

**A Practice of Taking an Energetically Cleansing and Refreshing Shower**  
presented to you by Joy Holland of [Facetsofjoy.com](http://Facetsofjoy.com)

**Suggested Supplies:**

paper  
writing utensil  
shower  
towel that feels wonderful on your skin  
small white votive candle  
candle holder  
dried sage (for smudging)  
sage holder  
shower soap that cleans your body and smells and feels refreshing to your being

***The intention of this practice is to release any residual barrier energy while refreshing and restoring your base energy.***

**I use this practice once a week but, you may use it as often as you like.**

**I set aside 30 minutes for this practice, with the intention of savoring each moment and being fully present to each step (without feeling hurried).**

**Before I share this practice with you, I have a few notes:**

**Please read the practice over. Give the message and meaning time to settle. Understand that if something sounds unfamiliar your mind might naturally reject it, even if your heart is saying 'yes, please'.**

**I ask that you try the practice once *and then* feel into how to best custom it to your preferences and likes.**

**As you consider the supply list, I invite you to choose supplies that enhance the practice.** It might be that you hadn't previously thought about ***the feel and smell of your shower soap or towel*** and that's understandable and okay.

**I am asking you to consider choosing things that resonate ultra-well with your senses because delighting your senses is a wonderful treat and also *naturally enlivening to your being*.**

Sometimes when we think of energetic practices, we think they might be complicated. I try to keep my practices simple and easy to integrate into daily life. Because, truly, what is the point of a practice if it intimidates you or doesn't fit into your daily life?

**The base of all of the practices I share is peace and joy, with genuine love and gratitude.**

**I include the physical body, as well as energetic movement, in each practice because we are divine essence energy in a physical container.** (Many energetic practices don't consider the body – that's akin to leaving half of your self out of the practice). Taking care of your physical container (in easy, delightful ways) brings natural peace and joy into your being – it's *naturally* healing, nourishing and enriching.

**When your body is healthy and feels well, it's a wonderful space for your energy to be in (and if you believe in energetic resonance, you then form such a space, naturally draw to you ..... wonderful, enriching, enlivening, nourishing energies in a myriad of forms).**

**What if you don't have supplies that please you?** You may absolutely still do the practice. As you continue doing the practice, perhaps you will consider changing anything that isn't pleasing to your senses. Even if you mind says something like bath soap is a small change, please understand that *each change makes a difference*

**Let's think of (and feel into) it this way:** if you are caring for your body daily with products and external variables that aren't pleasing, *you are subtly sending signals to your body that it isn't worthy or deserving of feeling good.*

Likewise, if you are in a space of feeling unworthy or undeserving and you make small changes (such as bath soap that feels and smells wonderful and a comfy towel that dries well and adds warmth) you are sending to your body signals that **yes, it is worthy and deserving.**

I am going to ask you to thank your self after each 'portion' of the experience. **Gratitude each step of the way absolutely matters – your being thrives when given genuine love and gratitude!** (So, please do not skip this step!)

Let's begin.

## Streaming thoughts

**Please get your writing paper and utensil and find a comfortable space to sit.** I recommend that your space have some sort of natural light (or lighting that is easy on your eyes). I also recommend that your space have fresh air (or the feel of fresh air).

I invite you to take ten minutes or so (however long this portion takes) to write out in free-stream (not worrying about grammar, punctuation, or neatness because this is simply a free-stream) all that is in your mind that might be considered a barrier to peace, joy, abundance, freedom, love, gratitude. Anything that feels heavy or is concerning you.

*Please don't censor yourself. Please don't judge yourself. Simply free-stream out your thoughts.*

As you are writing, please remember to periodically take deep, cleansing breaths.

You will know you are done when you have nothing left to write. (Or if you feel like you might write forever and you'd like to set a timer for 10 minutes, you may do so.)

When you have finished writing, please thank your self for vesting presence to this practice. You may want to stretch your fingers.

