
ROOT FIRE
METAPHYSICAL
COMPREHENSIVE COURSE
CLEARINGS AND REMOVALS

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Summary Of Course

This comprehensive course is designed to guide you through the principles and practices of energetic clearing and spiritual protection. By the end, you'll have a strong foundation in protecting your personal energy and removing unwanted influences.

CHAPTER ONE: INTRODUCTION - WHAT IS CLEARING & REMOVAL

This foundational chapter sets the stage for the entire course. We'll start with the basics, defining what energetic clearing and removal truly mean in a metaphysical context. You'll learn about the subtle energy fields that surround us, like our auras, and how they can be affected by both our environment and our emotions. We'll introduce the concept of energetic hygiene as a key to maintaining a vibrant and clear personal space.

CHAPTER TWO: SOURCES & CAUSES FOR CLEARING & REMOVAL

Before you can clear, you need to understand the "why." This chapter will help you identify the common sources of negative or stagnant energy, from the mundane, like stress from a long day, to the more intense, like psychic debris or unwanted attachments. You'll learn to recognize the telltale signs that a clearing is needed, helping you become more attuned to the energetic needs of yourself and your space.

CHAPTER THREE: SPIRITUAL HYGIENE

Just as you wash your hands to stay healthy, spiritual hygiene is a vital daily practice for your energetic health. This chapter is all about prevention and maintenance. We'll cover simple yet powerful routines, including regular smudging, salt baths, grounding exercises, and protective visualizations that help you build a strong, resilient energy field.

CHAPTER FOUR: POTENTIAL HAZARDS OF SPIRITUAL WARFARE

In this chapter, we delve into the various potential hazards you may encounter, along with an in-depth discussion on the reality of cord clearing. We aim to provide a comprehensive understanding of both the challenges and practical solutions associated with these issues.

CHAPTER FIVE: RFF, RESOURCES: TOOLS, PRAYERS & SPELLS

This chapter is your personal metaphysical toolkit. You will learn our steps to a successful Clearing and Removal, what we call the RFF, Root Fire Formula. We'll explore a variety of resources that can amplify your clearing practices, such as specific crystals, candles, and essential oils. You'll also receive a collection of pre-written prayers and spells you can use, along with guidance on how to customize or even create your own powerful incantations.

CHAPTER SIX: COACHING CALL & WORKSHEETS

This final chapter is designed to integrate everything you've learned. It includes worksheets that guide you through planning a successful clearing from start to finish. More importantly, it features a personalized coaching call with a certified instructor. This one-on-one session provides a unique opportunity for you to receive direct feedback, ask specific questions about your practice, and get guidance or answer questions about the course. It's the final step to enable you to perform your own clearings.


Chapter One
What is
Clearing and Removal

Chapter One

INTRODUCTION - WHAT IS CLEARING & REMOVAL

Welcome to the first step of your journey. In this foundational chapter, we will define the core concepts of clearing and removal. This isn't just about sweeping away bad vibes; it's a vital practice for your spiritual well-being and an essential form of maintenance for the unseen aspects of your life. It is proactively tending to your soul's landscape, ensuring it remains fertile and free of hindrances.

Think of your personal energy as a thriving garden. For it to be a place of beauty and abundance, you must actively care for it. You can't plant new seeds and expect them to flourish if the soil is full of weeds, rocks, and pests. Clearing is the process of pulling out those weeds, removing the rocks, and preparing the soil so that new, positive energy can take root and grow. It is the deliberate act of tending to your soul's landscape.

THE SUBTLE ENERGY ALL AROUND US

You may not see it with your physical eyes, but you are constantly surrounded by subtle energy, a vibrant tapestry of vibrations and frequencies. This energy is not just a New Age concept; it is the very essence of life, expressed through your own thoughts and emotions, and absorbed from your environment-a difficult conversation, a stressful workplace, or even a cluttered room. Just like dust can settle on a table, stagnant or negative energy can accumulate in your personal space and within your aura, the multi-layered energetic field that surrounds your physical body.

When this energy is left to build up, it can have a profound impact on your life. You might feel drained, stuck, or uninspired. You may find yourself with a short temper or an inability to focus, and you may even notice physical symptoms like chronic fatigue or a sense of unease. This is a sign that your energetic field is in need of attention.

THE NATURE OF ENERGETIC CONNECTIONS: ETHEREAL CORDS

A key part of understanding energetic hygiene is recognizing the connections we form with others. Whenever you have a relationship with a person, whether it's a romantic partner, a family member, or a coworker, you form an ethereal cord. These are energetic channels that facilitate the flow of love, empathy, and communication. However, when a relationship turns unhealthy, or even when one ends, these cords can

become conduits for negative energy-draining your vitality, holding you back, and keeping you entangled with the past. Clearing in this context involves consciously cutting these unhealthy cords to reclaim your power and emotional freedom.

WOUNDS IN THE ENERGETIC BODY & SPIRITUAL INHABITATION

Just as our physical body can sustain cuts and bruises, so too can our energetic body. Emotional and spiritual traumas-from a traumatic childhood event to a devastating betrayal-can leave behind wounds in our aura. These wounds are like tears in a protective shield, creating openings that make us vulnerable. We are not just susceptible to losing our own energy; these tears can allow for spiritual inhabitation, where foreign or unwanted energies find a home within our energetic body. This can manifest as unexplained mood swings, feelings of being "not yourself,", lingering sense of heaviness or full on oppression. Removal becomes a critical process here, addressing these spiritual guests directly to restore your personal sovereignty and seal the energetic wounds that allowed them entry.

WHAT IS CLEARING & REMOVAL?

Clearing: This is the foundational act of sweeping away stagnant, heavy, or unwanted energies and beings. It's a broad term that clears energy from yourself, others, pets, houses, buildings and objects. It's a conscious intention to purify the air. The goal is to reset the energetic space, creating a blank canvas.

Removal: This refers to the more focused and intentional process of actively removing negative attachments, entities, cords, or influences. This may include deeper spiritual warfare, such as the removal of hexes, binds, curses and generational curses. These are often more persistent energies that have taken up residence and may require a more specific and targeted ritual to release. This is the act of deep spiritual work, addressing the root of the energetic issue.

Together, clearing and removal form the basis of protecting spiritual health and integrity. These can be simply daily practices, or deep devotional changes of lifestyle.

Chapter Two



Sources and Causes For Clearing and Removal

Chapter Two

UNDERSTANDING THE SOURCES OF UNWANTED ENERGIES

This chapter explores the various ways we can accumulate spiritual attachments and unwanted energies as we move through life. Our spiritual bodies, much like our physical ones, are in constant interaction with the world around us. This means that we can pick up, absorb, or form connections to energies from people, places, and situations. These attachments can negatively affect our spiritual well-being, leading to feelings of being drained, off-balance, or weighed down.

Before you can effectively clear something, you must first understand what you are working with. This chapter is dedicated to the "why"-the various sources and causes of stagnant, negative, or unwanted energy. By learning to identify these triggers, you'll become more attuned to your energetic environment and better equipped to know when a clearing is needed.

SOURCES OF STAGNANT & NEGATIVE ENERGY

Energy is constantly in motion. When it becomes stagnant or negative, it's often a result of one of the following factors:

Emotional Residue: Emotions are powerful forms of energy. When we experience strong emotions like anger, fear, or sadness, their energetic imprint can linger in our personal space, our homes, and our aura. This is why you might feel an intense sense of calm in a temple or a feeling of heaviness after an argument.

Physical Clutter: The physical world is a reflection of the energetic world. Clutter, dirt, and disorganization create a low vibrational environment. They block the natural flow of energy and make it difficult for positive, fresh energy to enter a space.

Overexposure to Technology & Electromagnetic Fields (EMFs): We are constantly surrounded by technology-phones, computers, and Wi-Fi signals. While not inherently negative, prolonged exposure to these electromagnetic frequencies can disrupt your body's natural energetic rhythm, leading to feelings of anxiety, fatigue, and a "wired but tired" sensation.

The Energy of Others: We are all sponges to some degree. When you interact with people who are stressed, upset, or drained, you can unintentionally absorb their energy. This is a common experience for empaths or people in service-oriented jobs.

Psychic Debris & Attachments: This is a more intense category. Psychic debris refers to the fragmented, often unconscious thoughts and emotions of others that can attach to your energy field. Unwanted attachments or ethereal cords can also be formed, particularly in unhealthy relationships, where one person may be unintentionally draining the energy of the other. These attachments can feel like a persistent drain, as if a part of your life force is being siphoned away.

CORDS

Energetic cords are like invisible threads of energy that connect you to other people, places, or even past events. They form naturally when we have intense emotional or psychological connections with someone, but they can also form from negative interactions. For example, a cord might form with an ex-partner, a demanding boss, or a friend you've had a falling out with. While not all cords are negative, those that drain your energy or keep you bound to an unhealthy situation are prime targets for clearing. We can also be corded from entities (Human and Non human).

NEGATIVE ENERGIES FROM PEOPLE, PLACES & SITUATIONS

People: Every person carries a unique energetic field, and interactions with others can create energetic imprints or attachments on your own. Negative or prolonged exposure to others' energy can leave you with unwanted residue.

Toxic Relationships: Emotional or psychic cords can form, draining your personal power.

- Controlling Personalities: Individuals who seek to control or dominate can impose their will, weakening your energetic boundaries.
- Emotional Draining: Being in the presence of those who are chronically depressed, lazy, or who overshare can leave you feeling exhausted.
- Unwanted Projections: Negative thoughts, jealousy, criticism, or even prayers from others can be projected onto your energy field.
- Dominant Personalities: Being around strong personalities, whether negative or positive, can cause you to unintentionally absorb their energetic signature.
- Prolonged confinement with others' energy, especially in negative circumstances, can lead to a build-up of this influence, causing you to feel off-balance and drained.

Places: Just like people, places can hold and store energy. A house with a history of conflict, or a workplace with a chronically stressful environment, can accumulate stagnant or negative energy that can affect your well-being.

- Energetic Imprints: Prolonged negative emotions or events create energetic blueprints within a location, leaving a lasting imprint on the space.
- Residual Energy: Places where tragedy has taken place can form energetic cords, attaching to those who are sensitive to their history.
- Energetic Points: Portals and other powerful energetic points, such as ley lines, can be either positive or negative, influencing the energy of a location and those who enter it.

Family (Generational): We inherit more than just physical traits from our family; we also inherit energetic patterns, traumas, and unhealed issues from our family line. These generational influences can act as a form of spiritual attachment that needs to be addressed.

- Inherited Patterns: Energetic imprints can range from mild, repetitive behavioural patterns to severe generational curses that impact health, wealth, and relationships.
- Active Influences: On a daily basis, family disagreements, expectations, and emotional instability can create draining energy.
- Toxic Dynamics: The family unit is a common source of intense jealousy, greed, and conflict. These issues are often exacerbated by substance abuse.
- Prolonged Exposure: Consistent exposure to these influences can cause significant energetic attachments that require conscious and intentional clearing.

Old Vows, Contracts & Bonds: From a spiritual perspective, vows and agreements made in this life or even past lives can continue to bind you. These old contracts can act as energetic attachments that no longer serve your highest good, influencing your present circumstances.

- Past Life Vows: Vows of poverty, celibacy, or perpetual loyalty can unconsciously limit your potential for abundance, love, or personal freedom in your current life.
- Energetic Residue: The bonds from past relationships, business contracts, or divorces can linger, creating energetic cords that continue to drain your energy or create a cycle of repeating patterns.
- Conscious Clearing: Proper cord clearing and intentional release are necessary to sever these outdated bonds, freeing you to create new, healthy agreements in your life.

Work & Coworkers: The stress and emotional dynamics of a job can be a significant source of unwanted energy. Long hours, high pressure, and negative interactions with coworkers can create energetic attachments that drain you, even when you are off the clock.

- Energetic Drain: Work stress, looming deadlines, and demanding bosses can lead to a constant siphoning of your personal power.

- Emotional Traps: Feeling trapped or hating your job can create dense, stagnant energy that clings to your aura.
- Toxic Interactions: Unwanted attachments can form from negative interactions with coworkers, who can project their stress and negativity onto you.

Emotional Buildup: Our own unaddressed emotions can fester and become a significant source of negative energy within our spiritual body. Feelings such as stress, worry, pain, guilt, shame, and fear can accumulate and weigh down your aura.

- Internalized Negativity: Ignoring or repressing emotions like resentment or pain can cause a dense energetic buildup.
- Suppressed Expression: The act of not speaking up or acting out of fear can trap stagnant energy within your system.
- Energetic Weight: This internal clutter creates a heavy burden that can manifest as a sense of fatigue or spiritual malaise.

Trauma: Severe emotional or physical trauma can rip holes in your aura, leaving you energetically vulnerable. These wounds act like tears in your protective shield, creating openings for unwanted spiritual attachments and foreign energies.

- Vulnerability: Traumatic events such as abuse, a car accident, or a near-death experience can cause significant damage to your energy field.
- Witnessing Trauma: Simply witnessing a traumatic event, or being the first on the scene, can also create energetic wounds.
- Energetic Wounds: These holes in your aura can leave you susceptible to a range of spiritual issues, including loss of personal power and inhabitation.

Grief: Intense grief or unresolved sorrow can create a void in your energy field. This emotional state can attract discarnate spirits or earthbound entities, as these beings are often drawn to the same emotional frequency.

- Energetic Void: The profound emotional and energetic emptiness left by loss can act as a beacon for spirits who are lost or seeking comfort.
- Like Attracts Like: This spiritual principle explains why energies of a similar vibration are drawn to one another. Your grief can inadvertently provide a familiar and welcoming environment for these entities.
- Lingering Attachments: These attachments can cause your grief to become prolonged or amplified, making it difficult to move forward and heal.

Addictions: Substance and behavioural addictions can significantly weaken your energetic boundaries, making you much more susceptible to picking up unwanted energies.

- Energetic Vulnerability: Drugs, alcohol, and other substances create tears in your aura, leaving you open to lower vibrational energies and attachments.

- Depleted Life Force: Giving your prolonged life force energy to obsessions-whether with the internet, social media, food, or others-weakens your spirit.
- Lower Vibrational Attachment: This depletion allows negative energies to cling to you, reinforcing the addictive cycle and further draining your vitality.

ENTITIES & SPIRITUAL ATTACHMENTS

Entities: This category includes non-human or human energies, often referred to as "ghosts" or hauntings. These are believed to be conscious or semi-conscious energies that can attach to a person, place, or object.

- Conscious or Semi-Conscious Energies: These can range from deceased beings attached to a person or place to non-human entities.
- Summoned Entities: Obsessing over a person who has passed can inadvertently summon their energy, creating an attachment.
- Lingering Attachments: Entities can also be tied to specific objects or locations, influencing the energy of anyone who comes into contact with them.

Spiritual Parasites & Hitchhikers: Spiritual parasites and hitchhikers are believed to be lower-vibrational energies or entities that can attach to a person's energy field.

- Attachment: They are often picked up during spiritual practices, in specific locations, or when a person's energy is depleted.
- Parasitic Nature: Their primary goal is to feed off your life force and emotions, leaving you feeling drained, tired, or even physically unwell.
- Transference: These "hitchhikers" can jump from person to person, similar to head lice, spreading their negative influence.

Demonic Entities: Demonic entities are highly intelligent, predatory beings that operate at a low vibrational frequency. Distinguished by their malevolent intent, these beings actively seek to cause chaos and disruption.

