



Spiritual Space Clearing:

The intention is everything! Set an intention that the space will be cleared, energetically & spiritually speaking, to begin your space clearing. You can think this, state it out loud or write it down and/or all of the above.

Beginning with a physical cleaning and clearing of the space is always a good idea. It can 'loosen up' persistent or lingering energies and help them exit the space more readily. Stuff begets energetic stuff.

Next, either in the physical space or remotely, (it doesn't matter and this means you can clear someone's space for them at a distance with this step) drop into a meditative space and being to sense/picture/experience the energy of the space you are clearing. Positive energy is light in all manners of the word. Heavier, denser, more negative, darker energy is grey to black in color and can be experienced as heavy, slow, sluggish, tar-like, etc. Any of this darker energy that you encounter, as you live around each room in your mind's eye/knowing, picture it leaving the room through the walls or windows. Have fun with it and view it being broken down and sent away in whatever visual fashion works. If you are clearing the energy of dead people or pets you may want to visualize them leaving through the doors. Or disintegrating, it's up to you.

Continue this step until bright, white light fills each room of the space that you are clearing.

Simultaneously — be mentally intending that all spirits/energies must leave and that they can visit but not take up house in the space. You allow the physical and spiritual visitors into your house/the space. In your mind be telling them it's time to go.

If clearing more than one room, clear one room at a time and then move on to an adjacent room or a next room. I tend to clear from the basement up if it's a home. If your intuition informs you another way (top-down, clearing the most troublesome room first, etc) use your free will to move in the order that you see fit.

I then smudge with either sage, Champa, cedar, dragon's blood resin, Paulo Santo, or whatever calls you. Smudging prior to clearing with white light can seal negative energies into the space.

As you smudge, take the smoking substance and 'paint the walls. I move in a clockwise fashion and am sure to reach up towards the wall/ceiling juncture and I go around windows and doorways. I hold high vibrational thoughts of blessing, sanctifying, and purifying the space.

If you'd like to leave a candle/tea light to burn in each room of the space, it isn't necessary and it helps. Again — light with a protective intention. I strongly recommend beeswax candles as they emit negative ions (the good ones!) into the air.

You may want to sprinkle salt (any type) around the exterior perimeter of the space, with a protective intention.

Lastly, you can push into the soil or bury stones outside the space. With the intention of creating a protective grid. Any black stones will do — black tourmaline, black onyx, etc.

You can do any of these steps that you feel called to do or just some of them