

# HOME CLEANSING INSTRUCTIONS

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## BEST HOME CLEANSING PLAN

*Cleanse, bless, smudge, bless*

- 1) Use 4 Thieves Vinegar to disinfectant (follow instructions).
- 2) Use Chinese Wash to bless (follow instructions).
- 3) Smudge with sage, cedar, sweetgrass, palo santo, or Witch's Broom (follow instructions).
- 4) Light a candle of your favorite color and burn an incense to bless the area.



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## SMUDGING YOUR HOME

Open all windows and doors. If you have a multiple-story house, start at the highest point. Light your sage stick or smudge mix. Move the smoke around all rooms of the house. See the smoke cleansing the rooms and pushing out negative or baneful energy. Pay attention to corners, closets, the shower area, and passages into and out of your house. Don't forget dryer and heating vents. When you have smudged the entire house, use salt, cascarilla, black salt, or brick dust to create a protective barrier at your thresholds. Close your doors and windows as desired. If you wish, light a candle and some incense and place it in the "heart" of your home to bless your home. Follow with Four Thieves Vinegar and Chinese Wash if needed.



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## 4 THIEVES VINEGAR

4 Thieves Vinegar is a disinfectant that is used similarly to a smudge stick to clear away negativity and obstacles to success.

### HOW TO USE

Pour a stream of 4 Thieves Vinegar in the shape of a cross (solar cross for 4 elements or Christian cross for Christ's blessings) onto a new, unused sponge. Use it to wipe down surfaces such as door jambs, thresholds, doors, cabinets, and shelves. You can even put a tablespoon into your mop water to mop floors. As you wipe the surface, envision that you are disinfecting and banishing all evil, negativity, obstruction, and interference from the area. For best results, follow with Chinese Wash (same sponge is fine).



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## CHINESE WASH

Chinese Wash is used to wash away obstacles to success and draw in good fortune, opportunity, and happiness. It works best when used immediately after a cleansing by 4 Thieves Vinegar, same sponge is OK.

### HOW TO USE

Pour a stream of Chinese Wash in the shape of a cross (solar cross for 4 elements or Christian cross for Christ's blessings) onto a new, unused sponge. Use it to wipe down surfaces such as door jambs, thresholds, doors, cabinets, and shelves. You can even put a tablespoon into your mop water to mop floors. As you wipe the surface, envision that you are clearing away obstacles and instilling blessings and opportunity.