- Influence: They can wreak havoc on a person's life by influencing thoughts and emotions, often leading to mental, physical, and energetic illnesses.
- Ultimate Goal: These entities feed on negative energy, with the ultimate goal of achieving full inhabitation-a state of spiritual attachment where they gain control over an individual.
- Cultural Names: They are known by various names in different cultures, such as Jinn and Archons.

Extraterrestrial Dimensional Beings: These beings are believed to manipulate frequencies and operate from other dimensions. Their presence is often associated with phenomena such as abductions, mind control, and spiritual or physical experimentation on individuals.

- Energetic Influence: They are known to influence a person's energetic field and consciousness through advanced technology or psychic abilities.
- Abduction and Experimentation: A common association is the experience of being abducted and subjected to spiritual or physical experiments, which can leave lasting energetic imprints.
- Dimensional Manipulation: These beings are thought to exist outside of our linear time and space, allowing them to access and influence our reality in ways that defy conventional understanding.
- Conscious Interference: Unlike lower-vibrational entities, these beings are often seen as highly intelligent and capable of a more sophisticated form of interference, often with a specific agenda or purpose.
- Unique Energetic Signature: Their energetic signature is distinct from that of human spirits or other common entities, often described as cold, electric, or sterile.

Nature Spirits: While often seen as benevolent, some nature spirits are indifferent to the human experience and do not always have our best interests in mind. It is best to use discernment when interacting with them.

- Energetic Imprints: Be mindful of what you bring home from the forest, both physically and spiritually. Objects or plants can carry energetic imprints from spirits that may not be compatible with your personal energy.
- Boundaries: Respect the natural world and the territories of nature spirits. Entering a space without a clear intention or a respectful offering can be seen as an intrusion.
- Trickster Energy: Some nature spirits, such as fae or sprites, can have trickster energy. Their actions may be perceived as mischievous or confusing, and their guidance can be unreliable.
- Protection: When working with nature spirits, always establish clear boundaries and set an intention for your highest good. Do not leave yourself vulnerable to their influence.

HARMFUL SPIRITUAL PRACTICES

Careless Spiritual Practice: Engaging in spiritual work, especially with tools like Ouija boards, seances, or other forms of mediumship, without proper knowledge and protection can open energetic doors. This can leave you vulnerable and allow negative entities to enter your energy field.

- Energetic Doors: Certain spiritual practices can create temporary or permanent energetic openings that bypass your natural protective barriers.
- Lack of Discernment: Without proper training, it is difficult to discern between a benevolent spirit, a lower-vibrational entity, or a trickster energy, making you

susceptible to deception.
- Unwanted Attachments: The use of spiritual tools without a clear intention and protective measures can attract and attach unwanted energies that can be difficult to remove.
- Loss of Sovereignty: These practices can compromise your personal energetic sovereignty, making you more susceptible to external influence and manipulation.

Curses, Hexes & Binds: These are intentional negative energies sent by an individual with the intent to cause harm, misfortune, or control another person.

- Intentional Harm: This includes spell work or deliberate energetic manipulation aimed at a specific person or place.
- Generational Curses: Negative entities or energies can be passed down a family lineage, creating patterns of misfortune that span generations.
- Proximity: You don't have to be the intended target to be affected. Being in the vicinity of a person, place, or land under a curse can expose you to its negative energy.
- Unjustified Spiritual Warfare: Engaging in spiritual attacks or "mind bombs" of negativity that are not for your highest good can create powerful, harmful energetic bonds.
- Self-Imposed Curses: Your own persistent negative thoughts can act as a form of self-inflicted harm, creating an internal hex that blocks your progress and well-being.

"Evil Eye": The Evil Eye is a belief found in many cultures that a malevolent gaze can bring misfortune or injury. It is considered an intentional or unintentional psychic attack that can cause harm to both the sender and the recipient.

- Intentional or Unintentional: This psychic attack can be sent deliberately, but it is often sent unintentionally through a lack of awareness or from feelings of jealousy, envy, or greed.
- Psychic Attack: The malevolent gaze can create an energetic breach in your aura, leaving you vulnerable to a range of issues, including illness, bad luck, or emotional distress.
- Harm to All: The negative energy created by the Evil Eye causes harm not only to the person being targeted but also to the person sending it, as it creates a toxic energetic feedback loop.

ENERGETIC DRAINING

Spiritual and Energetic Vampires: These are individuals who may not be conscious of their actions but who instinctively drain the energy of those around them. They often leave others feeling exhausted or depleted after an interaction. Unconscious Draining,

These individuals may not be intentionally malevolent, but their energetic needs are met by siphoning the life force of others.

Types of Vampires:

- Possessed Individuals: A person who is inhabited by a parasitic entity can become a conduit for that entity to feed on the energy of those around them.
- Predatory People: These individuals, who may be aware of their actions, deliberately seek to manipulate and control others, draining their energy for personal gain.
- Misery Feeders: People who thrive on drama, conflict, or the misfortune of others, and who feed off the negative emotional energy they create.
- Energetic Fallout: Interactions with these individuals can leave you feeling fatigued, irritable, and with a significant loss of personal power.

Understanding these sources is the first step toward effective clearing and removal. By becoming aware of what you may be carrying, you can begin the process of releasing what no longer serves you. Situational Awareness is key, be able to observe yourself, your environment, your actions and your home, as well as taking inventory of your relationships and surroundings.

SIGNS A CLEARING IS NEEDED

Your body and environment will send you clear signals when a clearing is necessary. Learning to recognize these signs is the first step toward reclaiming your energetic space.

Signs in Your Personal Space & Home:

- Heavy or Stagnant Atmosphere: The air feels thick and unmoving. Despite being clean, a room feels "off" or uncomfortable. The space may feel dense, as if it's difficult to move through.
- Persistent Clutter: You feel unable to get organized. Clutter seems to reappear even after a thorough cleaning, as if it's actively resisting your efforts to create order.
- Appliance Malfunctions: Technology and appliances may start to act strangely, frequently malfunctioning or breaking down without a clear technical reason.
- Unexplained Cold Spots: You notice distinct patches of cold air in a room that aren't near a window or an air vent. This can be accompanied by a feeling of unease or even panic.
- Disruptive Sleep: You or others in the house have trouble sleeping, experiencing frequent nightmares, night terrors, or feeling restless and unable to get restful sleep.

- Visual Disturbances: Seeing shadows, quick movements, or unexplained flashes of light in the corners of your eyes. You may feel as though a figure is present just beyond your direct line of sight.
- Auditory Disturbances: Hearing strange noises, whispering, or indistinct voices. You might hear a dog barking, a baby crying, or your name being called when there is no apparent source.
- Sensation of Being Watched: A persistent, unsettling feeling that you are not alone in a room, even when no one is physically present.
- Missing Items: Items go missing, only to reappear in odd or illogical places, often causing you distress or frustration.
- Pet and Plant Behaviour: Pets may act strangely, barking at empty corners, hissing at unseen things, or refusing to enter certain rooms. Plants may wither and die without a clear reason.
- Flickering Lights: Lights in your home may flicker or dim without any electrical issue.
- Doors or Windows Opening/Closing: You may notice doors or windows that were shut are now ajar, or vice versa, with no one having passed through.

<u>Signs in Your Personal Energy & Body:</u>

- Chronic Fatigue or Exhaustion: You feel constantly drained, no matter how much you sleep, rest, or eat. It's a deep-seated weariness that goes beyond physical tiredness.
- Emotional Instability: You experience sudden and extreme mood swings, feeling anxious, angry, or sad without a clear or proportional cause. You may feel like you're on an emotional rollercoaster you can't get off.
- Feeling "Stuck": You feel unable to move forward in your life. Goals and intentions feel blocked, and you find yourself procrastinating more than usual, as if an invisible force is holding you back.
- Physical Aches and Pains: Unexplained physical discomfort, particularly in the neck, shoulders, and back, can be a sign of carrying energetic weight from others or your environment.
- Lack of Inspiration: You feel uninspired or disconnected from your purpose. Your creative flow seems to have dried up, and you find it difficult to feel passionate about things you once loved.
- Mental Fog: Suddenly losing your train of thought, experiencing confusion, or having difficulty concentrating on tasks. Your mind feels hazy and disorganized.
- Negative Self-Talk: Your inner monologue becomes increasingly critical, harsh, and self-sabotaging. It may sound like a voice that isn't truly your own.
- Loss of Intuition: Your internal guidance system feels cloudy or unreliable. You may struggle to trust your gut feelings.

- Feeling Overwhelmed: Small challenges feel insurmountable, and you have a low tolerance for stress. You feel easily overwhelmed by situations that you would normally handle with ease.
- Strange Tastes or Smells: You may experience unexplainable bitter tastes in your mouth or smell foul odours, like sulphur or rot, that others cannot detect.
- Unusual Coldness: You may feel an unexplained coldness in your hands, feet, or throughout your body, as if your internal warmth is being drained.
- Changes in Appetite: Experiencing a sudden loss of appetite or an insatiable hunger that is out of character for you.

By becoming aware of these sources and signs, you can proactively address the energetic needs of yourself and your space. Recognizing the problem is the first and most crucial step toward finding the solution.


Chapter Three
Spiritual Hygiene

Chapter Three

SPIRITUAL HYGIENE

Just as you brush your teeth and take a shower to maintain your physical health, spiritual hygiene is a vital daily practice for your energetic well-being. This chapter is all about prevention and maintenance. While the previous chapters prepared you to identify possible causes of cords and attachments, this chapter focuses on building physical and spiritual practices and routines to incorporate into your daily life, to help build resilience and strength, to ward off unwanted and negative influences before they become an issue.

The principle is simple: it is far easier to perform a quick, daily cleanse than it is to undertake a major clearing ritual after a significant buildup of stagnant energy. By integrating these simple routines into your life, you are not just reacting to energetic and spiritual problems-you are proactively creating a state of awareness and protection.

By committing to a daily regimen of spiritual hygiene, you are not simply performing a chore; you are tending to your most vital resource. You are ensuring that your personal space remains fertile ground for growth and joy, while making it inhospitable to anything that seeks to drain or harm you.

Ultimately, this daily discipline is a profound act of self-reclamation. When you are consistent in your practice, you begin to feel a deep sense of security and resilience. You will no longer be a passive receiver of every energy that crosses your path. Instead, you will become the conscious gatekeeper of your own energetic field. This consistency sharpens your intuition, clarifies your emotional state, and strengthens your personal power, allowing you to move through the world with a sense of confidence and unshakeable sovereignty.

CORE COMPONENTS OF STRONG SPIRITUAL HYGIENE PRACTICE

Faith: Cultivating faith is a powerful act of spiritual hygiene. This doesn't necessarily mean adhering to a specific religion. It's about finding and nurturing a deep-seated belief system that resonates with you. This could be faith in a higher power, the universe, or a particular spiritual tradition. Most importantly, it involves building an unwavering faith in yourself as a sovereign being. Recognizing your inherent power and ability to shape your own energetic reality is the first step toward true spiritual autonomy.

Protection & Boundaries: Just as you lock your doors at night, practicing daily spiritual protection is crucial. This can involve simple rituals like visualizing a protective bubble of light around yourself, your home, or your loved ones. These rituals help set clear energetic boundaries, preventing unwanted energies from attaching to you. Learning to say "no" and enforcing personal boundaries in your daily life is also a vital aspect of spiritual protection.

Communication & Connection: Your spiritual journey is not a solitary one. Actively communicating with your spiritual support system-whether it's your higher self, spiritual guides, ancestors, angels, or a divine being-strengthens your connection to higher frequencies. This can be done through prayer, meditation, or simply speaking your intentions aloud. This practice not only provides guidance but also reinforces the belief that you are supported and never alone.

Cultivating Your Personal Power: Your personal power is your spiritual strength and inner authority. Cultivating this power involves exploring and developing your unique spiritual gifts, intuition, and abilities. The more you trust and use your inner power, the more resilient your energetic field becomes. This brings awareness to your energy and how valuable it is, and draws focus to the flow of your life force energy. Where you direct it, or who you give it to.

Holistic Health: Spiritual health is directly tied to your physical and mental well-being. Neglecting your physical body through poor diet or lack of sleep, or your mental health through unmanaged stress, creates vulnerabilities in your energetic field. The healthier you are in mind and body, the stronger your aura and spiritual defences will be.

Mindful Living

- Positivity: Actively choosing to surround yourself with positive attitudes, people, and places raises your vibrational frequency, making it harder for low-vibrational energies to stick to you.
- Gratitude: A daily gratitude practice shifts your focus from what you lack to what you have, flooding your energetic system with positive, high-frequency energy.
- Healing: Committing to healing current and past traumas and wounds is one of the most significant acts of spiritual hygiene. Unresolved pain can create energetic holes or weaknesses in your aura, leaving you susceptible to attachments.
- Forgiveness: Forgiving others and yourself is a profound act of release. It severs the energetic cords that tie you to past pain and people, freeing up a

tremendous amount of energy.
- Love: At its core, spiritual hygiene is about cultivating and sharing love. Love is the highest vibrational frequency, and by embodying it, you become an impenetrable force of positive energy, repelling anything that is not in alignment with it. Love gives you courage.

KEY SPIRITUAL HYGIENE ROUTINES

Regular Smudging & Energetic Cleansing

Smudging is an ancient practice that uses the smoke from sacred herbs to purify a person, space, or object. The smoke acts as a magnet, drawing in stagnant energy and carrying it away as it dissipates.

- How to Practice: Light a bundle of sacred herbs like white sage, cedar, or palo santo. Gently blow out the flame, allowing the smoke to billow. With intention, move the smoke around your body, from your head to your feet, and through the corners and doorways of your home. As you do this, you can say a simple affirmation like, "I release all energy that does not serve me. Only light and love may reside here."
- When to Smudge: It's a great practice to perform after a long day at work, after an argument, when moving into a new space, or whenever you feel a need to reset your energy.

The Power of Salt Baths

Salt has been used for centuries for its incredible cleansing properties. In a spiritual bath, the salt helps to draw out and neutralize negative energy that has attached to your aura.

- How to Practice: Fill your bathtub with warm water and add at least one cup of sea salt or Epsom salt. For an extra boost, you can add a few drops of lavender or cedarwood essential oil. As you soak, visualize the water and salt pulling any heaviness, stress, or worry from your body, washing it down the drain.
- When to Take a Salt Bath: This is an excellent practice to use after a particularly challenging day, when you've been around many people, or when you feel emotionally or physically drained. Salt baths are an excellent tool to prepare and purify yourself before any ritual or magical ceremony.

Grounding Exercises

Grounding is the act of connecting your energy field to the stable, nurturing energy of the Earth. When you are grounded, you are less susceptible to chaotic energy from your environment and better able to release excess energy that you may be holding.

- How to Practice: Find a quiet moment to stand or sit comfortably. Visualize strong, sturdy roots growing from the soles of your feet, extending deep into the earth's core. Feel the Earth's energy rise through these roots, filling you with a sense of stability, peace, and calm. You can perform this visualization anywhere- at your desk, in your car, or while standing in a park. This practice is greatly amplified by getting your bare feet on the ground, or just getting into nature. Hug a tree, forest bathe or garden.
- When to Ground: This is a fantastic practice to use before and after any social interaction, before a difficult conversation, or whenever you feel scattered or anxious.

