

Spiritual Negative Energy Removal

A Complete Step-by-Step Ritual Guide

Overview

This is a traditional spiritual cleansing ritual designed to draw out and trap negative energy, black magic, or spiritual interference from your body. The process transfers this energy into a physical vessel called the "shadow body," which is then disposed of far from your living space.

Note: It is essential to approach this entire ritual with full focus and a calm, positive mindset throughout. Mental discipline is as important as the physical steps.

Materials Needed

Vessel and Tools

- 1 aluminum foil tub (medium to large size)
- Aluminum foil sheet (slightly larger than the tub)
- Sharpie marker
- Scissors
- Knife
- Lime squeezer / lemon squeezer
- Gloves (for hygiene during the purging stage)
- A standard lighter (not gas-powered)
- A disposal bag (cotton preferred; plastic works)

Ritual Ingredients

- Turmeric: at least 2 pounds
- Limes: at least 10 to 12 (thin-skinned, high juice content preferred)
- Green chilies: ½ pound
- Camphor
- Sambrani / Loban (resin incense)
- Old unwashed gym socks (used during lime preparation and added to the tub)
- Chewing gum (optional, to chew and spit onto the shadow body)

Personal Items to Collect Beforehand

- A small amount of your own hair (from head, armpit, or pubic region)
- Lime stem ends (to be used as eyes for the shadow body)

Step-by-Step Instructions

Step 1: Prepare the Limes (Night Before)

Place all your limes inside your old unwashed gym socks. Leave them overnight. This infuses the limes with your personal energy, which strengthens the ritual when the juice is applied the following day.

Step 2: Set Up the Aluminum Tub

Line the aluminum foil tub with the aluminum foil sheet. Leave some excess sheet hanging over the sides, as you will need these edges later to seal the tub closed.

Step 3: Write Your Personal Details

Using the Sharpie, write the following directly on the aluminum foil sheet inside the tub:

- Your full legal name (first, middle, last)
- Your date of birth

Step 4: Build the Turmeric Shadow Body

Pour approximately 1 to 2 cups of turmeric onto the foil sheet and shape it into a flat, humanoid figure, similar in outline to a gingerbread man. The body should be lying flat and include:

- A head
- A torso
- Two arms
- Two legs

It does not need to be detailed. A basic, recognizable humanoid shape is sufficient. Place the shadow body directly on top of where you wrote your name and date of birth.

Step 5: Add the Lime Stem Eyes

Pull the small stem end off two of your limes. Place one on each side of the turmeric head as eyes. This step personalizes and activates the shadow body, linking it to you.

Step 6: Squeeze the Lime Juice

Cut open each lime and squeeze the juice into the space between the turmeric body and the edges of the tub. Distribute the juice around these areas:

- Top left corner
- Top right corner
- Between the legs
- Beside each leg

Use all 10 to 12 limes. The more juice present, the stronger the cleansing effect.

Step 7: Add Your Hair

Using scissors, cut a small amount of hair from your head, armpit, or pubic region. Sprinkle it directly on top of the turmeric shadow body. This is a critical step that binds your personal energy to the figure.

Step 8: Add the Gym Socks

Place your old unwashed gym socks (the ones used to store the limes overnight) into the aluminum tub alongside the shadow body. These carry additional physical energy from your body, which strengthens the spiritual trap.

Step 9: Optional Addition (Chewing Gum)

If you choose, chew a piece of gum and spit it directly onto the turmeric body. This is another method of transferring your energy and any attached negativity into the shadow body.

Step 10: Light the Sambrani (Incense Resin)

Light the Sambrani or Loban resin next to your workspace using the lighter. Allow the smoke and fragrance to fill the area around you as you complete the remaining steps. This purifies the surrounding space and supports the ritual environment.

Step 11: The Purging Process

This is the core stage of the ritual. Put on your gloves first for hygiene. Then proceed in the following order:

- Take one of the squeezed lime halves and rub it thoroughly over your groin and private areas. This begins drawing out negative energy from the body.
- Urinate directly onto the shadow body. This is an intentional act of purging waste energy out of your body and into the vessel.
- (Optional) If you wish to deepen the cleanse significantly, you may also defecate onto the shadow body. This is considered a powerful method for releasing deep-rooted negative energy.

- Once purging is complete, sprinkle an additional layer of turmeric over the body and all contents.
- Add a handful of green chilies on top. Green chilies are traditionally used to absorb and neutralize negative energy.

Note: Throughout this entire process, remain calm, grounded, and mentally focused. If significant negative energy is present, you may feel mental resistance or agitation. Do not engage with it. Continue steadily.

Step 12: Remove the Foil Sheet and Burn Camphor in the Tub

Carefully lift and remove the aluminum foil sheet (with the shadow body and all contents wrapped inside it) out of the aluminum tub and set it aside. Then place several pieces of camphor directly into the now-empty aluminum tub and light them. Allow the camphor to burn fully inside the bare tub. This step purifies the vessel itself before final disposal.

Note: Ensure you are in a ventilated area when burning camphor. Allow the camphor to burn out completely before proceeding to the sealing step.

Step 13: Transfer to the Disposal Bag

Once the camphor has finished burning, carefully gather the aluminum foil sheet with all the shadow body contents and transfer it into your disposal bag. You do not need to fully seal the foil sheet, but take care not to spill any of the contents during the transfer. Once inside the bag, add additional green chilies on top of everything. Green chilies further absorb and neutralize any residual negative energy during disposal.

Disposal

Dispose of the sealed bag as far from your home as reasonably possible. The ideal disposal methods, in order of preference, are:

1. **Flowing water** (a river or stream) is considered the most effective method, as it carries the negative energy away permanently.
2. A public garbage can or dumpster at a distance from your home.
3. Any location where you are unlikely to encounter it again, and where others are unlikely to encounter it either.

Note: Do not dispose of the package near your home, your workplace, or any location you visit regularly.

Mindset During the Ritual

Your mental state during this ritual is as important as the physical steps. Throughout the entire process, you must:

- Remain calm and collected
- Stay mentally focused on the intention of the cleanse
- Maintain a positive, grounded state of mind

If there is a significant buildup of negative energy in your body or environment, you may feel mental resistance, distraction, or agitation during the process. This is a normal response. Do not engage with it or react to it. Simply continue with steady, deliberate focus. The ritual is structured to overpower it.

Summary Checklist

Use this checklist to ensure every step is completed before disposal:

- Limes stored in gym socks overnight
- Aluminum tub lined with aluminum foil sheet
- Full name and date of birth written on the sheet
- Turmeric shadow body shaped inside the tub
- Lime stem ends placed on body as eyes
- Lime juice squeezed around the body (all 10-12 limes used)
- Hair sprinkled onto the body
- Gym socks added to the tub
- Optional: chewed gum spit onto body
- Sambrani / Loban lit nearby
- Gloves on
- Squeezed lime rubbed over groin area
- Purging completed (urination; defecation optional)
- Additional turmeric sprinkled over body
- Green chilies added on top
- Aluminum foil sheet with shadow body carefully transferred to disposal bag without spilling
- Several pieces of camphor burned in the bare aluminum tub
- Camphor fully burned out before sealing
- Green chilies added on top inside the disposal bag
- Placed in disposal bag
- Disposed of far from home, preferably in flowing water

