**Your Spiritual Bath**

Spiritual Baths are created with intention and are made specifically with the aim of assisting individuals who desire to balance and realign themselves.

Reasons for a Spiritual Bath:

* For Grounding and Centering
* For Clarity of Vision & Purpose
* To Release Emotional Trauma and Negativity
* To Balance and Align Chakras
* For Spiritual Attunement
* Receive Divine Wisdom & Guidance

**About Spiritual Bathing**

The use of water in spiritual ceremonies has lasted for centuries. Water not only cleanses and purifies, but heals and protects. Water is the elixir of life. Therefore, water is an important part of your spiritual growth and can be used as a conduit for you on your journey. Bathing is just one way to incorporate water in the flow of your life. The process of bathing is deeply spiritual and directly connected to the energy of the Creator, angels, ancestors and other guides from the spirit world.

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We have chosen to use spiritual baths along with emotional cleansing to help connect people with their purpose and to unlock the magic within themselves to fulfill their life path. You will not be told what your purpose is, as this information has to come from within yourself. Only you know what your purpose is and bathing is just one way to help you discover it.

Further energy healing, regression therapy and other spiritual work may be needed for you to receive the complete picture of what you are supposed to be doing in this life. This work is also provided through our community of healers on a donation only basis.

Although some of the elements of your bathing ceremony are rooted in African spirituality, this bathing ceremony is not tied or connected to any one religion. We only ask that to participate in the ritual, you have a belief in something that is greater than yourself. You will not be asked to profess, pledge or recite any prayers or incantations unless they are of your own choosing.

The prayers being said by the lady of the house will be spiritually grounded, but religiously neutral, and sometimes said in another language. You are the captain and master of your bathing process and the lady of the house (and others) are helping you to carry it out by providing you with a sacred space to do so.

Before Your Bath, you will be asked to state your intention. Really take time to learn what it is that you want from your bath. Your intention can be anything that you like, and does not have to involve purpose. Special herbs and oils will be prepared for you based on what intention you provide. The days leading up to your bath should be introspective and meditative. This is your time to reflect on the whispers, messages and messages disguised as problems guiding you to your purpose. Everyone hears whispers and messages and experiences problems that are gently guiding them to fulfill their purpose in life. Whether or not we choose to acknowledge these indicators is based on where we are in life. So be still and listen closely to hear your purpose calling you now. It is there waiting for you to fulfill it.

Remember, the purpose of your bath is to help you to discover what your life’s work is and the magical gifts that you have been given to complete this work. The lady of the house will NOT tell you what your purpose is. The lady of the house can only bring down hints and clues from the spirit world. She is not there to do your work for you, but only to help you listen and interpret the messages that you have been receiving.

**Preparation:**

**For** Women: Please schedule your bathing ritual when you are not on your monthly cycle. The ritual does require for you to wear a bathing suit underneath your robe. At no time before, during or after your ritual will you be exposed.

**The Night Before:**

Either the night before or the morning of your bath, please shower using a light skin exfoliator or exfoliating gloves. You can purchase exfoliating gloves at The Dollar Tree or The 99cents Store. Wash your hair three times as well and try to remove any dead or callous skin from your feet. Wearing a scarf to the bath or head covering is okay. Please refrain from heavy makeup or colored nail polish. Come as clean and as natural as possible. Refrain from wearing jewelry that you do not want to get wet, at the ceremony. Ceremonies range from total immersion in water to dips and pours.

Although hair coverings are permitted, know that every part of you will get wet, including your hair. Guests: You are welcomed to bring guests with you to experience your bath. If you are bringing guests, please let us know the number so that we can accommodate seating. If you have small children or infants, please bring someone to watch and/or hold them while you are in ceremony. Guests will not be permitted to participate in your emotional cleansing session. That session lasts the first 20 minutes of your ritual and takes place in a private room.

There will be a waiting area for guests during that time. Please know that everyone is responsible for their own energy during the ceremony so make sure that your guests are spiritually open --- you don’t want to bring someone who has an abundance of unwanted/unchecked energy to your ceremony.

**The Night Before Continued:**

They can affect the energy of the house. ALL women, regardless of age or size, will be asked if they are pregnant. This includes all guests.

We use many medicinal and spiritual plants in our ritual. Many of these plants have been used historically for many purposes. Many of our plants are powerful healing plants that is used for cleansing and purification. Many use them to usher out bad energy or spirits and to open the way for the Creator’s love and light. Some plants, like sage are used traditionally as a natural abortifacients (abortion causing). This is why we have to ask all women of birthing age if they are pregnant or trying to become pregnant so that we can be safe and aware.

After your mental, physical and emotional cleansing, you will be directed to a private room where you can change for your bath. You will be wrapped in a white cloth. If you choose you can wear a bathing suit (or swim trunks) but it is really not necessary. The only body parts that will be exposed are your neck, arms, shoulders and part of your upper chest. The cloth extends down to your ankles. Men, you can bring a white t-shirt and white shorts if you choose (must be all white—no screen printing). However, this is not necessary. The bathing attire is flattering, no matter what size you are. If your faith requires modesty, please bring the appropriate white clothing that you can bathe in, even if it means you have to cover everything (including your head).

**Cost:**

There is a cost to the spiritual bathing process, but it is more of a “spiritual cost” than a dollar amount. If you set your intention and we create the space, then we are creating a mutually beneficial exchange. The bathing ritual is not done for the money and it is not a business. This is the life’s work of the lady of the house and no one can put a price on that. If you would like to leave a love donation for the cost of the water, supplies or otherwise, there will be a donation box in the private dressing room to do so privately. The donation box is only checked every two weeks so that we don’t know who gave what amount (or who was not able to give). Please do not let the perceived lack of funds hold you back from going through this process. Knowing your purpose in life is more important than how much you can afford to give. Please do not ask what the suggested donation is as, again, we do not assign a dollar amount to our work.

Pictures: Taking pictures and/or videotaping your bathing ritual are fine. Pregnancy and/or Allergies: Please let us know ahead of time if you are pregnant, think you might be pregnant, or have any known allergies to any herbs, flowers or plants. Also, alert us to any allergies to chlorine or hydrogen peroxide as both of these are lightly used to purify the water. Being pregnant or having allergies will not prevent you from doing the bathing ritual, we just have to make special arrangements for women who are pregnant or anyone with allergies.

**Your Bath:**

Refrain from smoking or consuming alcohol for at least 3 days following your bath. Try to remain as natural and chemical free as possible. The Bathing process: The details of what are involved in the spiritual or the bathing preparation process is shrouded in secrecy. However, we can say that very little of the process itself will come as a surprise to anyone that has ever taken a bath. You will also know what herbs and/or oils were used in your bath. At times, we may need assistance with dipping or raising people out of the tub so, please note that at any time, members of the opposite sex may be present or called to help with your bath. We will not bring anyone of the opposite sex in to help you with your bathing outfit. If your faith requires an all female or all male ceremony, please let us know ahead of time.

Private Baths: Although your herbal and/or oil infusions may be different, there is a possibility that you will share your appointment time with other bathers. Let us know ahead of time if you prefer a private ceremony. Although you may share your appointment, your emotional cleansing session (where you speak your intention) is always private. Appointments: Please be respectful of your bathing appointment and arrive on time. If you are running late, please call or text and let us know. If you cannot keep your appointment, let us know a day in advance. Much preparation goes into every bath so try and keep your commitment on bath day. Frequency: You can take as many or as few baths as you need to, but only one bath per appointment.

Peace and Blessings, Akua Maat Mistress of Bathing Ceremonies and Lady of the House (951) 552-3923 Call or Text