Mindful Breath-work

Breathing is a fundamental tool for controlling your internal state. By intentionally regulating your breath, you can calm your nervous system, centre your awareness, and bring harmony to your energetic field. It serves as a simple and immediate way to clear away mental and emotional static.

- How to Practice: Find a comfortable position, either sitting or standing. Inhale slowly and deeply through your nose for a count of four. Hold that breath for a count of four. Then, exhale slowly and completely through your mouth for a count of four, releasing all tension and negativity with the breath. You can repeat this cycle as many times as needed, focusing only on the rhythm of your breath.
- When to Use: This technique is excellent for when you feel overwhelmed, during moments of high stress, or as a quick reset before a challenging task. It can be used as a standalone practice or in conjunction with other energetic hygiene techniques to amplify their effects.

Protective Visualizations

Protective visualizations are a simple yet powerful way to create a shield of positive energy around yourself. This shield acts as a filter, allowing positive energy in while deflecting negative energy.

- How to Practice: Close your eyes and take a few deep breaths. Visualize a brilliant white or golden light emanating from your heart centre. See this light expanding outward, creating a solid, impenetrable bubble of light that completely

surrounds your body. Affirm to yourself, "I am safe and protected. Only love and light can enter my space."
    - When to Use: This is a crucial practice to do every morning before you start your day, especially before you leave your home. It sets a powerful intention of protection for whatever you may encounter.

By making these practices a regular part of your routine, you transform your energetic field from a passive receptor into an active, resilient force. Spiritual hygiene is not about being afraid of negative energy; it's about honouring and nurturing your own, ensuring your personal light shines brightly and consistently.By integrating these practices into your daily life, you are not just preparing for clearings; you are creating a lifestyle that naturally minimizes the need for them.


Chapter Four
Potential Hazards
of
Spiritual Warfare

Chapter Four

POTENTIAL HAZARDS OF SPIRITUAL WARFARE

Before you can begin the work of clearing and removal, you must first understand that you are preparing for battle. The techniques we will teach you in the next chapter are potent tools, but like any weapon, they must be used with knowledge, caution, and a deep respect for the forces you are engaging. This chapter serves as a solemn disclaimer, a guide to the potential hazards and consequences that can arise when you begin the work of spiritual warfare. Not every technique will apply to all spiritual problems, and some situations may be far beyond your current capabilities. The greatest wisdom is knowing when to seek the assistance of an experienced and appropriate practitioner.

The spiritual world is not always a place of "love and light." It is a complex reality with its own rules, hierarchies, and forces. Engaging in clearing work is an assertion of your sovereignty, and it will be met with resistance. Before you begin, you must be prepared to face the consequences. This is not meant to instil fear, but to equip you with the knowledge necessary to proceed with courage and discernment. There is no cookie cutter solution, every situation is unique, even if it presents similar representation. To become affective in Clearing and Removals, it takes time, energy and practice of cultivating your power and focus, It should not be taken lightly.

UNDERSTANDING THE HAZARDS

<u>The Retaliation of Attachments:</u> When you begin to cut cords or remove a negative entity, you are directly challenging its influence and its claim on your energy. This challenge can provoke a response. A parasitic entity that has been feeding on your life force will not simply leave quietly. It may retaliate by escalating its attacks, attempting to re-attach, or causing a surge of negative emotions or physical symptoms. This can feel like a "spiritual backlash" and is a clear sign that your work is having an effect.

<u>The Danger of Inexperience:</u> Attempting to clear or remove a powerful entity, such as a demonic spirit, without proper knowledge, protection, and spiritual authority is incredibly dangerous. An inexperienced practitioner can inadvertently open themselves up to inhabitation, invite the entity to attach to them instead, or cause the entity to transfer to a vulnerable person nearby. It is a grave error to assume that these beings will follow your commands without a deeper understanding of the spiritual laws you are working with. A cord cutting is not the same as a full exorcism.

The Unintended Consequences: Energetic work is not always a clean-cut process. When you sever a cord, you may not realize that it was connected to more than just a person; it could be tied to a generational pattern, an old vow, or even a curse. Cutting the cord without addressing the root cause can cause the energy to scatter or rebound, creating new, unforeseen problems. Similarly, when removing an entity, you must have a plan for where that energy will go. If it is not transmuted or banished, it can simply attach to someone or something else.

The Mental & Emotional Strain: Engaging in spiritual warfare is mentally and emotionally taxing. You may be forced to confront buried trauma, fears, and shadows that the entity was feeding on. The clearing process can bring these issues to the surface, causing a period of intense emotional upheaval. The work requires a strong, stable mind and a resilient spirit. Without this, the process can cause a breakdown rather than a breakthrough.

PREPARING FOR BATTLE

Before moving on to the techniques, you must commit to a discipline of personal preparation.

- Master Your Mind: Your mind is your greatest weapon. You must be able to focus your intention and command your will without wavering. Practice meditation and grounding exercises until they are second nature.
- Strengthen Your Shield: Your energetic defences are your primary armour. Do not attempt any clearing work until your protective visualizations and spiritual hygiene routines are rock solid.
- Know Your Limits: Be honest with yourself about the severity of your situation. If you suspect you are dealing with a powerful entity or a generational curse, do not attempt to handle it alone. Find a reputable and ethical practitioner who has the experience and authority to assist you.

BACKLASH & HAZARDS OF CLEARINGS & REMOVALS

Cord Cutting: Cutting energetic cords is a process of severing the spiritual tethers that bind you to people or situations. While a necessary step for regaining personal power, it can provoke a backlash, especially from individuals who have been unconsciously feeding on your energy. This backlash is a form of resistance from the attached person, who may suddenly become more needy, aggressive, or emotionally manipulative as they feel

their energy supply being cut off. For example, after cutting a cord to a toxic ex-partner, you might experience a sudden and intense surge of angry text messages or attempts to rekindle the relationship. This is their subconscious reaction to the severed link, but it's a sign that the clearing is working.

Demonic Entities: The removal of a demonic entity is a direct challenge to its influence and its parasitic existence. These are intelligent, malevolent beings, and their expulsion can trigger a powerful retaliation. The backlash from a demonic entity is often severe and can manifest as escalated attacks, including increased visual or auditory disturbances, violent poltergeist activity, or a sudden intensification of negative thoughts and emotions. For example, a person attempting to remove a demonic entity may experience sudden, intense feelings of despair, rage, or suicidal ideation that are not their own, as the entity fights to regain control. Accidents and injuries.

Extraterrestrial Dimensional Beings: Engaging with or attempting to remove an extraterrestrial or dimensional being can be particularly complex due to their advanced nature and multi-dimensional influence. The backlash from these beings is less about emotional rage and more about sophisticated manipulation. They may attempt to re-establish control through mind games, psychic attacks, or creating illusions and false realities to make you doubt your sanity. For example, a person trying to sever a connection to a specific type of extraterrestrial being might suddenly find themselves experiencing vivid, realistic "dreams" or false memories designed to confuse and deter them.

Places: Cleansing the energy of a place, such as a home with a history of conflict, can sometimes cause a backlash from the residual energy or entities attached to it. The backlash from a place often manifests as an increase in disturbances before the energy clears. For example, after you cleanse a room where a lot of arguments occurred, you might notice an increase in cold spots, strange noises, or a sudden tension in the air. This is the old, stagnant energy or a lingering entity resisting being dislodged.

Coworkers: The energetic cords to coworkers are often tied to professional and emotional dynamics. Cutting these cords can provoke a backlash from the coworker, who may feel the shift in energy. This can manifest as passive-aggressive behavior or sudden, unexplained friction in your working relationship. For example, after cutting an energetic cord to a coworker who constantly complains and drains your energy, they might suddenly start criticizing your work or try to undermine you to others, as their unconscious support system has been removed.

Curses, Hexes & Binds: These are intentional acts of negative energy, and removing them is a direct act of spiritual warfare. The backlash from breaking a curse or bind can be a direct counter-attack from the person or entity who placed it. This can manifest as a sudden run of bad luck, a return of the original negative conditions, or a direct psychic attack. For example, after a person successfully breaks a hex, they may experience a brief period where things seem to get worse-a car breaks down, a project fails, or they feel an intense feeling of dread. This is the original energy attempting to reassert itself.

Witchcraft: Engaging in witchcraft-related clearing or spellwork can lead to backlash if you are not fully protected. This is because you are often dealing with specific, directed energy. Backlash from witchcraft can take many forms, depending on the spell's original intent. If a spell was meant to bind you, the backlash might manifest as feeling trapped or immobile. If a spell was meant to cause sickness, you might experience a sudden flare-up of symptoms. For example, a person attempting to remove a love spell may find that their emotions become incredibly chaotic, as the forceful energetic manipulation is being undone.

Before we move on to the techniques of clearing and removal, it is crucial to understand that these are not magic spells for instant relief. They are acts of spiritual authority that require your full commitment and courage. The potential for backlash, while daunting, is a testament to the power of your own sovereign will. By facing these hazards with awareness and preparation, you are not only protecting yourself but also strengthening your resolve for the battles ahead. Now that you are fully equipped with this knowledge, you are ready to begin the work of reclaiming your power and restoring your energetic field. In the next chapter, we will provide you with suggested tools for this work. But remember, the greatest tool of all is your own personal power and a deep respect for the spiritual realm. Proceed with courage, but never without caution.

Chapter Five



RFF. Resources:

Tools. Prayers. Spells

Chapter Five

ROOT FIRE FORMULA™

Welcome to the heart of our practice. The Root Fire Formula (RFF) is a ten-point, four-stage process that builds your internal power-from your strategic mind to your deep, foundational love-to execute energetic clearings and removals.

This formula is a framework. It is not a script, but a set of actions that must be taken with absolute conviction, making it universally effective for: Cord Cutting, Entity Removal, Land Clearing, Energy Removal, Curse and Hex Removal & other spiritual entities or energies you are looking to remove from a spirit or a place.

CHAPTER OVERVIEW

Root Fire Formula:

Stage I: The Internal Activation (Setting the Foundation)

1. Define Your Plan & DETECTION (The Strategy)
2. Forge Your Will (The Focus)
3. Anchor in Love (The Shield & Source)
4. Activate Your Power (The Fuel)

Stage II: The Declaration (Setting the Terms)

5. Confronting Energy (The Acknowledgment)
6. Tell the Energy What is Going to Happen (The Mandate)

Stage III: The Execution (The Action)

7. Commands & Calls (The Severing & Redirection)
8. Ritual & Magick (The Action)

Stage IV: The Integration (Sealing & Gratitude)

9. Gratitude for Spirits That Have Helped You (The Sealing)

10. Aftercare (Lifestyle Choices)

Examples:

- Cord Clearing
- Land & Object Clearing
- Entity Removal
- Curse & Hex Clearing

Reference Guide:

- Affirmations
- Commands & Calls
- Rituals & Spells
- Candles, Crystals & Herbs

The path of clearing requires persistence; be ready to do this again. You may be working against individuals, including yourself, who unconsciously feed on chaos or cling to their "demons" out of familiarity. If progress stalls, it signals a need to investigate the hidden cause and modify your strategy. Remember that Free Will is always at play, and some people may not be ready to let go of what holds them back.

We recognize that the world of spiritual work is vast and diverse, embracing countless practices and belief systems. The technique and series of steps outlined here are rooted in a method that has proven effective for us, and we share it with the intent of offering a reliable approach.

We strongly believe in your spiritual autonomy. Please use this method only as a template: honour your own personal beliefs and practices, take what resonates with you, and discard what doesn't. Trust your intuition and use this guide to create the formula that works best for you.

STAGE 1:

THE INTERNAL ACTIVATION

Setting the Foundation

This stage ensures your personal energetic system is clean, grounded, and operating from a position of sovereign strength. This is where you establish yourself as the unwavering authority in the ritual space.

1

DEFINE YOUR PLAN/DETECTION

The Strategy

Before any work begins, your strategy must be crystalline and clearly defined. The specifics of your plan must adapt to the target-whether you're clearing a person, a home, or a piece of land.

Strategic Planning Checklist:

- Personal Protection: Ritual, Light-work, Deities, Prayers, Crystals.
- Determine the Target: Clearly identify who or what you are clearing.
- Background & Research: Gather all available information to understand the nature of the issue. Have you detected the source of the problem?
- Listen to the Story: Hear the full history from the person(s) involved.
- Assess the Environment: Walk the land or survey the home to feel the energy.
- Investigate the History: Research the background of the land or the property.
- Threat Assessment: Evaluate the potential for resistance or side effects.
- Identify vulnerable parties, such as children or pets, currently present in the space.
- Clarity of Intent: Ensure you know precisely what you are clearing, where it is going and what result you intend to manifest in its place.

Always work to your ability, only take on what you are comfortable with, This is NO place for EGO.

2

FORGE YOUR WILL

The Focus

Your Will is the sheer, unadulterated force of your intention. It is the commitment that the outcome shall be.

To perform a clearing, you must firmly establish your identity as a sovereign and powerful spiritual being.

Practice: Center & Embody Sovereignty:

- Self-Belief: Know that you are a spiritual warrior. Your self-belief is the foundation of your authority.
- Attunement: Believe that you can call down spirits and angels, and that they will listen to your command.
- Visualization: See yourself as a sovereign, powerful being. Your will is everything.
- Embodiment: Center yourself. Breathe deeply and feel your intention solidify into a tangible, unshakeable pressure in your core.
- Declaration: Internally or externally declare: "My Will is the guiding force of this action. It cannot be broken, swayed, or debated."

"As is my WILL, so mote it be"

3

ANCHOR IN LOVE

The Shield & Source

Love is the highest protective frequency and the non-negotiable base of all clearing work. You operate not from fear, anger, or judgment, but from a place of sovereign, detached compassion.

The Source of Power & Protection:

Love is the ultimate motivation of everything; it is the source that creates your strength and courage. When you ground your work in love, you raise the vibration and make space for genuine healing.

- Motivation and Endurance: If your clearing work becomes difficult or if fear sets in, love is the force that fuels your fight, provides the will to finish the job, and ensures you make it home safely.
- Active Shielding: Merely saying the word "Love" aloud can instantly raise the vibration and act as a force to finish the job.

Practice: Saturate & Redirect:

- Embody the Shield: Saturate your body and the workspace with the unconditional, non-judgmental energy of divine Love. This acts as an instant, impenetrable shield against lower frequencies.
- Define Your Purpose: Remember who or what you are fighting for. Your purpose is to help people and create a positive outcome for all involved.

"Love can move mountains"

4

ACTIVATE YOUR POWER

The Fuel

Your personal power is the energetic fuel for the operation. This is the sum of your spiritual authority, your connection to the Divine, and your grounding to the Earth.

Preparation: Gear Up for Victory

Before starting the clearing, you must intentionally raise and weaponize your energy to prepare for the fight.

- Call on Authority: Activate your power by drawing strength directly from your lineage: call on your Ancestors, Deities, or Angels and believe that they will support your command.
- Raise Your State: Engage in "pre-game" techniques-use music, shadow boxing, or focused movement to pump yourself up. Get excited to win and raise your overall vibration.
- Anchor in Emotion: As you raise your energy, always think of love (as established in step 3). Love ensures your power is focused and directed.

"Root Fire - the focused and absolute power that compels change"

STAGE II:

THE DECLARATION

Setting the Terms

In this stage, you shift from internal preparation to external command, directly addressing the energy you are about to remove.

