



# *Simple Spiritual Practices*

*from  
Space Dust Bunny*

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*Disclaimer: Spiritual practices are meant to help you enrich your life and are not used in lieu of medical advice or medication, especially in cases of serious illnesses. If you have a medical emergency, please seek professional help. Thank you!*

## Preface

This e-book was created with the purpose of helping people get in touch with themselves and universal energy.

It involves simple exercises that anyone can use to their own benefit.

As for myself, when I was at the beginning of my spiritual journey, I didn't know where to start.

Many books include a lot of information I don't resonate with or never even use.

Because of that, I decided to create this resource as a simple, straightforward guide for the ultimate beginner.

While it contains some general habits that help everyone who practices them, please adapt them to your own context, feelings and lifestyle.

If what you find here is helpful, please feel free to share my website and services with other people!

Thank you for being here, for your time and for who you are!

Enjoy!

## Chapter 1: Introduction

When people hear ‘spiritual practices’ they go straight to woo-woo, and that’s fine. Everyone has a right to their own opinion.

But out of those people, some feel a little ‘itch’ when they hear words like ‘spirituality’, ‘chakras’, ‘meditation’, ‘spirit guides’, ‘higher self’.

A little ‘pull’, if you will. That’s your intuition whispering!

That’s your sign that you should browse the internet for more information about whatever word got your spiritual ‘antennae’ up!

*Spiritual practices* involve activities, habits or even rituals people do to *connect with a higher power* or their *inner selves*. For example, praying, fasting, singing, meditation, dancing, drawing etc.

Each of the following chapters will talk about a specific spiritual practice that you can use in your day-to-day life to enrich it.

See with which one you resonate the most!

Also, please remember that there is no right way of doing things, there is only your own way. The only rule is to avoid hurting yourself or other beings.

In this e-book you will learn some basic meditation, protection and chakra opening techniques, how to cleanse, ground and use light, and how to identify your intuition and apply it to your everyday life.

If practiced, spiritual habits may give you a sense of fulfillment and improve your quality of life.

## Chapter 2: Intuition

A lot of people talk about intuition, or ‘gut’ feelings.

It’s like an inner knowing about a situation beforehand.

You feel it inside you, like you already know what’s going to happen, if it’s something good or bad, for yourself and even for others.

### Intuition exercises

Exercise 1: Whenever you see a word- and your body feels relaxed when you hear or speak it, you ‘feel’ it ‘within’ you- look that word up, search and learn more about it and try to blend it in your life for a few days and see what follows.

Exercise 2: If you want to get in touch with your intuition, or inner voice, here is a simple exercise to do: say who you are, your name, and see how you feel in your body. Remember that feeling!

Now tell a lie, for example, that you like mustard, when you clearly don’t. How does your body feel now?

Try and notice if anything changes in your body.

Do you feel like your body is relaxed? Or do you feel it tensing up? Maybe some light pressure somewhere?

Any small detail is important because that’s how you learn how to identify what your intuition is trying to tell you!

The good and the bad.

When you feel those feelings, in any context, you’ll know what they mean for you, specifically.

You can use these exercises every day to get in touch with what your inner voice is trying to tell you, and in time, you’ll reach a point where you can feel your way in every situation, ideally.

Maybe you meet a new person, and you don’t know how you feel about them. No worries, you can use your *intuition*.

Maybe you want to choose a place to spend your holiday at. You can choose one which resonates more with your *intuition*.

## Chapter 3: Cleansing

Or cleaning, same thing.

Think about a clean room. How do you feel when you step in it? How does your body feel? Now think about how you feel when you're in a dirty room. See the difference?

It's good practice to clean your surroundings, the objects that you use, and yourself as needed.

Spiritual cleansing works the same way.

There are many energies that surround us that are not always there to help us.

Or energies that come from people who don't like us.

Having a regular cleansing ritual helps with all the bad things we may attract, even from ourselves.

