



Remove Blockages

Full Moon Room Spray

Suggested Ingredients

Rosemary - Memory recall. Said to assist with coming back into your power (remembering who you are).

Black Pepper - Said to remove heavy energies. Helps with releasing what no longer serves you.

Sage - Cleanses and purifies. Parsley would be a good alternative for this symbolism if you don't have sage.

Sesame Seeds - Reveal hidden truths. There's a reason you'll hear 'open sesame' when someone is trying to open a lock

Lemon - Shine light on your shadows and what might be holding you back. It also raises the overall vibrations of a space and assists with cleansing energy.

How To Make

Step 1: Place your ingredients into a glass container that has a lid.

Step 2: Add water

Step 3: Put lid on & place glass jar in a windowsill or if you have a safe space to leave it outside you can put it directly under the moonlight

Step 4: Let sit overnight or for a few hours. Bring inside or take out of windowsill before sunrise

Step 5: Strain solids and put liquid into a spray bottle

Step 6: Spray your space while setting your intentions. If you're going to spray your drapes or bedding please do a test area first to make sure nothing will stain.



Setting Intentions

I know when I first started my spiritual journey hearing 'set your intentions' was extremely frustrating for me. What does that mean? How do you 'set intentions'? Do I just repeat words? How am I supposed to visualize if I can't 'see' things?

Setting intentions and learning to connect is probably the most difficult part of a spiritual journey – because there's no step by step process. Even with meditations and visualizations if you're not at a level in your journey to experience that you become frustrated.

If you're not at a point where you can practice the visualization below, don't worry. It's about intentions – the more you practice the more powerful your energy shifting becomes. Start with affirmations if that's where you're at in your journey. There is no wrong way of practicing. We all resonate differently.

Visualization

Take a few moments to center yourself before you use your room spray. Find a safe space to take a few deep breaths. Allow any passing thoughts to be just that – passing thoughts. Acknowledge them, thank them, and let them flow away. Once you're in a grounded place, grab your room spray.

As you spritz your room imagine the water droplets attaching themselves to any dark energy. Any energy that is holding you, or someone in the home, back. Any blockages, any negative thoughts, any limiting beliefs. As the water droplet attaches to the heavy energy imagine it being filled with a white light. As that white light begins to fall you watch it fade out, encasing the darkness as it heals before neutralizing.

If it helps, you can visualize the dark energy as black orbs and the spray as white orbs. When the two meet the white light absorbs the black before neutralizing and dissipating.

Affirmations

I no longer fear the darkness. I know my power. I stand in my power.

I release any thoughts, limiting beliefs, and negative energy that does not align with my Higher Self.

I am not afraid to face my shadows. I bring my darkness to light and work with it, not against it.

I let go of what no longer serves me so that I can make space for the blessings I am aligned with.

I forgive myself. I am patient with myself. I am thankful for my growth.

My thoughts do not define me. I create a better version of myself with each passing moment. I make decisions that align with my soul's purpose. I release the darkness that I once absorbed. I am free.