5

CONFRONTING THE ENERGY

The Acknowledgment

Identify and locate the target energy and acknowledge its presence without fear or permission.

Action: Declare Your Presence & Authority

- Acknowledge the Target: Look at the cord, the entity, or the dense energy in the space. Use your sight, your feeling, or your knowing to make the energy aware of your presence.
- Surround the Area: Immediately call in your powers (Deities, Angels, or Ancestors) to surround and contain the energy.

6

TELL THE ENERGY WHAT IS GOING TO HAPPEN

The Mandate

This is not a negotiation or a request. It is a clear, non-emotional statement of the immediate future, delivered with the absolute authority of your Will.

Action: The Command:

Use your focused power and clear voice to issue an undeniable mandate:

- Command Immediate Release: Command the energy to stop what it is doing right now and to release immediately.
- Terminate Authority: Declare that all contracts, permissions, or agreements allowing its presence are null and void.
- Deliver the Script: State exactly what is happening to the energy and the space it occupies.

Script Example

"Attention, [Name/Type of Energy/Entity/Cord]. I am [Your Name/Title/Authority]. This energetic contract/permission is now terminated. You will release immediately. Your presence here is concluded. You will be removed, and the space you occupied will be filled with the purity of divine Light. This is happening now, by my Will."

Tone: Maintain a firm, calm, and final demeanour. Do not engage in dialogue or acknowledge any attempts by the energy to debate or resist.

Stage III:

THE EXECUTION

The Action

This is the physical and energetic act of severing and redirecting.

7

COMMANDS & CALLS

The Severing & Redirection

The Command is the direct, active tense verb that initiates the change. The Call is the invocation of external forces to aid the process.

- The Command (Severing): Use action verbs based on the Plan. "I now CUT this cord!" "I now BIND and EXPEL this entity!" "I now DISSOLVE this stagnant energy!" "I now BREAK this curse!" "I now CLEANSE this land"
- The Magickal Call (Support): Immediately call upon the necessary helpers. "By the power of the Elementals, SEAL this land!" "Archangel Michael, I call you now to ESCORT this entity to the appropriate place!" "Ancestral Fire, BURN away all residue!" "In the name of of Jesus, I cast and rebuke this spirit" "I call upon the Goddess Hekate to remove this spirit to the appropriate place"

It doesn't matter what you believe in, just use it, stand in your FAITH.

8

Ritual & Magick

The Action

This step provides the opportunity to add further rituals or targeted magick to amplify the clearing. This is not always necessary, but it serves to ground and seal the work with physical action.

Practice: Customizing the Finish

To intensify your work, introduce elements that correspond to the specific needs of the situation:

- Elemental Amplification: Incorporate physical tools that align with your intention (e.g., using Fire/Candles for fast cleansing, Water/Floor Washes for purification, or Earth/Herbs for grounding).
- Targeted Formulas: Introduce herbs, bath formulas, or specific incense blends designed to meet the situation's specific needs (e.g., crossing/uncrossing, protection, cleansing.
- Personalization: Write out and perform a custom ritual that uniquely suits your practice and the precise requirements of the job.

Remember: Always choose tools and methods that resonate with your personal beliefs and enhance the results you are commanding.

Stage IV:

THE INTEGRATION

Sealing & Gratitude

The final, essential stages to ensure the clearing holds and the space and your well being is consecrated with new, protective energy.

9

GRATITUDE FOR THE SPIRITS THAT HAVE HELPED YOU

The Sealing

Never close a working without honouring the forces that aided you. This locks in the success and ensures future assistance.

Acknowledgment: Explicitly thank the spirits, guides, ancestors, elements, and divine forces you called upon. "To my spirit guides, my Ancestors, and the Earth, I offer profound gratitude for your assistance in establishing the highest order here. This work is complete and sealed."

10

Aftercare

Lifestyle Choices

The work does not end with the expulsion of energy. Aftercare is essential for sealing the space, protecting your person, and monitoring the long-term success of the clearing.

Aftercare Checklist:

- Immediately re-establish protection rituals for yourself and the environment you cleared. Do not leave the space vulnerable.
- Cleanse yourself thoroughly after the work is complete. This includes spiritual cleansing (smoke, salt bath, water) to remove all residual energy.
- Be mindful of what you bring home-intentionally shake off any attachments before crossing your own threshold.
- Regularly monitor the environment to confirm the clearing was successful.
- Actively check for any blowback or residual energy from the removal. You may need to perform minor, targeted work to clean up these remnants.
- Determine if the intended outcome has manifested. If not, evaluate the need to repeat the process.

Mastering The RFF

The next portion of this guide moves from theory into practice, detailing four essential types of clearings that practitioners most frequently encounter. While we discuss these scenarios in the terms of working with a client-addressing their specific needs and attachments-it is crucial to internalize that the exact same methodical steps are necessary when performing the clearing on yourself or any other individual. The energy flow and command authority required are identical.

The magick and power in this entire system reside not in the physical tools, but in the sequential, deliberate application of the 10-step process. The structured command, confrontation, and sealing phases enforce your Will and authority upon the energetic landscape.

YOUR SOVEREIGNTY IN SELECTION

As a practitioner operating within the Root Fire framework, we strongly encourage you to customize the materials based on your unique spiritual background and energetic needs. Please refer to your personal Reference Guide to select the items that resonate deepest with you, or incorporate your own.

Tools: The examples may suggest sage, black tourmaline, or a pendulum. You may instead choose cedar, obsidian, or simply your focused hands.

Aids & Beliefs: While the examples may invoke Archangels or specific Deities, the true power lies in calling upon the highest protective and compassionate forces that align with your faith and understanding of the Divine.

Rituals: The specific rituals described (e.g., smudging motions, boundary setting) are suggestions. Feel free to substitute them with prayers, chants, or actions that enhance your personal conviction and authority.

The goal is always to achieve the desired result through focused intent, unshakeable Will, and adherence to the disciplined structure of the steps. The consistency of the formula protects the practitioner while ensuring the clearing is complete, effective, and fully integrated for the recipient.

Cord Clearing

USING THE ROOT FIRE FORMULA™

IMPORTANT DISCLAIMER: All materials, tools, and prayers used in this example are merely suggestions. The efficacy of this formula lies in your Will, authority, and adherence to the structured steps. Use whatever items, deities, or words resonate with your personal beliefs and power source.

STAGE 1:

THE INTERNAL ACTIVATION

Setting the Foundation

Take the appropriate steps to ensure proper intake has been done, do the research and make sure the clearing is the necessary steps to proceed with. Confirm viability and necessity.

I

DEFINE YOUR PLAN/DETECTION

The Strategy

- Determine Ethical Need: Based on your assessment, confirm that a cord cutting is the ethical and necessary intervention.
- Establish Intent: Clarify the client's goal and the specific negative pattern/relationship the cord is attached to (e.g., ex-partner, draining job, or financial cycle).
- Consent: Obtain the client's clear, expressed permission for the clearing.

TOOLS

Gather all necessary physical and spiritual tools for this specific clearing. Use the Reference sheets further in this Chapter to find all the corresponding elements that will serve for this particular working. Feel free to add or change any suggested items we use.

- Cleansing & Protection: Sage, Eagle feather, and protection items (Amulets, rings, etc.).
- Energy & Focus: Clear quartz crystals for amplification, black tourmaline knife-shape for severing.
- Divine Connection: Statues, candles (e.g., 4 for directions), calls, or prayers dedicated to your chosen Aids (Angels, Hecate, Ancestors).

ENVIROMENT

Define and prepare the physical space for the ritual.

- Location: Confirm a quiet, private location free of distractions (e.g., client's living room).
- Ventilation: Plan to open a window or door slightly to allow unwanted energies to leave.
- Client Preparation: Instruct the person to be in charge of smudging/cleansing their own home environment before the session begins. If you feel this is necessary, you may want to do this yourself, or ask your assistant to do this. This step is not necessary, clearing can be performed without initial smudging.

TIME & DATE

Choose the most effective timing for the work.

- Scheduling: Set a time that is best for the client (e.g., Noon on a Sunday).
- Energetic Timing: Note any powerful external aspects you wish to leverage (e.g., Full Moon energy, specific planetary hours, or solar light energies).

DETERMINE RITUAL

Plan the ritual flow from beginning to end, including external aid and energy disposal.

- Aids: Define exactly who will be called upon to aid and protect the work (e.g., Angelic protection and healing, or the Goddess Hecate for severance, just examples, use what resonates with you and your faith).
- Flow: Outline the entire start-to-finish process, including energy build-up, the severing action, and the method of energy redirection.

PREPARATION & PROTECTION

The practitioner's essential energetic and physical preparation.

- Self-Cleansing: Cleanse your own self (ritual bath, smudging) before meeting/clearing.
- Call Protection: Call on your chosen divine sources for personal protection and guidance (e.g., connect to your divine belief).

CORD CUTTING PLAN

The physical setup and final room cleanse before the action begins.

- Sacred Space Setup: Set up the crystals around the person (who is lying down comfortably), place candles in the four cardinal directions, and arrange statues/tools.
- Final Smudge: Use sage and the Eagle Feather to conduct the final room cleanse, removing any stagnant or unwanted energy.

2

FORGE YOUR WILL

The Focus

The inner work & intention-setting phase.

- Focus & Self-Belief: Focus completely on the task. Acknowledge and build your Will by repeating self-statements of power and sovereignty (e.g., "My Will is strong," "I am a powerful sovereign being").
- Dispelling Doubt: Use this time to dispel any fears or doubts in your own power and ability to perform the clearing effectively.

3

ANCHOR IN LOVE

The Shield & Source

The critical step of shifting your own emotional state.

- Change Frequency: Intentionally shift your operating frequency away from judgment, fear, or anger, and towards a place of strength and courage.
- Visualization: Surround yourself with the visualization of Love (Divine Love, self-love, ancestral love, etc.). Use this love as your shield and anchor.

4

ACTIVATE YOUR POWER

The Fuel

- Warrior Energy Build-up: Build energetic strength through movement (shadow boxing) or focused breath work. Call on your Ancestors and Divine Aids to join the fight.
- Change Frequency: Intentionally shift your operating frequency away from judgment, fear, or anger, and towards a place of strength and courage.
- Visualization: Surround yourself with the visualization of Love (Divine Love, self-love, ancestral love, etc.). Use this love as your shield and anchor.

STAGE II:

THE DECLARATION

Setting the Terms

In this stage, you shift from internal preparation to external command, directly addressing the energy you are about to remove.

5

CONFRONTING THE ENERGY

The Acknowledgment

Identify and locate the target energy and acknowledge its presence without fear or permission.

- Time to detect the cord: Using the pendulum (or other intuitive method), go around and over the client to locate the exact point(s) where the cord is attached to the body or aura. Note the location for the severing action. Directly communicate with the cord and announce its removal.
- Visualization & Intuition: Focus on the identified cord(s). Use visualization and your intuition to see the cord's nature.

6

TELL THE ENERGY WHAT IS GOING TO HAPPEN

The Mandate

This is not a negotiation or a request. It is a clear, non-emotional statement of the immediate future, delivered with the absolute authority of your Will.

Action: The Command:

Use your focused power and clear voice to issue an undeniable mandate:

- Command Immediate Release: Command the energy to stop what it is doing right now and to release immediately.
- Terminate Authority: Declare that all contracts, permissions, or agreements allowing its presence are null and void.
- Deliver the Script: State exactly what is happening to the energy and the space it occupies.

Script Example

Forceful Statement: Tell the cord that it is being removed now. State with authority and clarity: "I am removing, severing, and cutting this/these Cords attached to [PERSON'S NAME] in my highest Will, for their Sovereignty, Health, and Well-being. I call upon [Aids, e.g., Hecate/Archangel Michael] to aid and protect me in this task!"

Tone: Maintain a firm, calm, and final demeanour. Do not engage in dialogue or acknowledge any attempts by the energy to debate or resist.

Stage III:

THE EXECUTION

The Action

This is the physical & energetic act of severing & redirecting.

7

COMMANDS & CALLS

The Severing & Redirection

<u>The Command & Severing</u>

Perform the physical act of cutting while issuing the authoritative command.

- The Command: Using the black tourmaline knife-shape, physically motion the cutting of the visualized cords over the person (without touching).
- Declaration: Simultaneously state with authority: "I sever, cut, and remove these harmful cords and unwanted energy strands! All contracts, permissions, agreements, and vows are now null and void!"

<u>Command, Call, Severing & Redirection</u>

Ensure the energy is removed and the wound is immediately healed.

- Redirection: State where the cut energy goes (e.g., "These harmful cords have been cut and removed by my will for the highest good. I call upon [Aid] to remove these cords").
- Healing: Call upon a healing force (e.g., Archangel Raphael) to heal the wound left by the removal and aid in preventing reattachment.

8

Ritual & Magick

The Action

If you feel the need to do a deeper ritual or more magick, now is the time to do it. Example, Cord Clearing CandleSpell in reference material.

- Smudge the person from head to toe, first with a "brushing away" motion, declaring that all unwanted cords and energy are cleared.
- Follow immediately with a "fanning motion" (inwards towards the client), declaring that you are bringing in healing, love, and strength to heal the wounds and bless and protect the person.

Remember: Always choose tools and methods that resonate with your personal beliefs and enhance the results you are commanding.

Stage IV:

THE INTEGRATION

Sealing & Gratitude

The final step of integrating positive energy & sealing the clearing.

9

GRATITUDE FOR THE SPIRITS THAT HAVE HELPED YOU

The Sealing & Integration

Acknowledge and release your spiritual helpers.

- Offer sincere gratitude and thanks to your Angels, Guides, Ancestors, and Deities for their aid, guidance, and protection in the task.

10

Aftercare

Lifestyle Choices

Final steps to ensure the clearing is complete and sustainable.

- Client Check-in: After the initial ritual, check the client's status: Are they okay? Do they feel different? Do you detect any blowback?
- Clean Space & Self: Immediately cleanse the ritual space and perform a ritual cleansing on yourself (e.g., shower, smudging) to ensure you are clear of any unwanted residual energies.
- Follow-up: Schedule a follow-up with the client in a few days to monitor changes and determine if the clearing needs repetition or reinforcement.

Land or Object Clearing

USING THE ROOT FIRE FORMULA™

Example Scenario: A person came to us and said their barn is haunted, it has really bad energy, people get sick going in there. A barn is on land and is an "Object" in itself.

IMPORTANT DISCLAIMER: All materials, tools, and prayers used in this example are merely suggestions. The efficacy of this formula lies in your Will, authority, and adherence to the structured steps. Use whatever items, deities, or words resonate with your personal beliefs and power source.

STAGE 1:

THE INTERNAL ACTIVATION

Setting the Foundation

Take the appropriate steps to ensure proper intake has been done, do the research and make sure the clearing is the necessary steps to proceed with. Confirm viability and necessity.

I

DEFINE YOUR PLAN/DETECTION

The Strategy

Question persons involved. Obtain history of the land. Has anything bad happened there? When did you purchase the land? Has anybody practiced any rituals there? Etc

PURPOSE

- To gather anecdotal evidence, establish a timeline for the negative energy's onset, and rule out mundane causes (e.g., poor ventilation, mold).
- Determine if you need to physically go there.