Here are a few ways to cleanse different objects, spaces and our bodies:

- with salt:
  - you can add salt to your bath or shower and scrub your body with it
  - you can use it to cleanse some crystals, but not all, some can be damaged by it so please research your crystal to know for sure
  - you can use it to clean your environment by spreading it on the floor, in a corner of a room, or at door thresholds
  - you can put it in a spray bottle and spritz around you when you feel the energy surrounding you is becoming heavy
- with light –visual exercise- *firstly*, imagine a powerful white light that surrounds the object that you want to cleanse; *secondly*, imagine that the light pulls out all the dark energy; *finally*, imagine the light transforming the dark into more light, or gratitude, or love. Tips: it helps when you 'tell' the light that its job is to cleanse the object; how you feel is also important- if you think of a moment when you decided you want to clean something, like your room, and channel the determination from that moment, it can make your light stronger
- with crystals – usually, white or black crystals are the ones to use for this. For example: selenite, white quartz, black tourmaline, carnelian and even citrine help. You just have to hold the crystal and tell it its job, the same way you'd like someone to tell you your job. You can use crystals for your space, body and for cleansing other crystals.

- burying in soil- it's all in the name. You bury crystals and leave them there for a set amount of time. Usually a day, or a night. You can use your *intuition* here.
- moonlight or sunlight- you can use this for yourself, for water and for crystals, but you must be mindful when you use this method for crystals because some of them may damage. I recommend doing some research beforehand
- burning different herbs, like sage, palo santo, incense or candles- you must be very careful when using this method to cleanse your space, yourself or crystals. A burning flame is dangerous, especially in close quarters and you always must pay careful attention to the flame and **never** leave it **unsupervised**. Also, in the case of sage and palo santo, it's necessary to open all of the windows of your space for the smoke to clear out. I would use this method rarely because it's efficient, but it involves a lot of hassle.

You can try all methods and see which one you resonate the most with.

Cleansing frees up the space, energy body and objects for everything to run smoother.

Imagine a hoarder's room. Filled up with too many things that maybe at one point in time, had a role and a purpose, but they don't anymore.

It's the same with energy. Those energies helped you once, but it's time to let them go to not crowd the place and to offer a clean space for the new.

Cleansing should be done as often as you feel is needed. You can always ask your *inner voice* if it's time to cleanse your space, your crystals or even yourself!

## Chapter 4: Protection

Imagine standing outside in the pouring rain.

You'd get wet and maybe even catch a cold afterwards.

What would be a great solution?

Using an umbrella or raincoat, some sort of *protection* against the raindrops.

We know that energy is everywhere. Good or bad, it can be very strong and sometimes even overwhelming.

Let's imagine for a second that energy is rain.

That would mean it would rain constantly, everywhere, and we'd be in it without any protection! How unfortunate!

But don't worry, there are some solutions for this issue:

- -crystals- usually, black crystals, like tourmaline, obsidian, hematite, can offer you protection. You just have to tell them nicely what their job is and thank them for doing it.
- -white light- *visualization* technique- you can imagine a powerful white light covering your body and shielding you from all things negative, like a cocoon. You can also change the colour of the light to whatever colour makes you feel safest.
- -mirroring- *visualization* technique-if you want to protect yourself from someone else's energy *and* send it back to them, you can imagine a mirror in front of you, reflecting the energy back to the sender. I'm not a personal fan of this because I like things to be positive, so I do a twist: I transform the negative energy into gratitude and send that back instead.

- -cloak- *visualization* technique- like a raincoat, you use it to cover yourself. It can be any colour makes you feel safest.

You can experiment with these techniques until you find one that helps you resonate with. Also, don't forget that you can always change them and add your own personal twist.

It's important to add protection to your daily routine because it helps you dodge being overwhelmed by energy that isn't yours to bear, making everything more manageable.

It's a must-use ritual for empaths, who may get overwhelmed faster than less sensitive people.

You can use protection before you go outside your home, or when you have to deal with a lot of people at the same time. Or even when you wake up from a nightmare and you want to feel safe and protected.

Have fun!

## Chapter 5: Light

As you saw in the earlier chapters, there are many techniques that involve the use of an imaginary white light.

This light can have whatever colour you resonate most with at the time you use it.

