



TWIN MOONS - INFORMATION SHEET

SPIRITUAL HYGIENE & CLEANSING PRACTICES

You wouldn't sit down at the dinner table with dirty hands after digging in the garden - so, why would you think your spiritual/energetic bodies deserve any less care. As we go through our daily lives, we come into contact with a variety of energies, some of which we then carry along with us (as we get dirt on our hands when we touch something "dirty"). These energies (some negative or "Bad intentioned", some neutral and some even positive or "Good Intentioned"), cling to our subtle energy bodies (Aura) and often cause "weight", blockage or even disruption which may be seen as analogous to "infection".

Spiritual or energetic hygiene practices often also relate to when we live, sleep & work - as the environments we frequent will have the greatest ongoing influence on us over time. Remember, these energies will effect how you feel, what you think, how others view you, how you interact with your surroundings, ultimately influencing the stress & fear you hold to yourself.

Spiritual Hygiene represents the set of practices, routines & activities that contribute to the health, Energetic state & well-being of us as Mind / Body / Spirit constructs such as:

- Physical Hygiene
- Auric Cleansing,
- Meditation
- Space Clearing
- Qi/Chi Morning Priming
- Qi/Chi replenishment (Dan Tien's)
- Prayer of Thanks / Walk of Gratitude

This is by no means an exhaustive list & it is not as such important that all of these Hygiene practices be undertaken/followed; however a set of Cleaning, Energising & Wellness activities should be adopted.

©Universal Copyright 2019 is authorized here. Please distribute freely as long as both the author [Sean \(Twin Moons\) Murray](#) and www.TwinMoons.Net are included as the resource and this information is distributed on a non-commercial no charge basis.



TWIN MOONS - INFORMATION SHEET

Your routine will adapt/change over time - go with what feels right & maintain an open mind/outlook to new practices or approaches.

Spiritual Hygiene - Auric Clearing

The following are effective ways of cleansing or clearing down energies from our Aura/Energy body.

1. White light clearing
2. Shower energy clearing
3. Natural grounding
4. Aura swipe & shake
5. Smudging & Smoke ceremonies
6. Chiming - Ting-Sha & Prayer Bowl
7. Flowing water visualisation
8. Breath of Life (Meditative Chi Visualisation)
9. Pillar of light visualisation
10. Chant/Sound harmonic balancing

Spiritual Hygiene - Mindset

Hygiene as it relates to ones spiritual or energetic bodies, is largely misunderstood or even rarely thought of as an ongoing requirements. Many associate clearing as an activity to be undertaken before or after some specific metaphysical activity (such as channelling or healing). This is not the case. It is influenced by ones mindset - degree of Ego & Outlook are more important than simply "what you do". Key points to consider relate to:

- Non-Judgemental mindset.
- Remaining neutral yet enthusiastic.
- Observe your behaviour (as from above) - refrain from reaction, give time to respond.
- Look for the learning in every experience.

©Universal Copyright 2019 is authorized here. Please distribute freely as long as both the author [Sean \(Twin Moons\) Murray](#) and www.TwinMoons.Net are included as the resource and this information is distributed on a non-commercial no charge basis.



TWIN MOONS - INFORMATION SHEET

Raising Spiritual Hygiene Checklist

Rate your spiritual hygiene in each of the four categories (1 being lowest, 10 the highest)

1. I keep healthy routines (rate 1-10):

One suggestion for improvement:

2. I am non-judgmental most of the time (rate 1-10):

One suggestion for improvement:

3. I regularly slow down and rise up (rate 1-10):

One suggestion for improvement:

4. I keep my spirits up daily (rate 1-10):

One suggestion for improvement:

As your world changes on the inside, the outside world changes too.

Additional information on each of these cleaning, clearing & cleansing techniques is available via the Consciousness Development workshop sessions or personal sessions.

Youtube content will shortly cover these topics - so keep an eye on the Twinmoons Channel.

In Service

©Universal Copyright 2019 is authorized here. Please distribute freely as long as both the author [Sean \(Twin Moons\) Murray](#) and www.TwinMoons.Net are included as the resource and this information is distributed on a non-commercial no charge basis.



TWIN MOONS - INFORMATION SHEET

Sean (Twin Moons)