ASSESMENT

- Decide if remote clearing is possible, or if the depth of the energy requires on-site, physical presence.
- Tools to bring, pendulum, fellow practitioner to assist you, Notebook, video recorder
- Mandatory Tools: Ensure you have physical tools for protection, detection, and documentation.
- Physically Investigate the land, use your tools, in this scenario lets pretend that we can not decipher if it is the land or the barn, but we do know that there is negative energy, and feel confident that we can ethically and morally remove it.

DETECTION

- Use your pendulum, dowsing rods, or clairsentience to map the precise location of the energetic source(s) (e.g., specific corners, objects, or sections of the land).
- Now we are going to prepare our plan for the Ritual: Who, what where, why, when and how

FOCUS

- Define the ritual's exact parameters based on the investigation.
- Who? Do I need assistance for the Clearing Ritual?
- Personnel: Finalize the required team and ensure the property is completely clear of potential distractions (including the client, if necessary). For this example, let's assume the barn is empty.

TOOLS

- What do I need for the Ritual?
- Confirm specific herbs, smudging tools, candles, statues, directional aids, crystals and prayers.

PLAN

- Where am I going to do the Ritual? In the barn? Is it private?
- Space: Determine the starting point (e.g., the darkest corner of the barn) and the extent of the clearing (barn interior, building perimeter, entire land boundary).
- Why - we know there is negative energy on the land, where are we sending it?
- Redirection Goal: Establish the disposal method for the released energy (e.g., transmute into Mother Earth, send to the light, or banish to a void/specific deity, or most appropriate place.) Let the Universe decide.
- When - what time of day? Moon correspondence?
- Timing: Lock in the final time, ensuring you leverage any energetic aspects (e.g., sunset for banishing, high noon for commanding light).
- Determine Ritual - start to finish - who are you calling in or using to aid
- The Script: Map out the exact prayers, invocations, and commands you will use. Define the entry point and the final sealing action.
- What tools are bringing? Determine what ritual you want to bring, what prayers, get everything prepared.

FINAL CHECKLIST

- Prepare all materials, prayers, and invocations.
- Preparation and Protection - before the the land/object clearing, cleanse and prepare yourself and ask anyone assisting to do the same
- Self-Shielding: Perform personal cleansing, grounding, and high-level shielding (and ensure all assistants do the same).

THE CLEARING

- Set up your tools, and Ritual space according to your plan: In this case, we suggest starting in the barn and then a clearing around the land.
- Setup: Position candles, boundary crystals, and the Divine Aid representation within the main working area (the barn).
- Open a window or door - a bit need to let any unwanted energies to leave
- Exit Route: Ensure a clear exit path for the energy being removed.
- Using sage and an Eagle Feather, " Smudge and Clear " room by room, space by space, corners of the land, removing any stagnant or unwanted energies
- First Layer Cleansing: Perform an initial energetic sweeping of the barn/object to remove surface level negativity.
- Prep done ready to do this thing...

2

FORGE YOUR WILL

The Focus

- Focus on Task: Acknowledge your role, authority, and inner power.
- Command Identity: Repeat statements that affirm your Will and capacity to command the energy of the land/object ("My Will is sovereign here," "My power commands this space").
- Dispel Fear: Eliminate all personal fear and doubt before proceeding to the confrontation.

3

ANCHOR IN LOVE

The Shield & Source

- Change Frequency: Shift your core energy to courage and non-judgment.
- Shield of Light: Visualize a protective shield anchored in divine love/pure intent, extending to cover the client, the barn, and yourself.

4

ACTIVATE YOUR POWER

The Fuel

- Call to Arms: Build up personal energetic force (Warrior Energy) through vocalization or movement.
- Invocations: Call in all chosen Aids (Angels, Deities, Ancestors, etc.) to surround the land/object.

STAGE II:

THE DECLARATION

Setting the Terms

In this stage, you shift from internal preparation to external command, directly addressing the energy you are about to remove.

5

CONFRONTING THE ENERGY

The Acknowledgment

- Confrontation: Address the discovered negative energy source directly, using its nature as determined in the detection step.
- Identification: State clearly that you have identified the energy and are acting on the authority of the land owner's Will and your own sovereign power.
- Example Forceful Command: "I remove all negative energy out of this building and this land, to the most appropriate place, by my will, so mote it be"

6

TELL THE ENERGY WHAT IS GOING TO HAPPEN

The Mandate

This is not a negotiation or a request. It is a clear, non-emotional statement of the immediate future, delivered with the absolute authority of your Will.

<u>Action: The Command:</u>

Use your focused power and clear voice to issue an undeniable mandate:

- Command Immediate Release: Command the energy to stop what it is doing right now and to release immediately.
- Terminate Authority: Declare that all contracts, permissions, or agreements allowing its presence are null and void.
- Deliver the Script: State exactly what is happening to the energy and the space it occupies.

Stage III:

THE EXECUTION

The Action

This is the physical and energetic act of severing and redirecting.

7

COMMANDS & CALLS

The Severing & Redirection

<u>The Command, Call, Removal and The Redirection</u>

- Physical Command: Use the eagle feather, brush the space moving away from you, towards an exit point.
- Verbal Command: State with authority: "I remove all negative energy from this place, to the most appropriate place, never to return, that is my will, so mote it be"
- Removal and Disposal: While making the physical and verbal commands, visualize the energy being pushed out, taken to the most appropriate place, call in Angels if necessary. Continue the visualization until you feel the energy shift, you may need to repeat this step several times.
- Healing and Shielding: Call for the immediate shielding and healing of the barn and land with light, divine protection or universal energy to seal and shield from it returning.

8

Ritual & Magick

The Action

If you feel the need to do a deeper ritual or more magick, now is the time to do it. Example, Railroad Spike Spell in reference material.

<u>Remember:</u> Always choose tools and methods that resonate with your personal beliefs and enhance the results you are commanding.

Stage IV:

THE INTEGRATION

Sealing & Gratitude

The final step of integrating positive energy and sealing the clearing.

9

GRATITUDE FOR THE SPIRITS THAT HAVE HELPED YOU

The Sealing & Integration

Acknowledge and release your spiritual helpers.

- Offer sincere, respectful thanks to all invoked Aids, Guides, and the elements for their aid in the clearing and healing of the space.

10

Aftercare

Lifestyle Choices

Final steps to ensure the clearing is complete and sustainable.

- Client Instruction: Advise the person on simple steps to maintain the energetic hygiene of the barn/land (e.g., lighting white candles, continuing to smudge).
- Practitioner Cleansing: Immediately and thoroughly cleanse yourself and all tools used upon leaving the property.
- Follow-up: Check in with the client within a few days to monitor the energy and confirm that the symptoms (people getting sick, bad feelings) have ceased.
- Repeat if necessary.

Entity Removal

USING THE ROOT FIRE FORMULA™

Example Scenario: A client reports that they were at an event, they think they brought home an entity. That is now haunting their house, they have reported seeing shadow people, hearing noises, experiencing cold spots, over all feeling of oppression.

IMPORTANT DISCLAIMER: All materials, tools, and prayers used in this example are merely suggestions. The efficacy of this formula lies in your Will, authority, and adherence to the structured steps. Use whatever items, deities, or words resonate with your personal beliefs and power source.

STAGE 1:

THE INTERNAL ACTIVATION

Setting the Foundation

Take the appropriate steps to ensure proper intake has been done, do the research and make sure the removal is the necessary steps to proceed with. Confirm viability and necessity.

I

DEFINE YOUR PLAN/DETECTION

The Strategy

Intake/Research

- Determine Ethical Need: Confirm the situation warrants an entity removal based on reports of intelligent action, emotional manipulation, or physical harm. This should be taken very seriously, and may take several interactions before moving forward with a removal.
- Detection: Perform necessary Readings, Meditations and sometimes even a Ritual to obtain guidance from your personal spirit team. Do you feel confident this is something you should do and can do? (In this scenario, we are going by the assumption that we went there personally and felt that their is an entity in this home) See Chapter 2.

- Establish Intent: Clarify the goal is definitive banishment and establishing permanent, protective boundaries. Complete removal of entity, to appropriate place, not to return, and restoration to any harm that may have occurred.
- Consent: Obtain the client's clear, expressed permission for the clearing.

Tools

- Pendulum
- Smudge - Dragons Blood, Rose
- Crystal Sphere - Smokey Quartz, Bloodstone
- Sea Salt
- Water
- Prayers: Prepare specific prayers/invocations for Archangel Michael (banishing/protection) or a Patron Deity of Justice/Wardenship (e.g., a formal statement of command).

Environment

- Location: Confirmed a quiet, private location in the home.
- Ventilation: Plan to open a single window/door slightly, designated as the exit route for the entity.
- Client Preparation: Have the client do any protection workings or gather items that help them.

Time & date

- Scheduling: Set a time that is best for the client.
- Energetic Timing: Lock in the time for Sunset (a liminal hour, often powerful for banishing and binding).

Determine Ritual

- Aids: Define exactly who will be called upon (e.g., Archangel Michael's command authority, Ancestral guardians, and your own Guardian Angel).
- Flow: The ritual will focus on Confrontation, Command, and Sealing.

Preparation & Protection

- Self-Cleansing: Perform a deep personal cleansing and grounding ritual.
- Call Protection: Call on chosen divine sources to set a Mirror Shield around yourself and the space to reflect all hostility back to the sender/source.

Sacred Space Setup

- Setup: Sacred Space, Build Altar, Light Candles, Open Window

2

FORGE YOUR WILL

The Focus

- Focus and Self-Belief: Anchor your focus into the Will and authority of your highest self.
- Command Identity: Repeat affirmations of spiritual sovereignty: "I am the sovereign authority of this space. My word is Law here."

3

ANCHOR IN LOVE

The Shield & Source

- Change Frequency: Intentionally shift operating frequency to unshakable, cold courage, free of fear.
- Visualization: Visualize a Golden Shield of Authority surrounding the entire house, ensuring no harm can penetrate the barrier.

4

ACTIVATE YOUR POWER

The Fuel

- Warrior Energy Build-up: Build energetic strength through loud, rhythmic vocalization or breath work to fill the space with pure, high-vibration sound.
- Call to Arms: Command your chosen Aids: "I call on [Divine Aid] and the Lords of Light! Join the immediate banishment of this intruder!" "Call upon Archangel Micheal to aid me in the removal of this entity, take this entity to the appropriate place, so it shall not return."

STAGE II:

THE DECLARATION

Setting the Terms

In this stage, you shift from internal preparation to external command, directly addressing the energy you are about to remove.

5

CONFRONTING THE ENERGY

The Acknowledgment

- Time to detect the entity. Use the pendulum to detect the energy within the home, going room from room.
- Confrontation: Speak directly and forcefully to the energy: "I see you. I have identified you as an unauthorized, harmful intelligence. Your presence is forbidden!"
- Forceful Statement: State your identity and authority: "I call to the unwanted entity within this home, I am here to remove you this very instant, Release your hold on to this person and to this place immediately. Stop now. Cease and desist"

6

TELL THE ENERGY WHAT IS GOING TO HAPPEN

The Mandate

This is not a negotiation or a request. It is a clear, non-emotional statement of the immediate future, delivered with the absolute authority of your Will.

<u>Action: The Command:</u>

Use your focused power and clear voice to issue an undeniable mandate:

- Command Immediate Release: Command the energy to stop what it is doing right now and to release immediately.
- Terminate Authority: Declare that all contracts, permissions, or agreements allowing its presence are null and void.
- Deliver the Script: State exactly what is happening to the energy and the space it occupies.

Stage III:

THE EXECUTION

The Action

This is the physical and energetic act of severing and redirecting.

7

COMMANDS & CALLS

The Severing & Redirection

Redirection & Disposal

- "I call upon the Archangel Micheal to put a strong sphere of light around this entity and remove it to the appropriate place, so it shall never return to this place, this is my will, so mote it be"
- "I call upon the Archangel Micheal to put a strong sphere of light around this (person, state name) and remove it to the appropriate place, so it shall never return to this person, this is my will, so mote it be"
- "I command you to depart this place now! [Archangel Michael], take this entity now and escort it directly to the appropriate place.

Healing

- "I call upon Archangel Raphael to heal this person and this place from any damage the unwanted entity may have caused and shield them with divine light, love and protection"

8

Ritual & Magick

The Action

- See Affirmations in the Resources and provide a copy to your client, this will help reaffirm their sovereignty if any damage has occurred. Have them read it out loud to take back their power, and instruct them to do twice daily for 30 days.
- Stand at altar and affirm command of voice "I surround this home with positive energy and protection" Refer to Reference Guide for any Rituals or prayers you may want to use here, or maybe you have your own.

Remember: Always choose tools and methods that resonate with your personal beliefs and enhance the results you are commanding.

Stage IV:

THE INTEGRATION

Sealing & Gratitude

The final step of integrating positive energy and sealing the clearing.

9

GRATITUDE FOR THE SPIRITS THAT HAVE HELPED YOU

The Sealing & Integration

Acknowledge and release your spiritual helpers.

- Offer sincere, respectful thanks to all invoked Aids, Guides, and the elements for their aid in the clearing and healing of the space.

10

Aftercare

Lifestyle Choices

Final steps to ensure the removal is complete and sustainable.

- Space Seal: Ensure the single exit point (window/door) is immediately closed and sealed after the banishment is complete.
- Reference Spiritual Hygiene with Client, where applicable. See Chapter Three.
- Practitioner Cleanse: Immediately perform a vigorous cleansing of yourself and all tools used, focusing on completely shaking off the banishing energy.
- Follow-up: Check in with the client within 2-3 days and again in one week to ensure the symptoms have ceased and the entity has not returned.
- Repeat If Necessary: You may need to bring an assistant, re-asses detection, try adding a Ritual, or get outside help.

Curse or Hex Clearing

USING THE ROOT FIRE FORMULA™

Example Scenario: A client believes they are cursed or hexed, accompanied by strange financial blocks, car accidents, run of bad luck and persistent joint pain.

IMPORTANT DISCLAIMER: All materials, tools, and prayers used in this example are merely suggestions. The efficacy of this formula lies in your Will, authority, and adherence to the structured steps. Use whatever items, deities, or words resonate with your personal beliefs and power source.

STAGE 1:

THE INTERNAL ACTIVATION

Setting the Foundation

Take the appropriate steps to ensure proper intake has been done, do the research and make sure the removal is the necessary steps to proceed with. Confirm viability and necessity.

I

DEFINE YOUR PLAN/DETECTION

The Strategy

Intake/Research

- Determine Ethical Need: Confirm the problem presents as external, structured negative energy (a curse or Hex) rather than self-sabotage or simple cord drain. Ethical permission is granted to break the hex and reflect the energy. Even though we don't know the source, we can try to assist, if there is nothing, no harm done.
- Establish Intent: Clarify the goal is to permanently break the binding contract of the hex and restore the client's financial and physical flow.
- Consent: Obtain the client's clear, expressed permission for the clearing.

Tools

- Cleansing & Protection: Gathering cleansing herbs and items to make floor wash and spiritual bath, pre and post ritual. See Reference Guide for full Recipes.
- Energy & Focus: Bring Mirror Crystals (e.g., Black Obsidian or small reflective mirrors) for energetic reversal, and a dedicated banishing blade (physical or energetic).
- Divine Connection: Prepare invocations and prayers.

Environment

- Location: Forest Healing. Private and Secluded spot, where you will not be disturbed.
- Client Preparation: The client is instructed to perform a deep physical cleaning of their home and self, paying attention to the threshold and corners, before the session. See Reference material of Spiritual Floor Wash and Spiritual Bath.