It's universal energy, and it can come from whatever place fits with you best: Heaven, Valhalla, another dimension, the layer where all spiritual guides are etc.

There is no wrong answer here, there is no set of rules. It can look and feel however you want it to look or feel. It's different for everyone.

It usually comes from above our head, and it fills up our body with goodness and positive vibes and energy.

A few tricks I use when I struggle to connect with the light, or visualize it, are:

- imagining I'm on a beach and I feel the sun on my skin
- imagining I'm in a forest and I see the rays of light passing between the leaves of the trees
- holding an image of a rainbow moonstone in my mind- it has a shine that reminds me of universal energy

Many people use this energy to help others. They focus it on their palms and use it on different parts of the body to help heal, fill up or unblock stagnant energy.

Everyone can use it, and you can get better at it in time.

Using light can 'fill' you with energy, lift you up if you feel down, and it's a strong relaxing tool for everyone, even skeptical people. Very helpful with stress.

At the end of a workday, you can easily incorporate light in your daily routine, especially after a shower, to enjoy a very pleasant and relaxing experience.

If you resonate with this, you can look up *reiki* on the internet and learn more about it.

## Chapter 6: Grounding

Spiritual practices work with all sorts of energies and visualization techniques.

Because of that, because they're not *physical* practices, people tend to not 'be present' in their body as much.

A solution to that is *grounding*. It involves reconnecting to your body, to the physical, literally *touching grass*.

There are different ways to do this, *general* ways like:

- walking barefoot on the grass, soil, sand
- gardening
- walking in a forest
- touching trees
- swimming in the sea, ocean, river or lake
- hiking
- anything revolving nature;

or *specific* ways:

- playing an instrument
- knitting
- yoga
- any activity or hobby that brings you back into your body, that requires your full attention and, in a way, binds you to your body.

You can have so much fun searching for your own grounding activity.

Enjoy!

## Chapter 7: Meditation

The practice of focusing or clearing your mind using different techniques is called meditation.

There are many ways to meditate, being guided, using sound, chanting or even focusing on an imagine, candle, or lighted incense stick.

I will share with you some that I use. They are simple and you can use them in any *safe place* you want.

### Meditation technique 1

- you start in a seated position, with your back straight
- closing your eyes, you begin to focus on your breathing
- take a deep breath in, and then let it all out
- do it a few times, until you feel yourself present, in your body
- at one point, you'll probably notice all sort of thoughts racing through your head
- that's perfectly fine and normal, here is where you should be
- you may think about work, or your friends, or some movie you saw recently, it doesn't really matter
- let those thoughts come to you, without stopping them
- now here comes the interesting part which takes some practice, and I will do my best to explain it to you
- imagine that your mind and all your thoughts are virtual reality like you're wearing an Oculus headset, and you just let them play out, watching them from a third person view
- when you feel like you're ready to come back, slowly move your fingers and feel your body until you are completely present again

That's all.

This is it.

Congratulations, you've just meditated.

Maybe you've never used a VR set. No worries.

- instead of virtual reality, imagine you're underwater
- the water embraces all your body
- you feel it on your skin
- warm, or cold, you can feel how it touches you, how it's all around you, how it's not good or bad, it's just water and you feel it
- now, instead of water, it's your thoughts
- like water, let them be there, let them touch you and then let float away
- continue this until you are ready to come back into your body. When you're ready, gently move your fingers and let yourself be present in the moment.

That's it.

You've meditated, rejoice.

## Meditation technique 2

- find a comfortable sitting position
- close your eyes
- take a few deep breaths, for a minute or so, until you feel yourself in your body, relaxed
- pick a word, or a sentence that resonates with you, ideally something inspiring
- in case you can't find anything, my suggestion is 'om'
- slowly chant the word/s you picked – this is your mantra right now
- repeat it for as long as you feel you must
- when you are ready, take a few deep breaths
- start moving your body slowly, until you are fully present

With practice, meditation can offer you a feeling of relaxation, of calmness and stillness, that you can use in day-to-day life.

If you want to try all sorts of meditation techniques, you can always check out YouTube, or Spotify to see which one you resonate with the most.

