

“Look at Your Shit” – Detox Coffee Enema

Materials needed

- Enema bag and hose
- Medical grade organic coffee (zero carcinogens, not roasted)
- Distilled or filtered water
- Cooking pot
- Large measuring cup
- Fine-mesh strainer or cheesecloth
- Mirror, pillows, towel, candle(s)
- Coconut oil

Prepare the enema

1. In a cooking pot, add 4 tablespoons of organic, medical grade coffee to 4-6 cups distilled or filtered water.
2. Bring liquid to a boil. Let boil for 5 minutes, then lower heat and cover the pot to simmer for 20 minutes.
3. Remove grinds by straining mixture into a large measuring cup.
4. Add more filtered water if needed to make 4 cups. Let liquid cool to a little above body temperature—about 100 degrees (If you find the temperature too hot, add cool filtered water).
5. Fill enema bag, attach the hose, and set the clamp to the closed position.

Set sacred space




1. Set up an altar near the toilet with a mirror and candles.
2. Make a comfortable bed on the bathroom floor with pillows, blankets, and towels.
3. Hang the enema bag on a towel rod or other elevated surface.
4. Lay on your prepared bed on the floor. Relax.
5. Look into the mirror and set your intention and think about how this process is one of self-love.
6. Take the hose and gently insert the tip into anus (use coconut oil to ease it in).
7. Once the tip is fully in place, slowly open the clamp to release the coffee mixture into the bowels.
8. Hold in the fluid as long as you can. Often, a bowel movement is instantaneous. When this happens, close the clamp, remove the hose, and get to the toilet to release it. Repeat the process until the enema bag is empty, then “look at your shit.” Often, powerful emotions and remembrances like guilt, shame, and anger may arise.

- Continue to literally look at your shit (like reading tea leaves) while finding those emotions or memories that are locked within your being--releasing the emotions, and healing that aspect of yourself to come into acceptance of everything within you.

Make this a practice a ritual

Practice this ritual 3-4 times a week (for those with cancer or other physical dis-ease)
1-2 times a week for general health and wellness

*Below are links for suggested supplies. Feel free to buy your own brands, but ensure they are medical grade and/or organic.

Enema Bag	Organic Coffee	Coffee Strainer
		



BEHIND BARRS