Time & date

- Scheduling: Set a time before dark that is appropriate.
- Aids: Ancestors (yours and theirs)
- Call Protection: Call on your chosen divine sources to set a Mirror Shield around yourself to reflect hostile energy.

Sacred Space Setup

- Setup: The mirror crystals are placed facing outward to guard the space.

2

FORGE YOUR WILL

The Focus

- Focus & Self-Belief: Focus intensely on your inherent, sovereign authority.
- Declaration: Silently or aloud, repeat affirmations of self-command: "I am the sovereign counter-authority in this space. I am the mirror of the Divine Will. My power cannot be broken."

3

ANCHOR IN LOVE

The Shield & Source

- Change Frequency: Shift operating frequency to unshakable, cold justice, ensuring no personal anger or fear taints the command.
- Shielding: Visualize a thick, black obsidian shield anchored in divine truth, surrounding the space.

4

ACTIVATE YOUR POWER

The Fuel

- Warrior Energy Build-up: Build physical and energetic strength through visualization and powerful, rhythmic clapping or stomping to shatter lower frequencies.
- Call to Arms: Command your chosen Aids: See Reference Guide for Ancestral Prayers.

STAGE II:

THE DECLARATION

Setting the Terms

In this stage, you shift from internal preparation to external command, directly addressing the energy you are about to remove.

5

CONFRONTING THE ENERGY

The Acknowledgment

- Time to detect the Curse/Hex: State " I am here to break this curse, hex or bind"
- Forceful Statement (Breaking the Contract): State with authority: " I break any curse, hex or bind, I remove it immediately, I revoke the power of its sender! All claims are hereby dissolved!"

6

TELL THE ENERGY WHAT IS GOING TO HAPPEN

The Mandate

This is not a negotiation or a request. It is a clear, non-emotional statement of the immediate future, delivered with the absolute authority of your Will.

Action: The Command:

Use your focused power and clear voice to issue an undeniable mandate:

- Command Immediate Release: Command the energy to stop what it is doing right now and to release immediately.
- Terminate Authority: Declare that all contracts, permissions, or agreements allowing its presence are null and void.
- Deliver the Script: State exactly what is happening to the energy and the space it occupies.

Stage III:

THE EXECUTION

The Action

This is the physical and energetic act of severing and redirecting.

7

COMMANDS & CALLS

The Severing & Redirection

The Command, Call, Severing & Redirection

- The Command: Use your banishing blade (or focused hand) to make sharp, definitive cross-cutting motions over the person, symbolizing the curse, hex or bind.
- Declaration: State with final authority: "I sever, shatter, and nullify this hex, curse or bind! All negative energy, attachments, vows and contracts are now null and void and permanently undone!"
- Disposal & Reflection: Visualize the hex, curse or bind being broken, call upon Ancestors to remove it to the appropriate place.
- Healing: Call for powerful cleansing light to fill the space where the hex was anchored.

8

Ritual & Magick

The Action

If you feel the need to do a deeper ritual or more magick, now is the time to do it. Example, Cord Clearing Candle Spell in reference material. Work the same steps adding in verbiage for Curse, Hex or Bind.

Remember: Always choose tools and methods that resonate with your personal beliefs and enhance the results you are commanding.

Stage IV:

THE INTEGRATION

Sealing & Gratitude

The final step of integrating positive energy and sealing the clearing.

9

GRATITUDE FOR THE SPIRITS THAT HAVE HELPED YOU

The Sealing & Integration

Acknowledge and release your spiritual helpers.

- Offer sincere, respectful thanks to all invoked Aids, Guides, and the elements for their aid in the clearing and healing of the space.

10

Aftercare

Lifestyle Choices

Final steps to ensure the removal is complete and sustainable.

- Client Check-in: Check the client for any physical or emotional release. Has their situation changed.
- Clean Space & Self: In form client to clean self and home again with bath formula and floor wash.
- Follow-up: Schedule a follow-up in three days to monitor for any secondary energetic attacks and to assess the return of client's energy.

Root Fire Formula

Reference Guide

The next portion of this chapter is your Root Fire Reference Guide-an absolutely essential, comprehensive library of energetic components designed to enhance, focus, and accelerate the 10-step clearing formula you have just mastered. This guide is specifically compiled to provide you with powerful references for prayers, invocations, crystals, herbs, formulas, spells, and rituals to assist you in all types of clearings and removals.

We speak of these components as references because their selection must be an act of sovereign choice. The materials and words used are merely the focus points for your Will; the true efficacy and success of the clearing come from your unshakable authority and precise adherence to the structured steps.

CUSTOMIZING YOUR PRACTICE: TOOLS AS AMPLIFERS

While the preceding examples have suggested specific items-such as Archangel Michael, a black tourmaline blade, or sage-we strongly encourage you to customize your arsenal entirely. Your personal spiritual conviction is the most powerful catalyst available.

- Feel Free to Use Your Own Faith: If an Angelic invocation resonates, use it. If the power of the Great Mother or your own Ancestors feels more authentic, use those. The power is in the calling, not the name.
- Substitute Tools: Substitute White Sage with Cedar, Sweetgrass, or Palo Santo. Swap Black Tourmaline for Obsidian or a simple, consecrated steel blade. The final choice of tool should be what instills the greatest sense of authority and protection within you.
- The Power is in the Steps: Remember, the tools are accelerators, not prerequisites. Your primary work is successfully executing the process:

This Reference Guide is here to serve your practice and empower your sovereignty. Utilize these resources to create rituals that are not only potent and effective but deeply aligned with your beliefs and personal energetic signature.

Daily Affirmations

RECLAIMING YOUR SOVEREIGNTY

These affirmations are designed to dismantle limiting beliefs, reinforce your personal energetic boundaries, and establish your inherent authority over your life, energy, and choices. Repeat them aloud with conviction, especially when you feel doubt or external pressure.

CORE IDENTITY & SELF-WORTH

These statements anchor you in your fundamental truth as a powerful, autonomous being.

- I am a sovereign being. My spirit is whole, untouchable, and complete.
- My Will is absolute. I am the sole ruler of my own inner and outer domain.
- I am worthy of peace, abundance, and absolute protection.
- My inner voice is the ultimate authority in my life.
- I release the need for external validation or permission to be who I am.
- I owe no one my energy or my compliance.
- I honor my truth, and I speak my truth without fear or apology.

ENERGETIC BOUNDARIES & PROTECTION

These affirmations are actively setting your energetic defence system, confirming what you allow and what you banish.

- I am surrounded by an impenetrable shield of divine light. Only love and positive intent may enter.
- My energy is my own. I instantly recognize and reject any cord or tie not serving my highest good.
- I am protected. Any negative energy or ill intent sent toward me is immediately neutralized and returned to the source with love.
- I release what is not mine to carry. I take back all the energy I have given away, consciously or unconsciously.
- My personal space is sacred. I set firm boundaries and maintain them with ease and grace.
- I instantly dissolve any claim, contract, or agreement that limits my power.

CHOICE, ACTION & WILL

These statements focus on restoring your agency and taking decisive action in alignment with your best interest.

- I make my own choices. My direction is guided by my highest self and my clearest vision.
- I am divinely guided, and every step I take leads me toward expansion.
- I have the courage to begin, the discipline to continue, and the wisdom to know when to stop.
- I am decisive. I move forward without hesitation when my intuition is clear.
- I trust my own instincts and intelligence. My path is unique, and I walk it with confidence.
- I am responsible for my life, and I embrace the power that comes with that responsibility.
- I am the creator of my reality.

ABUNDANCE & WORTHINESS

These affirmations focus on attracting what is aligned with your newly reclaimed sense of self.

- I am a magnet for all good things. Abundance flows to me easily and effortlessly.
- I am worthy of receiving massive success and profound joy.
- Every resource I need is available to me right now.
- I trust the universe to support my true sovereign desires.
- I am grateful for my power, and I use it wisely to create a life of beauty and fulfillment.
- My worth is inherent; it is not earned through struggle or suffering.

Read these affirmations twice daily for 30 days

Commands and Calls

FOR THE RFF

Step 1. Define Your Plan (The Strategy)

"I call upon (God, Deities, Ancestors) to protect me, aid me, and give me insight into this matter, help me detect unwanted energies."

Step 2. Forge Your Will (The Focus)

"I activate my will as a sovereign being, to be the force of action for the highest good, as is my will, so mote it be."

Step 3. Anchor in Love (The Shield and Source)

"I anchor in love, and surround myself with divine love and shielding, I gain strength and courage, for all that I love and who I love, and all who love me, as is my will, so mote it be."

Step 4. Activate Your Power (The Fuel)

"I call upon (Ancestors, Deities, Angels) to give me strength, to activate my power, to raise my vibration, and to overcome all obstacles, as is my will, so mote it be."

Step 5. Confronting Energy (The Acknowledgment)

"I see you (energy, cord removing) I am removing you for the highest good, as is my will, so mote it be."

Step 6. Tell the Energy What is Going to Happen (The Mandate)

(Energy) "You will release, let go of your hold, remove yourself and the harm you have done, immediately, as is my will, so mote it be."

Step 7. Commands & Calls (The Severing and Redirection)

"I call upon (Deities, Angels, Ancestors) to surround (Cord, Curse) with a circle of light, and remove it immediately, to the most appropriate place, so it will not come back or cause any harm, for the highest good, as is my will, so mote it be."

Step 8. Ritual & Magick (The Action)

No verbal command is provided for this step, as it is the point where you execute the practical work. Use Appropriate words, prayers, affirmations following your ritual outline.

Step 9. Gratitude for Spirits That Have Helped You (The Sealing)

Immediately follow the banishment with an act of deep thanks to close the working and seal the energy of your allies.

"I give thanks to (Angels, Ancestors, Deities) for helping and aiding, protecting and guiding me through this process, I give you honour, blessed be."

Step 10. Aftercare (Lifestyle Choices) & Sealing

Share/Read affirmations, write prayers that are in alignment with sealing the work you have done.

Bath Ritual

SPIRITUAL CLEANSING & PROTECTION

This bath is a two-part process: first, the Clearing (using banishing herbs), and second, the Blessing (using inviting herbs).

Gather Your Herbs (from the provided tables)

Purpose	Herb(s) to Use (Choose 1 or 2)	Quantity
Clearing/Removal	White Sage, Mugwort, Rosemary, Cedar	A generous handful of each, or a pre-made smudge stick of one.
Blessing/Inviting	Sweetgrass, Lavender	A generous handful of each.
Optional: Enhancer	Epsom Salt or Sea Salt (for absorption/purification).	1-2 cups.

Preparation

- Cleanse the Bathroom: Tidy and physically clean the bathroom first. Wipe down the tub. Energetic work is most effective in a clean physical space.
- Make the Herbal Infusion: You will be making a strong herbal "tea" that will be added to the bathwater.
- Bring 4-6 cups of water to a boil in a pot.
- Add your chosen Clearing/Removal Herbs (Sage, Mugwort, Rosemary, Cedar).
- Reduce the heat and let the herbs simmer gently for 10-15 minutes. This creates a powerful concentrate.
- Strain the liquid, discarding the spent herbs (return them to the earth if possible). Set the dark, concentrated liquid aside.
- Set the Stage (Optional): Light a white candle for purification and anoint your body with a few drops of an essential oil (if you have one) focused on protection, such as Rosemary.

The Ritual Bath

The Cleansing and Removal (Banishing)

- Fill the Tub: Fill the bathtub with comfortably warm water.
- Add Clearing Agents: Pour the strained Clearing Herb Infusion (Sage, Mugwort, etc.) directly into the bathwater. Add 1-2 cups of Epsom or Sea Salt if desired.
- Set Intention (Step 5): Step into the bath. Submerge yourself as much as possible. Visualize all the negativity, stagnant energy, and emotional blockages lifting off your aura and dissolving into the dark water. Say your clearing intention out loud, such as:"With the power of these herbs, I banish all negative energy, all attachments, and all that does not serve my highest good. I am cleansed, I am pure, and I am released."
- Soak and Scrub: Soak for at least 10-15 minutes. As you soak, physically scrub your skin with your hands (moving from head to toe) to symbolize the removal of the energy.
- Drain and Release: Stand up and pull the plug. As the water drains, watch it go and visualize all the negativity being pulled down the drain and neutralized by the Earth. Do not rinse your body yet.

The Blessing and Inviting (Sealing)

- The Blessing Rub (Step 7/10): While the clearing water is still draining, or right afterward, take a moment to use your chosen Blessing/Inviting Herbs (Sweetgrass, Lavender).
- You can gently rub fresh or dried leaves of Sweetgrass or Lavender over your body (moving from feet up to head) to invite positive energy.
- Alternatively, you can make a second, lighter infusion with the Blessing Herbs and pour it over yourself.
- Set Intention: Visualize light, peace, and positive blessings filling the void left by the cleansing. Say your blessing intention out loud:"I now invite peace, light, harmony, and joy into my spirit and my space. My aura is sealed with protection and love. I am whole."
- Final Step: Air dry if possible, or gently pat yourself dry. Do not vigorously towel off the herbal residue. Get dressed in clean, comfortable clothes.

Important: The use of fresh or ethically sourced dried herbs is recommended. Ensure all herbs are strained before draining to protect your plumbing.

Floor Wash

For Clearing & Protection

A spiritual floor wash is a powerful method to cleanse the energy of a physical space (like a home or business) and set an energetic intention. This ritual uses the concentrated power of boiled herbs from the previous tables.

Gather Your Tools & Ingredients

Category	Item	Purpose in Wash
Water	1 bucket of hot water	The base for the infusion.
Cleansing Agent	1-2 handfuls of White Sage or Mugwort	To cut and banish heavy negative energy.
Sealing Agent	1 handful of Cedar or Rosemary	To create a protective barrier and ground the space.
Blessing Agent	1 handful of Sweetgrass or Lavender	To draw in harmony, peace, and positive flow.
Purification Salt	1 cup Sea Salt or Rock Salt	To absorb and neutralize negativity and anchor the intention.
Tools	Separate pot for boiling, strainer, mop/sponge, cup/vessel for dirty water.	For preparation and application.

Preparation

- Boil the Herbs: In a separate pot, bring 4-6 cups of water to a boil.
- Infuse the Cleansing Agents: Add the White Sage (or Mugwort), Cedar (or Rosemary), and Sweetgrass (or Lavender) to the boiling water.
- Simmer and Concentrate: Reduce the heat and allow the herbs to simmer for at least 15-20 minutes to create a strong, potent herbal concentrate. Keep the pot covered to retain the volatile oils.
- Strain the Concentrate: Strain the liquid into a clean cup or bowl, discarding the spent herbs (do not put them down the drain; discard them outside or in the trash).
- Mix the Final Wash: Fill your cleaning bucket with hot tap water. Add the concentrated herbal liquid and the Sea Salt to the bucket. Stir the mixture well, dissolving the salt and activating the intention.

Setting the Intention (Clearing)

- Prepare the Space: Open all windows and doors to create an escape route for the negative energy. Clean the floors of all physical dirt and clutter before the spiritual wash.
- State the Clearing Intent: Place your hands on the bucket of water. State your primary intention clearly, focusing on removal and banishing:"With this water, I command all negativity, conflict, stagnation, and all unwelcome spirits to leave this space now. I release all that does not belong here."

