



We live in an age marked by uncertainty. Many people feel that something is not going well in their lives: financial problems, illnesses, family conflicts, constant anxiety, doors that seem to close one after another. When a streak of bad luck drags on, a question arises that has accompanied humanity since ancient times:

Why is this happening to me?

In the midst of that search for answers, it is becoming increasingly common to hear recommendations such as:

- “You need an energy cleansing.”
- “You have accumulated negative energies.”
- “Burn palo santo.”
- “Smudge your house.”
- “Do a spiritual cleansing with crystals.”
- “You need to balance your chakras.”
- “Someone has sent bad vibrations your way.”

What is surprising is that these practices are no longer found only in esoteric or New Age circles. They have also reached baptized Christians, practicing Catholics, and even people deeply committed to their faith.

But a fundamental question arises:

What does the Church really think about energy cleansings?

Are they harmless? Do they work? Are they compatible with the Christian faith? What should a Catholic do when he feels he is going through a bad streak or senses that something strange is happening in his life?

Let us examine this phenomenon through the lens of Sacred Scripture, Catholic theology, history, and pastoral experience.



The Human Desire to Find an Explanation

Before judging these practices, it is important to understand why they attract so many people.

When someone loses a job, experiences marital problems, faces financial hardship, or suffers a succession of misfortunes, there is a natural desire to find a cause.

The problem begins when the explanation is no longer sought in God, reality, or one's own decisions, but instead in vague concepts such as:

- Negative energies.
- Low vibrations.
- Spiritual energy fields.
- Cosmic blockages.
- Frequencies of the universe.

These expressions often sound profound, but they are rarely defined clearly.

In many cases, they function as a new form of superstition adapted to modern language.

In the past, people blamed the spirits of the forest.

Today, they blame energies.

The psychological mechanism is very similar.

What Exactly Are “Energy Cleansings”?

Although there are many variations, they generally consist of rituals intended to remove supposed negative energies.

Among them we find:

- Burning palo santo.
- Smudging rituals.



- Incense used for esoteric purposes.
- Energy crystals.
- Reiki.
- Vibrational singing bowls.
- Shamanic cleansings.
- Salt rituals.
- Ritual candles.
- Energy sweeping practices.
- Chakra balancing.

The important thing is not the object being used.

The problem lies in the belief behind it.

The reasoning usually goes like this:

1. There is an impersonal energy governing reality.
2. That energy can become contaminated.
3. Certain objects possess the power to cleanse it.
4. Well-being depends on correctly manipulating these forces.

This worldview is profoundly different from the Christian worldview.

The Fundamental Difference Between the Catholic Faith and Energy-Based Thinking

Christianity teaches that the universe is not governed by impersonal energies.

It is governed by God.

There is no neutral cosmic force determining our destiny.

There is a personal, intelligent, providential, and loving God.

For this reason, Jesus never taught His disciples to cleanse energies.



He taught them to pray.

He never taught them to balance chakras.

He taught them to trust the Father.

He never taught them to burn objects to drive away vibrations.

He taught them to live in a state of grace.

The difference may seem small, but in reality it is enormous.

One person seeks to control forces.

The other seeks to abandon himself to God.

What Does the Bible Say?

Sacred Scripture consistently rejects the search for hidden powers or magical means to obtain spiritual protection.

God wants man to trust in Him, not in alternative rituals.

We read in the Book of Deuteronomy:

“There shall not be found among you anyone who practices divination, or tells fortunes, or interprets omens, or a sorcerer, or a charmer, or a medium or a necromancer or one who inquires of the dead. For whoever does these things is an abomination to the Lord.”

(Deuteronomy 18:10-12)



Although modern energy cleansings use different terminology, they often share a common element with many ancient practices: the search for spiritual protection outside the means established by God.

We also find an essential teaching in the Gospel:

“Seek first the kingdom of God and His righteousness, and all these things will be added to you.”

(Matthew 6:33)

Christ directs our attention toward God, not toward invisible energies.

The Deception of the New Age

Many elements associated with energy cleansings come from spiritual currents commonly known as the New Age movement.

These currents often blend:

- Hinduism.
- Buddhism.
- Western esotericism.
- Occultism.
- Alternative spirituality.
- Popular psychology.

The theological problem is that they tend to replace God with a universal energy.

No longer is there talk of the Father, the Son, and the Holy Spirit.

Instead, there is talk of the universe.

No longer is there talk of grace.



Instead, there is talk of vibrations.

No longer is there talk of sin.

Instead, there is talk of energy blockages.

No longer is there talk of conversion.

Instead, there is talk of alignment.

The language appears to change.

In reality, the entire religion changes.

Is It Wrong to Burn Palo Santo?

Here we must make an important distinction.

Burning palo santo as an air freshener or simply for its pleasant aroma is not wrong in itself.

In the same way, lighting a scented candle or using incense for decorative purposes is not a problem.

The issue changes when spiritual power is attributed to it.

If someone believes that palo santo:

- Drives away spirits.
- Removes negative energies.
- Attracts good luck.
- Spiritually purifies a home.

