



Cleansing Guide

Purifying the Body and Space

By Benjamin Shoham

Welcome

Hi, my name is Benyamin Shoham, and I am a forest medicine man.

After years spent in a closed office, my spirit was called back to nature.

Since then, I've been studying the medicine of the forest and of Mother Earth. I forage wild herbs and craft incense, oils, and potions from them.

I'm honored to offer you this cleansing guide — a simple and gentle way to bring the spirit of the forest and its medicine into your life.

Peace and blessings.

What is Energetic Cleansing?

Energetic cleansing is the practice of shifting the energy of a person or a space — and clearing it.

Energy that was heavy, dense, murky, tangled, unclear — becomes light, bright, clear, and pure.

There are many ways to cleanse energy. In this guide, we'll explore cleansing through smoke made from sacred medicinal herbs.



Before You Cleanse

Energetic cleansing is powerful — and most effective when the physical space is clean.

Before cleansing your home, tidy and clean it. Remove clutter, clean the corners and behind furniture, open windows, and let fresh air in.

Before cleansing your body, take a shower and change your clothes.

Your intention is just as important as the act itself. So enter the practice with a steady emotional state, a calm and loving heart, and presence.

Step One: Clearing

Begin by burning a cleansing incense or white sage to remove unwanted energy.

Wave the smoke over your entire body. Continue as long as you feel a sense of release and lightness.

Tune into your energy — pause in areas that feel dense, and keep cleansing them.

To cleanse a space, move with the smoke in a counter-clockwise spiral through the room. Turn the incense stick or sage bundle counter-clockwise as you walk in a circle, moving through the space.

Pay special attention to corners, behind furniture, and cluttered areas.

You can use a feather to spread the smoke more effectively across the body or into corners of the room.

While cleansing, speak out loud or in your heart — ask that any energy you wish to release be dissolved, dismantled, and removed.

You can pray in your own words, sing a healing song, or recite sacred prayers that resonate with you.

You can also use sound — such as clapping — to help break up and drive out unwanted energies, as you would to shoo away a dog or cat.



Step Two: Inviting In

Once you've cleared the energy, the space is open. It's important not to leave it empty — but to call in what you wish to fill it with.

Burn Palo Santo, Myrrh, or Frankincense to invite in goodness.

Palo Santo brings emotional balance and presence.

Myrrh grounds and nourishes us with physical vitality.

Frankincense opens the heart and connects us to Spirit.

How to Burn Palo Santo

Light the stick with a lighter or gas flame. Let it burn for about 30 seconds, then blow out the flame.

It will begin to emit a sweet white smoke. Pass this smoke over your body and space while praying for emotional balance, presence in your body, sweetness in life, and good relationships.

When the stick stops smoking, you can relight it — repeat until you've filled the space.



How to Burn Myrrh and Frankincense

Place a charcoal disc in a heatproof incense burner. If you don't have one, a soup bowl filled with earth will work. Place the charcoal on the earth.

If you don't have a bonfire in your yard (not yet!), use hookah charcoal. Be sure to light it outside, as the ignition smoke is toxic. Once it's burning, you can safely bring it indoors.

There are also cleaner charcoal options and dedicated burners — explore what suits you.

As you burn the resins together, you'll feel:

Myrrh grounding your energy and helping you come back into your physical body

Frankincense opening your heart and connecting it to your spirit

Together, they unite heaven and earth within you, helping you call in what your soul truly needs — beyond emotional waves or physical discomfort.

While burning, pray to receive what your soul came to manifest in this world.

Completion

After the ritual, extinguish the sage and charcoal thoroughly in soil.

Let the incense stick burn out naturally, and the Palo Santo will usually stop smoking on its own after a few minutes.

Take a moment to give thanks — to the seen and unseen forces that support your life.

Gratitude anchors your prayers into reality and helps bring them to life. Speak your thanks out loud, and name the specific things you're grateful for.



Want a Personal Blend?

To get help choosing the right incense or resins for your needs, feel free to contact me:

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