Washing & Removal (Outward Direction)

- Start at the Back: Begin washing the floors at the back of the room, house, or apartment (the furthest point from the main exit/front door).
- Wash Towards the Exit: Mop or wipe the floors, moving in long strokes toward the front door or nearest exit. The movement should always be outward-pushing the negative energy out of the space. Pay special attention to corners and doorways, where energy tends to pool.
- Manage the Dirty Water: As you finish a section or the mop water becomes cloudy, pour the dirty water into a separate vessel. Never dump the "dirty" water back into the sink or down an inner drain-this brings the collected negativity back into the house.
- Final Disposal: Once all areas are washed, take the final bucket of dirty wash water and dispose of it outside of the home-ideally by dumping it onto the ground away from your property or directly into an outdoor drain to be carried away.

Sealing the Blessing (Optional: Inward Direction)

- Prepare a Second Wash: (Optional, but recommended): Prepare a fresh, small amount of clean water with only the Sweetgrass and Lavender infusion (no salt).
- Wash Toward the Center: Using a clean mop or cloth, lightly wipe the floors again, this time starting at the front door/entrance and washing inward toward the center of the home. This pulls the blessing energy into the space.

Seal the Intention (Protection): Walk through the space (starting at the front door) and state your protection and blessing intent:"This space is cleansed, protected, and blessed. Only peace, harmony, and prosperity may enter and remain here."

Smudging

Smudging is the practice of burning sacred herbs, like sage or cedar, to create smoke used to cleanse a person, object, or space of negative or stagnant energy.

Gather Your Tools

Tool	Purpose	Suggested Item (from tables)
Herb	The sacred smoke for clearing.	White Sage (for heavy clearing) or Cedar (for protection/grounding).
Vessel	To hold the burning herb and catch ash.	A large, fireproof ceramic bowl, metal dish, or Abalone shell.
Ignition	To start the burn.	Match or lighter.
Fanning Tool	To gently direct the smoke.	A feather or a ceremonial smudge fan. Your hand can also be used.
Extinguisher	To safely put out the embers.	A small cup of sand or dirt.

Preparation & Intention

- Open Ventilation: Crucially, open a window or door (or both) before you begin. The smoke needs a clear path to carry the negative energy out of the space.
- Clear Clutter: A spiritual cleanse is most effective in a physically clean space. Tidy up the area you intend to clear.
- Ground Yourself: Take a few deep breaths. You can hold a grounding crystal like Black Tourmaline or Smoky Quartz to stabilize your own energy.
- Set the Intention: Hold the herbs and clearly state your intention for the cleansing aloud. Focus on the outcome you desire:"I call on the spirit of this herb to cleanse and purify this space/my energy. I release all fear, all negativity, and all that does not serve my highest good. Only light and peace may remain."

Ritual

- Light the Herb: Hold the herb bundle/stick at a 45-degree angle. Light the end with your match or lighter.
- Extinguish the Flame: Once the herb catches fire (30 seconds to a minute), gently blow out the flame. The herb should now be slowly smoldering, producing a heavy, fragrant smoke.
- Cleansing the Self (Optional): Start by cleansing your own aura. Use your feather or hand to gently direct the smoke from your feet upwards, encircling your body to the top of your head. Visualize the smoke lifting all negativity from your personal energy field.
- Cleansing the Space (Removal/Banishing):
- Start at the lowest level of your home and work your way up.
- Begin the cleansing at the farthest point from your main entrance (e.g., the basement or the back of the house).
- Slowly walk around the space, moving in a counter-clockwise direction (traditional for banishing/releasing).
- Focus on Corners: Use the feather or your hand to push the smoke into all corners, closets, and dark spaces where stagnant energy tends to gather.
- Move Towards the Exit: The final area you cleanse should be the main exit. As you smoke cleanse the doorway, visualize the negative energy being pushed out of the open window/door.

Closing the Ritual

- Extinguish Safely: When you are finished, extinguish the smudge stick by gently pressing the lit end into the sand or soil in your fireproof vessel until you are certain the embers are out and no smoke is being produced. Do not extinguish with water (as this can damage the herb for future use).
- Seal the Space (Recommended): If you performed a heavy clearing, immediately follow up by burning Palo Santo or Sweetgrass. These herbs are used to invite blessings, joy, and protective energy back into the now-empty space (working in a clockwise direction, from the entrance inward).
- Gratitude: Thank the spirit of the herb, your allies (Angels, Ancestors, Deities), and the elements for their assistance in the clearing.

Allow Airflow: Keep the window open for a while to ensure the smoke, and the negative energy it collected, has completely dispersed.

Dressing a Candle

"Dressing" a candle involves anointing it with oil and rolling it in powdered herbs to infuse it with your specific energetic intention. This is a crucial step when using figure candles or color correspondence candles in a clearing or banishing ritual.

Gather Your Tools & Ingredients

Component	Item	Purpose in Dressing
The Candle	Chosen candle (Figure, 7-Day, or Pillar)	The vessel for the energy and intention.
The Oil	A carrier oil (e.g., olive oil, almond oil) or a pre-made spiritual condition oil for Clearing or Protection (e.g., Uncrossing, Banishing).	To act as a magnet for your intention and bind the herbs to the wax.
The Herb Powder	Finely ground dry herbs (e.g., White Sage, Rosemary, or Mugwort) from the smudge table.	To amplify the energetic frequency of the clearing/removal intention.
Tools	A clean plate or sheet of parchment paper.	To contain the herbs and catch excess powder.

Preparation & Intention

- Cleanse the Candle: Before dressing, wipe the candle down with a clean, dry cloth or pass it quickly through the smoke of a strong clearing herb (like White Sage) to remove any residual energy it may have collected.
- Define the Action: Determine the goal of your ritual, as this dictates the direction of your anointing:
- To Remove/Banish/Clear: The oil and herbs are applied from the top (wick end) down to the bottom.
- To Draw In/Bless/Protect: The oil and herbs are applied from the bottom (base) up to the top (wick end).

Anointing your Candle

- Pour Oil: Pour a small amount of your chosen oil into the palm of your dominant hand.
- Apply with Focus (Removal): If your goal is Clearing/Removal/Banishing, use your thumb and fingers to rub the oil onto the candle wax.
- Begin at the top (near the wick).
- Rub firmly downward, moving the oil away from you and toward the base of the candle.
- As you rub, visualize the negativity or blockage being pushed out and away from the object or person the candle represents.
- Apply with Focus (Protection/Blessing): If your goal is Protection/Drawing In, use your thumb and fingers to rub the oil onto the candle wax.
- Begin at the bottom (the base).
- Rub firmly upward, moving the oil toward the wick and toward you.
- As you rub, visualize the energy of protection, clarity, or healing being drawn into the candle and the area.

Dressing the Candle

- Prepare the Herbs: Sprinkle a small, even amount of your chosen powdered herb (e.g., Rosemary or Mugwort for banishing/protection) onto a clean plate or parchment paper.
- Roll the Candle: Take the anointed candle and gently roll or press it into the herbs on the plate. The oil will hold the herb powder in place.
- Ensure the entire surface of the candle is evenly coated with the herb powder.
- Final Intent: As you roll, state your intention again, confirming that the candle is now loaded with the magical energy of the herbs and ready to complete its work.

Placement & Lighting

- Place on Altar: Place the fully dressed candle on a fireproof holder or plate on your altar or ritual space.
- Light with Intention: Light the wick, and as the flame catches, visualize the powerful energy you imbued into the wax and herbs being released into the universe to manifest your desired outcome.

Cord

CLEARING CANDLE SPELL™

This ritual uses a white figure candle to energetically represent yourself (or the person being cleared) and focused, directional cutting to sever draining emotional or energetic cords to another person. We sell figure candles on our website, if needed.

Goal: To release and permanently dissolve unwanted, draining, or negative energetic attachments, restoring the subject's personal sovereignty and energy, by removing unseen energetic cords and strands. This spell can be used to remove any cords, ties or attachments from any person, place or thing.

PREPERATION & CONSECREATION

Tools Needed

- 1 White Human Figure Candle: Use a male or female figure that best represents the subject receiving the clearing. You or another person.
- Sharp Tool: A new pin, needle, or knife for carving.
- Protection Oil: A mixture of essential oils (e.g., Frankincense, Rosemary, or even just pure olive oil).
- Herbs: A pinch of dried Rosemary (for banishment) and Lavender (for peace/healing).
- Fireproof Plate/Holder: To safely burn the candle.
- Paper and Pen: Needed to write the cord's source, if known.

Candle Consecration

- Carve: Use the sharp tool to carve the full name and date of birth of the person being cleared onto the torso/back of the white figure candle.
- Anoint: Take the protection oil and rub it onto the candle, moving from the top (head) down to the bottom (feet). As you anoint, state: "I activate this form as a vessel of [Subject's Name]. May it be filled only with Divine Light and sovereign Will."
- Dress: Sprinkle the herbs (Rosemary and Lavender) onto the candle, pushing them lightly into the oil.
- Ready the Cord Source: Write the name of the person/source the cord is attached to on the paper. If un-known, substitute name, to generic issues. Ex,

harmful cords, energy strands, holding me back from my highest will.

THE RITUAL

Setting the Stage

- Place the figure candle securely on the fireproof plate.
- Place the paper with the cord's source name underneath the candle.
- Light the candle. Take a moment to watch the flame, visualizing the candle taking on the likeness and spirit of the person being cleared.

Invocation & Intent

- Stand tall and anchor your Will. Invoke your highest protective guides (Angels, Deities, Ancestors) to stand guard over the space.
- Visualize a bright, protective shield of light surrounding you and the candle.
- Speak your intention aloud with firm authority: "I call upon my highest Will to command this space. I am here to sever all ties that bind [Subject's Name] against their sovereignty, health, and peace."

The Visualization & Severing

- Focus intently on the candle flame. Visualize a dark, gray, or tangled cord extending from the candle's midsection (often the solar plexus or heart) down toward the name written on the paper beneath it.
- Take your sharp tool (knife/pin). Without damaging the candle, hold the tool mid-air where the cord would be, visualizing the severance. Use the sharp tool to cut the cord in your visualization.
- Speak the command while performing the cutting action: "By the power of sovereign Will, I now sever this cord of [Name of Person/Source]. All energy drains are ended! All emotional bindings are broken! Be free, be clean, be whole!" (Repeat three times).

Banishing & Sealing

- Once the imaginary cord is severed, take the paper beneath the candle.
- Light the paper from the figure candle's flame. As it burns, visualize the toxic energy contained in the cord being consumed and neutralized by the fire.
- Say firmly: "All that was bound is now unbound. All that was taken is restored. The connection is released and banished to the light. It shall never reattach!"

Completion & Aftercare

- Gratitude: Stand before the candle until the paper is fully consumed. Offer sincere thanks to your guides and the fire element for their aid in the severance.
- Completion: Allow the white figure candle to burn down completely on its own (never blow it out). Once the candle is extinguished, the spell is sealed.
- Disposal: Gather the remaining wax and ash. Bury them off your property (to release the unwanted energy back to the earth for transmutation) OR dispose of it off your property, use your discretion. DO NOT KEEP THE REMNANTS.
- Final Action: Cleanse your hands and body. Advise the subject to maintain spiritual hygiene (grounding, shielding) for the next seven days to adjust to their renewed energetic freedom.

Railroad Spike

PROTECTION SPELL™

This spell uses the power of four iron railroad spikes to anchor a permanent, sovereign boundary around your land. The iron provides physical strength, and the four corners create a complete, un-breachable energetic shield. We offer sets of 4 Railroad Spikes on our website, if needed.

Goal: To bind and seal the land against unwanted energies, intrusions, or negative influence, creating a field of peace and prosperity within the boundary.

PREPERATION & CONSECREATION

Tools Needed

- 4 Railroad Spikes: The older and rustier the better.
- Anointing Oil: A small amount of olive oil, protection oil, or essential oil (e.g., frankincense, rosemary).
- Hammer: Needed for driving the spikes.
- Candle: Any candle will do.

Spike Consecration

- Cleanse: Pass each spike through the smoke of your smudging stick, stating: "I cleanse you of all past energies and ties. Be clean, be clear."
- Anoint: Take the anointing oil and rub it onto each spike. As you rub, visualize white or golden light pouring into the iron, activating its shielding power. Say: "Iron of Earth, I consecrate you now. Be a pillar of divine strength and Will."
- Encircle: Place the candle on altar or floor, encircle candle with spikes at each cardinal direction, North, East, South, West
- Charge: Call upon Universal Powers of Protection and Light, hold palms over candle and spikes, visualize them glowing gold. Recite prayers of choice.

THE RITUAL

Driving the First Spike (North - Stability)

- Go to the North corner. Hold the first spike and visualize your property boundary extending clearly into the sky and deep into the earth.
- Drive the spike into the ground, leaving the head exposed. As you strike the hammer, state your command with firm authority:
  "I anchor the North. By the immutable strength of Earth and Iron, I establish stability and unshakeable Will. This seal is made permanent!"

Driving the Second Spike (East - Clarity)

- Move to the East corner. Hold the second spike and visualize the clear light of dawn exposing any hidden lies or deception on your land.
- Drive the spike into the ground. Speak the command: "I anchor the East. By the cleansing power of Air and Truth, all confusion, negativity, and shadow influences are banished and shown the way out!"

Driving the Third Spike (South - Action)

- Move to the South corner. Hold the third spike and visualize the heat of the midday sun burning away obstacles and commanding action on your behalf.
- Drive the spike into the ground. Speak the command:
  "I anchor the South. By the protective fire of Will and Action, any ill intent directed here is neutralized, repelled, and returned to sender!"

Driving the Fourth Spike (West - Healing)

- Move to the West corner. Hold the final spike and visualize the cleansing, calming flow of water washing away past wounds and ensuring emotional peace.
- Drive the spike into the ground. Speak the final command:
  "I anchor the West. By the healing flow of Water and Sovereignty, this boundary is complete. All who dwell here are blessed with peace, health, and dominion over this space!"

Sealing & Closing

- Final Authority: Return to the North corner. Stand in the center of your newly warded boundary and state loudly: "The four pillars are set. The boundary is sealed. This land is sovereign, protected, and blessed. As my Will commands, so it is done."
- Gratitude: Thank your chosen elements, guardians, or guides for lending their power to this ward.

- Grounding: Ground your own energy into the earth before going about your day.
- Completion: Leave the spikes in the ground; they are permanent wards. You may periodically touch them and re-affirm the spell's intention.


Candles

Candle Type	Primary Purpose in Clearing / Ritual	Application in Ritual (Example)
Male / Female Figure	To represent a specific individual (yourself or another person) whose condition is being addressed. Focuses energy on that individual.	A white figure candle is often used to represent the person being cleansed or healed. A black figure candle can be used to represent an entity or person who needs to be banished or bound.
Crucifix	Protection, blessing, breaking of curses, banishing evil spirits, appealing to a Christian or divine source for assistance.	Powerful cleansing, protection, and breaking hexes or curses. Can be burned with the intention to shield the area after clearing.
Skull Candle	Mental clarity, influencing thoughts, banishing mental confusion, working with ancestors/spirits, protection against psychic attack.	A white skull candle can be used to clear mental blockages or confusion. A black skull candle to banish a negative mental influence or a controlling thought form.
Dragon Head	Power, strength, intense protection, aggressive banishing, commanding force, overcoming strong obstacles.	Used when a clearing requires a particularly aggressive force or powerful energy to break a deeply set curse or hex, or to command an entity to leave. Can amplify personal power.
7-Day Candle	Sustained intention, long-term work, extended spiritual petition, consistent energy over time. (Often in a glass jar, not a figure, but a key ritual type.)	Requires steady, continuous work, such as a prolonged uncrossing or spiritual protection over an entire week. The colour will align with the purpose (e.g., white for cleansing, blue for protection).
Chime Candle	Short spells, quick workings, daily devotions, or layered rituals involving multiple, fast-burning intentions.	Used for quick, focused action, after a clearing, or as altar candles in a multi-step ritual. Due to their quick burn time, they can be used to set a specific, momentary intention during a ritual.

