt**
- Optional: lavender, rosemary, or sage oil
- Scrub your skin while **intending to release residue**
- Say:
"I release all energy that is not mine. I return to myself fully."

Smoke Cleanse (Smudging)

- Use sacred herbs: **sage, palo santo, mugwort, copal, or cedar**
- Move smoke around your body — head to feet
- Optional: call in support from guides or ancestors
- Say:
"I cleanse my field with sacred smoke. I am whole and clear."

Breath + Visualization

- Inhale deeply, then exhale **with intention to release**
- Visualize a **white or violet light** moving through your body
- See it **pushing out** anything that doesn't belong
- Final breath: inhale **your own energy** back into your heart

2. Energetic Sealing Practices

After clearing, **seal your field** to avoid leaks or further overwhelm.

Aura Sealing Visualization:

- Imagine a **golden or white light** surrounding your body.
- With each breath, it becomes thicker, warmer, and more stable.
- Whisper or think:
"I call my energy back. I am sealed in sovereign light."

Energy Bubble Exercise:

- Envision a soft, elastic **bubble or dome** around you.
- Let it pulse gently with your breath.
- Say:
"Only love may enter. Only truth may remain."

Crystals & Objects for Sealing:

- Wear or hold: **black tourmaline, obsidian, hematite, or amethyst**
- Carry a **protection talisman** or grounding stone for 7 days after ceremony

3. Restore: Reclaiming Your Center

Call Your Energy Back:

Say out loud (or write):

"I call back all parts of myself across time, space, and dimension. I release all that is not mine. I reclaim my full presence now."

Repeat this **daily for 3–7 days**, especially if you feel scattered or emotionally raw.

Nourish & Ground:

- Eat **root vegetables**, bone broth, or whole grains
- Get **barefoot on the Earth** (especially in morning sunlight)
- Wrap yourself in a blanket and rest
- Drink herbal teas: **nettle, chamomile, ashwagandha, lemon balm**

Sleep Ritual:

Before sleep, place one hand on your heart and one on your belly.

Say:

“I am safe to rest. I allow all energy to integrate with love and ease.”

You may also place a grounding crystal under your pillow (e.g. smoky quartz or hematite).

Suggested Daily Ritual (5–10 min)

1. Breathe deeply
2. Visualize white or golden light cleansing your body
3. Call back your energy
4. Seal your field with light
5. Give thanks

Consistency is more important than complexity.

Final Reminder

“Integration is not just emotional or mental — it’s energetic.”

If you feel heavy, foggy, anxious, or disconnected after ceremony, it may not be “you” — it may just be **residue**.

Clear it, seal it, return to your sovereignty.