

The 7 Waves Cleanse.

Please **DO NOT** consume the plantain and the oranges. Someone else can but the person performing the bath cannot eat them.

You will need the following ingredients below:

7 plantain skin

7 Oranges skin

1 Teaspoon of Honey

1 handful of cloves.

1 White candle, (Pillar, Tealight, Regular, any white candles)

1. Lit up your candle by striking the matchstick away from you and say.
NIAH+DIAH+ZIAH or FIAT+LUX
2. Open the four quarters of the universe by raising your lit candle up or your hands to the 4 cardinals (**EAST, SOUTH, WEST, NORTH**) to ask for permission and assistance from the angels and to activate the four elements. (Remember nothing can be done without the **MIGHTY ONE's** Authorization)
3. Facing East, start praying over the ingredients, any prayers from the heart and the bible Psalms is good. However; You can use Psalm 51 if you wish.
4. Peel off the plantains and the oranges and put them in the pot
5. Drop one teaspoon of honey in the pot
6. Add the handful of cloves in the pot
7. Add enough water to the pot
8. Turn on the stove and let it boil for 10 to 20 minutes
9. Once it's done pour out everything in the bathing recipient
10. Add enough cool water to take a bath.
11. Once the water is warm enough, you can begin bathing with it.
12. Speak off all the negative waves, all the bad luck, all the bad influences, all the horrible curses, all the f-dup things that hold you down to leave off your temple at once.

DO NOT THROW AWAY THE INGREDIENTS. Leave them in the
bathing recipient.

You will bathe in it for 7 days, each following day just add warm water in the
bathing recipient and bathe with it. **YOU DO NOT NEED TO OPEN THE
4 QUARTERS AGAIN.** You only need to close them at the end of the 7
days.

SCUMBAG STUFF

We recommend doing this bath, on the day that belongs to you aka the day
you were born. You can do it from sunrise to sunset. It is always good to do it
when LEVANA is in her waxing phase.

However anyday, anytime is good. As long as you do it for 7 days. At the
end of the 7 days, throw away the remaining ingredients of the bath far away
from your home. Then you are done.

APTTMH MTKRF