And, then, rip up your paper (shred it if you wish) – with the idea that as you physically rip it, you are releasing those thoughts. Please remember to breathe deeply as you are ripping your paper. If you would like to throw it away in an outside garbage you may (that is akin to 'taking out the trash'). If it is not practical or do-able for you to throw it away outside, please place it in a garbage receptacle that is not in the same room as your shower.

Please thank your self for 'throwing away doubt, fear, residual barrier thoughts'.

## Smudging Your Space / Lighting a Candle of Intention

The idea of smudging is to energetically clear your space of lingering 'doubt, fear, energy not resonant with love'.

You take a small bundle of sage or a stick of palo santo and light it in a very smudge safe container, fanning the smoke over your body, breathing a bit into your being. I smudge the room I wrote in (which means carrying your container around that room) then I smudge the bathroom that my shower is in. You may need to light your sage or palo santo again – that is okay.

As I smudge the bathroom, I light a candle of intention (in the bathroom) as well.

Because you are using elements of fire, I ask that you use safety precautions that fit the space you are in.

The candle of intention is an energy you'd like to call in to enhance your cleansing, a 'positive' energy - such as peace, joy, laughter, abundance, genuine heart connection – whatever it is for you in that moment.

With the lingering smoke and the lit-candle of intention, I then set the water temperature and turn on the shower. (You can see how I am integrating natural elements into this practice – it puts your body into energetic flow.)

May you please thank your self for smudging and for setting an intention. May you understand, as you look at the candle, that light is in your heart – your essence energy. May you thank that light for being in your heart, for being your essence energy.

It is now time to step into the shower.

## Cleansing Shower

**Please note:** the reason I recommend a shower instead of a bath, is because the water is running and all that you are releasing 'goes down the drain'. (A bath is wonderful, but not quite suited for this practice as then you would be 'sitting in your residual stuff' and that's counter-productive to your intention.)

As you step into the stream of water, please be aware that you are literally, physically putting your body into flow. This is a marvelous time to thank yourself for putting your body into flow.

Feel the water flowing over your body. You may thank the water for flowing over your body. Let that water rinse away residual doubt, fear, barrier energy.

This is a wonderful time to think about and connect with, Source energy – whatever that is for you. I take the time to thank Source energy and 'guides' and 'messengers' by all of the names and forms I recognize it as. (So, for me, that is God, Mary the Mother of God, Archangels, Angels, Guides, Sister Goddess, Mother Nature, Moon, Sun, Stars....etc). I just say 'thank you' as I list out each name and form.

This connects you to Source energy while you are in flow.

Then, as you wash your body, take the time to smell the soap. To feel the washcloth. And, as you wash, may you thank your body for each step it has carried you. May you thank each body part for contributing to your ability to move, connect and create. And then, rinse it all off.

May you take a moment to breathe deeply, feeling yourself fully present in flow. Then, thanking yourself for being fully present in flow.

As you turn the water off, may you thank your self for taking the time to share genuine love and gratitude with your being. May you concentrate on the energies you intend to draw into your space (the energy you mentioned as you lit your candle of intention).

As you dry your body parts, may you feel the warmth and softness of your towel. May you wrap yourself in that warmth and softness. May you thank your self for those moments of warmth and softness. May you thank your self for taking the time to gift your body and being this practice.

To end the practice, I recommend that you drizzle a little water over your lit candle (or use a snuffer) to extinguish the flame. Then, please drink some fresh water. And get dressed (or not – because it's also a wonderful time for a nap!)

**Thank you for considering this practice!** If you do experiment with this practice, I would love to know of your experience with it – simply share by email at [joy@facetsofjoy.com](mailto:joy@facetsofjoy.com) . If you have any questions, please let me know.

If you like the practice and want to share this document with your friends you may absolutely do so.

If practices of presence and energetic movement interest you, you may want to join my Facets of Joy community at [facetsofjoy.com](http://facetsofjoy.com).

Much peace and abundant love,  
Joy



**Joy Holland is a love spinner and reflector of light.** As an empathic intuitive, Joy [shares practices of presence and energy movement as she guides](#) those who choose to walk a heart-path into experiences of peace and possibility through connection and creative expression. As a mother of two teenagers she revels in family connection and applying these practices in daily life.