## Chapter 8: Aura and chakras

We've been talking about energy a lot and that's because it's everywhere. In us especially.

There are many faith systems that refer to it, under a different name, but it's all the same: energy.

One of those systems talks about how we all have in us 7 main points of concentrated energy that take care of different parts of our lives.

I will be brief and simplify it- from the bottom to the top of our body, these are the 7 main centres of energy and their location:

1. **Base chakra**- in charge of survival- bottom
2. **Sacral chakra**- for emotions- under bellybutton
3. **Solar plexus**- for ego, willpower- above bellybutton
4. **Heart chakra**- relationships, self-love- chest
5. **Throat chakra**- for communication
6. **3<sup>rd</sup> eye**- intuition, visualization- in the centre of the forehead
7. **Crown chakra**- for our relationship with the physical and spiritual realm- above the head

Depending on how strong these centres of energy are in us, they can influence our overall energy field and even 'colour' it. That is called the aura.

Some people can see it, others can't, but they can *feel* it.

For example, if you ever went to a live concert, you could *feel* the vocalist's energy. Or if you ever saw a movie star in real life, you could *feel* their strong presence.

That's it. That's their aura.

Everyone has one. Some are strong, others are more subtle.

There are many ways to open and balance your chakras, but one easy way is the one below.

## Chakra opening

- find a safe and comfortable place
- close your eyes
- do some deep breathing, for a minute
- from bottom to top, imagine each centre of energy opening, like a flower blossoming, slowly
- when you've reached the crown chakra, wait and feel the energy circulating inside your body
- allow the energy to fill you up
- 'feel' your body
- take a few deep breaths
- when you're ready, slowly move your fingers and your body until you are fully in the present

The purpose of exercises like this is to help maintain a general sense of wellbeing, and to connect to your energy body.

It's important to avoid blocking your chakras because you'll have all sorts of issues related to their specific role in your life.

## Chapter 9: Conclusion

I hope you've enjoyed this basic guide to spiritual practices.

Please remember that these are only guidelines and that you can change things up to suit your needs or preferences.

Take whatever you resonate with and maybe research it in more depth or practice it until you feel confident enough to move to the next level.

There are many courses online or in real life, many books and many people who can teach you more but remember to always trust your intuition and do what feels right to you.

Also, remember you can bend all the rules to get the best results tailored to you and never hurt yourself or any being.

If you start practicing some of these rituals, but you're not consistent, don't worry, it still counts. Just keep at it and you'll see the results.

“Just as a candle cannot burn without fire, men cannot live without a spiritual life” - Buddha.

Thank you for your time and good luck in your spiritual practice!

## Chapter 10: Resources and further study

- [The little book of Reiki- Stephanie Drane](#) – it offers a basic knowledge about light and how to use it
- [The little book of Chakras- Elsie Wild](#) – in case you're curious about chakras, and want to learn more
- [Reiki and the Seven Chakras- Richard Ellis](#) – for learning how to apply light to chakras, it's filled with information
- [The Crystal Bible vol 1-3- Judy Hall](#)- very thorough crystal guide to help you choose the right tools in your journey
- [Animal Spirit Guides- Steven Farmer](#) – if you are interested in going even further, you can learn about animal spirit guides and their meanings, and this is the perfect resource for that
- <https://www.clarityofsight.co.uk/> - for crystal shopping and classes, a great place to get your hands on quality products

## Chapter 11: Acknowledgements

I'm grateful to everyone who inspired me, taught me and opened me up to the spiritual realm. From people I know personally, to internet stars, you each played a beautiful role and showed me different ways to connect with myself and the universe.

Many thanks to my parents and ancestors, to my friends and close family, to my teachers and guides. The energy, resource and strength you give me constantly is infinite and I aspire to give at least some of it forward.

I also want to mention Avery, my special friend who supports me continuously. Without you, this book wouldn't have existed. Thank you!

And thank you, my friend, for opening yourself up to this knowledge and hopefully, you'll integrate what you learned here in your life, or your further study. While I may not know you personally, we are now connected in our journeys, even if it was for a little while.

Sending your way gratitude, acceptance and love!

Goodluck!