

A CLEANSING
RITUAL 2222
RECLAIM YOUR
SACRED
SEXUALITY //

channeled 444 u by the
goddess of fertility &

destruction @11N4NN44 //



**welcome to the fall of the
patriarchy + the rise of the
Divine Feminine**

this accelerated shift we are
experiencing is

forcing us to address lifetimes of
karmic responsibility

we are seeing Signs all around us in
our own languages of divinity

that prove the things some of us
have been ready and waiting 4

we know that a spiritual commitment
to/with another person can not be
verified by any court church or
ceremony & it cannot be permeated by
wayward energies

we know we must prioritize an
agreement a contract and
communicated boundaries between
whole individuals

and every aspect of that is sacred

in order for someone to love us in
the way that feels best for us

in the ways that we have spent much
time and energy evolving through
hard lessons to Know

we must be able to love ourselves

forgive ourselves

if we love ourselves we can
communicate how and why

if we love ourselves we can see our
Truths and be unashamed of them

if we love ourselves we can manifest
greatness out of the lessons

know that the old constructs we are
rapidly escaping

our parents and their parents
teachings

have cultivated decades of shame in
our bodies

if we can understand our vibrational
nature as cosmic entities

we know how much trauma and
stale/negative energy has the
potential to take root in the most
powerful home on earth

the womb

if we understand this

then we also know how much raw
energy is cultivated and exchanged
during sex

and the stark energetic and
neurological differences between
genders' orgasms and emotional
processes

there are layers of ancestral trauma
guilt and shame that have created
many misaligned lives in this
current reality

we must heal the mess we have
created together

by first healing ourselves

from the inside out

may this ritual aid in your lifelong
journey of healing your lineage and
releasing all that does not serve
your peaceful alignment and
ascension //

- @11N4NN44



what you will need:

- **a sustainably sourced smudging tool of choice**
- **3 of your fave crystals (or flowers/herbs)**
- **a candle**
- **a bowl of water**
- **salt**
- **incense or resin of choice**

*****if you will be using crystals for this ritual, do not use crystals that end in -ite as you will be putting them into salt water (i.e. selenite & calcite). this will damage them! using flowers/herbs is a beautiful alternative.**

1. set up your ingredients in front of you in a comfy location. make it pretty for yourself. light your candle(s) and incense. get the mood goin'.

2. smudge your aura first and then the entirety of your space. use this mantra or write one of your own:

"dear spirit guides, angels, and Guardians of the purest Light, I ask for your assistance in cleansing and releasing from my body and space all energy that does not serve my Highest Good. I ask that you help me to remove all patterns, mental programming and blockages that are holding me back. Please aid me in releasing any weight that is not mine to carry. I set this intention and I know that it is done. Thank you."

3. deepen your breathing and settle into your space. take your crystals/flowers into your hand.

breathe allllll the way into your lower belly. into your sacral and root chakras. let your breath cleanse. feel your stomach and chest expand. take 9 deep cleansing belly breaths.

4. put your crystals/flowers down near you, bring your bowl of water closer and sprinkle in some salt. as you begin to stir the salt into the water with your finger recite the following (or create your own):

"As I stir, I cleanse the water. The power of my heart and my intention is infused into the water. I intend for this water to purify my mind, body, and spirit. I intend this elixir to recharge my soul and fuel me with the Light and Love of the Divine Feminine within."

5. You will now be assigning each of your flowers/crystals with an intention. It may be to release something or even to bring more of a specific type of abundance into your life. Let your intuition guide you. feel the energy of the object.

6. when you know, whisper your intention to the crystal/flower and drop it into the salt water. Do this for all of the remaining objects.

7. dip your finger into the water, anoint yourself over your third eye, the back of your neck, your navel, your heart center and the bottoms of your feet. these are places where energy is received and released. say a prayer or wish for yourself. hold your hands over your heart. thank your Higher Self, your angels and your ancestors.

8. leave the bowl of water out overnight. Blow out your candle and put out your incense/resin.

9. first thing the next morning, wash your hands in the water while forgiving yourself for any thought patterns or negativity that may have arisen overnight. as you wash your hands, repeat, "I am cleansed. I am love. I am light."

may this harvest season be bountiful and beautiful!

& so it is.

-INANNA 

// please do not hesitate to reach out by DM, if you feel so inclined, for more suggestions, intuitive astrology readings, and ritual guidance. Thank you. @11N4NN44 //