Color	Primary Purpose in RFF	Application in Ritual (Example)
White	Cleansing, Purity, Truth	Used for all general clearings; fills a void left by removal with pure, unadulterated light (Step 7).
Black	Absorption, Banishing	Absorbs and neutralizes negative energy. Used to draw the entity into the flame for removal (Step 5/7). Always follow a black candle burn with a white candle.
Red	Power, Strength, Attack	Amplifies personal power, courage, and motivation (Step 4). Used when you need aggressive force to break a tough curse or hex.
Blue	Protection, Peace, Healing	Promotes tranquility and shields the area after a clearing (Step 3/9). Used to cool down a volatile situation.
Green	Grounding, Prosperity	Used in the aftercare phase to ground the spiritual success into the material realm and invite positive flow (Step 10).


Herbs and Minerals

Name	Primary Purpose in RFF	Application & Energy
Hyssop	Uncrossing & Cleansing	Used to spiritually "undo" hexes, jinxes, and general bad luck. Essential for post-clearing baths and washes.
Rue	Strong Banishing & Defense	Highly protective; used to repel negative energy and send negativity back to its source. Use sparingly due to strong scent.
Angelica Root	Protection & Divine Aid	Known as "Holy Ghost Root." Invokes high-level protection and draws in assistance from benevolent spirits (Ideal for Step 7: The Magickal Call).
Bay Leaf	Warding & Victory	Used for powerful protection and commanding success in the ritual. Burned for quick psychic clearing and foresight.
Salt (Sea or Black)	Absorption & Neutralization	Not technically an herb, but essential. Used to absorb harmful energy in floor washes and baths, and to draw boundaries.
Patchouli	Grounding & Magnetism	Helps ground intense energy after a clearing and attracts positive, stable energy to fill the void (Step 10).


Smudges

Smudge	Primary Purpose in Clearing / Removal	Application in Ritual (Example)
White Sage (Salvia apiana)	Intense Cleansing, Purification, Banishing of Heavy/Stagnant Negative Energy, Spiritual Sanitation.	Used for a major clearing to remove all unwanted energy from a space or person (Step 5). The smoke is fanned into corners and doorways to drive out negativity.
Palo Santo (Bursera graveolens)	Sealing the Cleansing, Inviting Positive Energy and Blessings, Grounding, Uplifting the Spirit.	Used after a heavy clearing (like sage) to fill the cleansed void with positive, healing, and high-vibrational energy. Used to bless new objects or a newly cleared space.
Cedar	Protection, Grounding, Promoting Healing, Setting a Protective Barrier, Welcoming Positive Influences.	Creates a protective boundary or shield over an area, especially after a clearing is complete (Step 9). Used to clear energies from a new home and to invite ancestral wisdom and strength.
Sweetgrass	Inviting Good Spirits and Positive Energy, Attracting Blessings, Harmony, Emotional Balance.	Used only after negativity has been cleared. It is not a banishing herb but a beckoning one. Its sweet aroma is used to "call in" positive, wanted energy to fill the space left by the clearing (Step 10).
Mugwort (Artemisia vulgaris)	Psychic Protection, Banishing Malicious Spirits, Heightening Intuition, Clearing Psychic Residue.	Used when the clearing involves dealing with external psychic attacks, nightmares, or deep-seated mental/astral negativity. Often burned to cleanse the self before or after deep ritual work
Rosemary	Mental Clarity, Warding off Negativity, Improving Focus, Spiritual Protection.	Clears mental fogginess and improves concentration after a stressful clearing session. Excellent for sharpening focus and intent during the ritual itself.


Crystals

Crystal	Primary Purpose in Clearing / Removal	Application in Ritual (Example)
Black Tourmaline	Protection, Grounding, Absorption and Repelling of Negative Energy, Psychic Shield.	Used to create a powerful energy boundary around a space by placing pieces in the corners of a room or near the entrance (Step 3). Worn on the body to act as a personal shield, absorbing or deflecting negativity directed at the individual.
Smoky Quartz	Grounding, Transmutation of Negative Energy, Dispersal of Fear/Doubt, Emotional Detoxification.	Used to ground the spiritual area to the Earth (Step 1). Placed on the body during meditation to absorb and release negative thought patterns, fear, and anxiety (often pointed downward to direct energy into the Earth). Helps gently dissolve old energies.
Black Obsidian	Absorbing Negative Energy, Deep Psychic Cleansing, Cutting Ties, Revealing Hidden Truths/Blockages.	A strong energetic vacuum. Used to actively draw out deep-seated negativity, emotional blockages, or past trauma. A wand can be used to "comb" the aura, visualizing the stone absorbing the stagnant energy during the removal phase (Step 5).
Selenite	High-Vibrational Cleansing, Purifying the Aura and Space, Clearing Energetic Stagnation, Self-Cleansing.	Used for general space clearing and to raise the overall vibration of the area (Step 7/9). A Selenite wand can be swept over the body to quickly smooth and clear the aura. A plate or slab is used to cleanse and recharge other crystals used in the ritual.
Amethyst	Spiritual Protection, Transmutation of Negative Thoughts, Calming Anxiety, Enhancing Intuition/Clarity.	Used to calm the mind and soothe emotional responses to the clearing process. Placed on the Third Eye or Crown Chakra to promote clarity and spiritual protection, transforming negative

		thought forms into positive light (Step 4/9). Helps to release unhealthy attachments.
Bloodstone	Purification and removal of deep-seated negative energy, emotional toxicity, and stagnant vibrational fields. Repels lower vibrational entities.	Use in rituals requiring protection, resilience, courage, and grounding before undertaking difficult clearing or removal, stand firm against external or internal pressures.
Labradorite	Protection and psychic shielding. It acts as an energetic cloak, preventing energy leakage and deflecting unwanted or negative energies, ill-wishes, and psychic debris from the user's aura.	Essential for rituals involving removals. Provides intuitive enhancement, and conscious navigation of change. It strengthens psychic boundaries and provides a protective shield.


Tools

Tool	Primary Purpose in Clearing / Removal	Application in Ritual (Example)
Railroad Spikes (Iron)	Intense Physical & Energetic Protection, Warding, Grounding, Securing a Space, Banishing.	Used to create a powerful protective grid by burying one in each of the four corners of a property or hammering them into the corners of a room (Step 9). The iron is believed to repel negative spirits and anchor the warding energy.
Feathers / Smudge Fan	Directing and Wafting Cleansing Smoke, Balancing Elements (Air), Lifting Intentions, Smoothing Energy.	Essential for a smudge clearing, used to gently direct the cleansing smoke of sage or palo santo over a person or into stagnant corners of a room. Quick movements break up blocked energy, and long movements smooth the aura (Step 5/7).
Eggs (Raw)	Absorbing Negative Energy, Diagnosing Unseen Spiritual Illness or Curses, Spiritual Purification (Limpia).	Used in a specific cleansing ritual (Egg Cleanse or Limpia) where the raw egg is rolled over the body to draw out and absorb negativity, illness, or the Evil Eye. The egg is then broken into water to read the condition that was removed.
Athame / Clearing Knife	Symbolic Cutting and Severing of Energetic Ties, Directing/Channeling Energy, Casting Protective Circles.	Used in "cord-cutting" rituals to symbolically sever energetic attachments, old relationships, or binding curses. Used to draw a firm boundary of protection during the preparation phase of a clearing. It is traditionally not used to cut physical objects.
Antler/Horn	Removal of burdens, old identities, and stagnant life phases to make room for renewal.	Directional tools (like a wand or athame) to channel energy, draw or banish a circle, cutting cords or embody the Gods, and calling on their vital power.


Allies

Type of Spiritual Ally / Tool	Primary Purpose in Clearing / Removal	Application in Ritual (Example)
Ancestors	Support, Strength, Healing of Intergenerational Trauma, Clearing Passed-Down Blocks, Rootedness.	Used specifically to identify and release patterns of trauma, curses, or blockages that originated in the family line.
Angels	Protection, Divine Intervention, Spiritual Warfare, Messenger of God, Guiding and Cutting Attachments. Gabriel for purification, emotional wounds, psychic messages, Uriel - Gods Fire, Anchor, Raphael for healing.	Invoked for high-level protection and to assist in the removal of malevolent or parasitic spirits/entities (e.g., Archangel Michael for spiritual warfare) (Step 3/5). Asked to carry away messages and unwanted energies to be released to the Light.
Deities	Direct Banishing, Energetic Warding, Invoking Specific Power (e.g., Justice, Transformation, Strength).	A specific god or goddess is petitioned for their domain's power. For example, a deity of war/justice/crossroads (like Hekate, Kali, Morrigan, Odin, Cernunnos) is called upon to enforce the banishment and provide protective.
The Elements	Comprehensive Cleansing (Air, Fire, Water, Earth), Balance, Grounding, Transmutation.	All four elements are often invoked to ensure a thorough, balanced cleansing: Fire (candle/flame) to consume negativity; Air (smoke/fan) to lift and carry it away; Water (salt water/bath) to wash it off; Earth (salt/crystals) to absorb and neutralize it.
Psalms	Spiritual Cleansing, Prayerful Protection, Divine Deliverance, Breaking Curses, Invoking Mercy.	Used as powerful spiritual tools for cleansing and setting intent. Psalm 51 is used for personal cleansing. Psalm 91 is recited aloud to create an impenetrable shield of divine protection around the self or the space (Step 3/9).

Chapter Six



Coaching Call and Worksheets

Chapter Six

COACHING CALL & WORKSHEETS

This final chapter is designed to integrate everything you've learned and to provide a bridge from theory to practice. It is a crucial step in cementing your skills and building the confidence you need to serve yourself and others.

The Coaching Call: The core of this chapter is a personalized, one-on-one coaching call with one of our practitioners. This is not just a Q&A session; it's an opportunity for you to receive direct, tailored feedback on your unique situation.

You can discuss any challenges you've faced, ask for clarification on specific techniques, or get guidance on a complex clearing scenario. This call ensures that you are not just passively consuming information but are actively engaging with the material in a way that is relevant to your personal or professional practice.

The Worksheets: To prepare you for the coaching call and to provide a lasting resource, this chapter includes a set of detailed worksheets. These are not simple checklists but comprehensive guides to help you plan and execute your clearings. The worksheets will prompt you to consider key elements of a successful clearing, such as:

- Identifying the Root Cause: A worksheet designed to help you pinpoint the source of a negative energy, whether it's an old trauma, an energetic attachment, or a difficult living situation.
- Creating a Ritual Plan: This worksheet guides you through the process of outlining your ritual, from gathering the necessary tools and setting the sacred space to visualizing the desired outcome.
- Post-Clearing Care: A sheet that helps you plan for the essential self-care and maintenance practices needed after a major clearing, ensuring you stay protected and in a state of high vibration.

By the end of this chapter, you will have not only mastered the techniques but will also have a personalized framework for approaching any clearing with confidence, clarity, and competence. It's a great idea to use these worksheets to plan your clearings. Here they are with introductions and instructions for each one.

Worksheet 1

IDENTIFYING THE ROOT CAUSE

Before you begin any clearing, it's essential to understand what you're working with. This worksheet is designed to help you get to the heart of the matter.

By exploring the source of the stagnant or negative energy, you can perform a more targeted and effective clearing. Take your time with these questions, and be completely honest with yourself.

This is for your eyes only

Instructions: Answer each question with as much detail as possible. These are good questions to ask your client or the person you are doing the clearing for.

- What does the negative energy feel like? Describe its sensation, color, or shape. Is it heavy, sticky, sharp, or cold?
- When did you first notice this energy? Was it after a specific event, a difficult conversation, or a period of stress?
- Where do you feel it most? (e.g., in a specific room, in a part of your body, or around certain people).
- What thoughts or emotions are associated with this energy? (e.g., anxiety, sadness, anger, fear).
- Do you believe this energy is external (from others) or internal (from your own thoughts and feelings)? Or a combination of both?
- What is the primary belief or story that this energy is tied to? (e.g., "I'm not good enough," "I'm always a victim," or "I'll never be able to move forward").
- What would your life look like without this energy? Be as specific as possible.

Worksheet 2

CREATING A RITUAL PLAN

A successful ritual is a planned ritual. This worksheet helps you move from intention to action by outlining every step of your clearing process. By carefully considering each element, you create a powerful container for your energy and a clear path to your desired outcome.

Instructions: Fill out the sections below to create a detailed plan for your clearing ritual, use this for yourself or for planning a ritual for your client.

- Desired Outcome: What is the clear, single goal of this ritual? (e.g., "To remove all stagnant energy from my bedroom," or "To sever the energetic cord between me and [name]").
- Tools: What tools will you use and why? (e.g., sage for cleansing, a specific crystal for protection, a red candle for releasing, a journal for writing).
- Sacred Space: Where will you perform this ritual, and how will you prepare the space? (e.g., "In my living room, after decluttering and opening a window," or "In a quiet corner of the house with a lit candle").
- Ritual Steps: Write down the steps of your ritual in the order you'll perform them. (e.g., 1. Light the candle. 2. Say an opening prayer. 3. Smudge the space. 4. Perform the cord-cutting visualization. 5. Say a closing blessing).
- Affirmation/Incantation: Write out the affirmation or incantation you will say during the ritual. Keep it positive and in the present tense.
- Visualization: Describe the visualization you will use to support your intention. What does the energy you're releasing look like? What does the new energy you're inviting in look like?

Worksheet 3

POST CLEARING CARE

The work isn't done after the clearing is complete. Post-clearing care is essential for integrating the new energy and preventing the old from returning. This worksheet helps you create a follow-up plan to ensure you stay protected, grounded, and in a state of high vibration.

Instructions: Use this sheet to plan your self-care and maintenance for the days following your clearing ritual.

Immediate Post-Clearing Care (Day 1):

- What will you do immediately after the ritual? (e.g., "Take a salt bath," or "Go for a walk in nature to ground myself").
- What will you do to protect your space? (e.g., "Place a protective crystal by the door," or "Spray a protective essential oil blend").
- Short-Term Care (First 7 Days):
- What daily practices will you commit to for the next week to maintain your clear energy? (e.g., "Daily affirmations," "Meditate for 10 minutes each morning," or "Journal on my progress").
- What activities or situations will you avoid to maintain your newfound clarity?

Long-Term Maintenance (Ongoing):

- How will you integrate a simple spiritual hygiene practice into your daily or weekly routine? (e.g., "Smudge the house every Sunday," or "Do a quick grounding exercise every morning before starting work").
- What are three things you will do to continue to nurture your spiritual well-being?
- These worksheets are a great way to formalize your practice and make sure you're getting the most out of every clearing. Let me know if you'd like to adjust or expand on any of them!