Then he has entered into a superstitious mindset incompatible with the Catholic faith.

The object ceases to be a simple aromatic element and becomes a supposed instrument of spiritual power.



And that is where the problem begins.

Superstition: A Forgotten Sin

Many Catholics think superstition is something harmless.

However, the Church considers it a distortion of the virtue of religion.

The Catechism teaches:

“Superstition is a deviation of religious feeling and of the practices this feeling imposes.”

Why?

Because it attributes to objects, gestures, or rituals a power they do not possess.

Instead of trusting in God, one trusts in formulas.

Instead of trusting in Divine Providence, one trusts in hidden mechanisms.

Instead of seeking grace, one seeks techniques.

What If I Truly Feel That Something Bad Is Happening to Me?

Here we arrive at a very important pastoral issue.

Sometimes people turn to energy cleansings because they are genuinely suffering.



Their problems are not imaginary.

They are real.

The correct question is not:

“What energy is affecting me?”

But rather:

“What does God want me to do in this situation?”

There can be many legitimate answers:

- A need for prayer.
- A need for confession.
- A need for psychological help.
- A need for rest.
- A need for family reconciliation.
- A need to change destructive habits.
- A need to accept a cross.

Human life is complex.

Not everything can be explained by extraordinary spiritual causes.

And certainly not by energies.

Does Demonic Activity Exist?

The Church clearly teaches that Satan exists.

He is not an energy.

He is not a symbol.

He is not a psychological metaphor.



He is a real spiritual being.

However, the overwhelming majority of human problems are not possessions or demonic infestations.

Many Catholics fall into one of two opposite errors:

1. Completely denying the existence of the devil.
2. Seeing demons behind everything.

The Church avoids both extremes.

She acknowledges the reality of spiritual warfare while also insisting on prudence and discernment.

So How Does a Catholic Protect His Home?

Catholic tradition possesses authentic means of spiritual protection.

Not because they contain special energies, but because they point to God's action.

Among them are:

- Daily prayer.
- Frequent confession.
- Holy Mass.
- Receiving Holy Communion in a state of grace.
- Reading Sacred Scripture.
- The Rosary.
- Holy water.
- Priestly blessings.
- Enthronement of the Sacred Heart.
- Sacramentals approved by the Church.

These means are not magic.

They do not work automatically.



Their effectiveness depends upon one's relationship with God and the interior disposition of the person receiving them.

The True Spiritual Cleansing

The greatest contamination of the soul is not negative energy.

It is sin.

And true spiritual cleansing does not take place through smoke, crystals, or esoteric rituals.

It takes place through grace.

That is why the Sacrament of Reconciliation is infinitely more powerful than any energy cleansing.

When a person leaves the confessional after a good confession:

- His sins are forgiven.
- His friendship with God is restored.
- His soul is purified.
- He receives sanctifying grace.

No energy technique can accomplish that.

The Saints Never Spoke of Negative Energies

It is interesting to observe the history of Catholic spirituality.

The saints faced:

- Wars.
- Epidemics.



- Persecutions.
- Illnesses.
- Poverty.
- Temptations.

And yet they never developed a spirituality based on energy cleansings.

When they suffered, they turned to:

- Prayer.
- Penance.
- The sacraments.
- Trust in God.

For them, the solution was not manipulating invisible forces.

It was drawing closer to Christ.

When Bad Luck Is Not Really Bad Luck

Many times what we call bad luck is simply life.

We live in a world wounded by Original Sin.

There are illnesses.

There are injustices.

There are losses.

There are failures.

There are dark moments.

Christianity never promised a life free from suffering.

It promised something much greater:



The presence of God in the midst of suffering.

Christ did not come to eliminate every cross.

He came to redeem them.

An Uncomfortable Question

If palo santo, crystals, or energy cleansings were truly the solution to our spiritual problems, why did Christ never speak about them?

Why did the Apostles never teach them?

Why did the martyrs never use them?

Why did the Church never incorporate them into her sacramental life?

The answer is simple.

Because salvation does not come from energies.

It comes from God.

Conclusion: When Everything Seems to Go Wrong, Run to Christ, Not to Energies

All of us go through difficult seasons.

All of us have experienced moments when nothing seems to go right.

All of us have felt the temptation to seek quick solutions.

But Christians are called to remember a fundamental truth:



We do not live under the rule of mysterious energies, but under the Providence of God.

Perhaps today you feel as though you have spent months facing one problem after another.

Perhaps you have the impression that a dark cloud hangs over your life.

Perhaps someone has recommended an energy cleansing, a salt ritual, or burning palo santo to change your luck.

Before doing so, ask yourself:

Am I seeking God, or am I trying to control what I do not understand?

The Christian answer has not changed in two thousand years.

Confess your sins.

Draw near to the Eucharist.

Pray the Rosary.

Read the Word of God.

Bless your home.

Seek the help of a priest if you need it.

And always remember the words of Saint Paul:

| *“If God is for us, who can be against us?”*

| *(Romans 8:31)*

True peace is not born from cleansing energies.

True peace is born from living in friendship with God.