

SPRING CLEANING AND CLEARING

Yes, this is the time that you should be replacing the batteries in your smoke detectors. It's also the time to remove clutter from the home and do the windows. For energy practitioners, this means more that sweeping and dusting and getting ready for a garage sale. It means doing a good once over to clear the house of any unwanted or negative energies that have accumulated over the winter.

Just as rooms collect dust and mess and need to be cleaned regularly, they also accumulate energetic debris. Whatever happens in a space leaves an imprint. Places can feel warm or peaceful when you walk into them or they can feel uncomfortable or jarring. Most of us don't consciously think about the feeling we get when we enter rooms or places, we just know that we like going to some places and may resist going to others.

In Spring, and in all seasons, it helps if we're aware of how places make us feel because when they get energetically congested or "dirty" we can do something about it.

It is recommended to do space clearing on a regular basis anyway, but particularly if you are in a space where there have been arguments, tension, stress, trauma, illness, death or depression. You should also space clear at times of change such as when you move into a new home (or office) and when you are feeling a bit 'stuck' or drained.

CLEARING THE SPACE

The best thing to do to see if a method works or not is to spend some time sitting in a room and just seeing how it feels. Does the space relax you and/or make you calm or do you start to feel a bit edgy and/or does your mind start thinking of negative things?

Then use one or more of the following techniques and repeat the process by seeing how you feel in the room.

By doing this, you will develop rituals that you can trust to clear any room and the house as a whole.

Of course, always use your Power Symbol and always smudge using sage.

Power Symbol

In each room in every corner, draw the Power Symbol and say its name three times after setting an intention of removing all negative energy from the room.

Smudging

Sage is an amazing aromatic plant that can shift energy and remove negative energy fields around people or to clear undesirable vibrations out of homes, to promote health and to give a blessing. But how does smudging work?

The answer lies in the sub-atomic world of subtle or spiritual energy. As we know, homes and our bodies are not just made of purely physical matter; they also vibrate with subtle, invisible energy (ki).

Cleansing a space or our bodies with techniques such as smudging clears away all the emotional and psychic "garbage" that may have gathered over years or even hundreds of years. It's definitely a spiritual spring-cleaning!

Put the sage into a bowl or shell and light it, blow out the flame and let the leaves smolder.



Cleanse yourself first. Remember that you tend to hold negative energy in your aura so there's no sense trying to cleanse your home while you trudge through it carrying any negativity.

Simply use a feather or your hand to fan the smoke all over your body, with the intent of removing all negativity. You can also sit in a chair and place the bowl under you and allow the smoke to waft over your body.

You can then proceed to clear your entire house by brushing the smoke around the perimeter of the room, paying special attention to corners.

To smudge with Intent, hold the outcome firmly in your mind and recite (or mentally repeat) words such as "I use this smudge to cleanse all negativity from this area." You can open the window and visualize the negative energy escaping out it.

Don't forget the car! It's best to do this at a time when your neighbours won't be seeing you and wondering if you need some professional help!

Tibetan Bells



If you have some Tibetan bells, clang them around the room allowing the vibration of the sound to clear the energy and raise the vibration of the room.

Visualization

- Take a couple of deep breaths and ground yourself.

- Call on any other support you require from higher sources (angles and guides you wish to assist you).
- Visualise a column of white light being brought down from the Universe into the middle of the room.
- Allow the column to start spinning in a clockwise direction and as it spins it expands, collecting any negative and residual energy that is in the space.
- Visualise it expanding until it has covered all of the room, including the ceiling, the floor and all corners (the length of time this takes and the ease will depend on how much negative energy is in the room)
- Once the column of light has cleared the space, it should be returned to the Universe. You can visualise the column of white light column being encased in gold with a golden lid and handed to angels. Ask them to take it away and transform it into healing energy for the earth. A particular person or place could also be specified as a focus for this transmuted healing energy.

FILLING THE SPACE

Once the space has been cleared, don't simply wait for it to be filled with negativity again. The space has been cleared and it has been raised to a higher vibrational level and, rather like a void, is ready to be filled. This moment provides an opportunity to set the tone of the new space. You can take steps to clear out any remaining negativity and fill the room with positive energy.

Light Cleansing

This is a very powerful visualization that actually will affect you as well because the energy that you use to clear the house will also pass over and through you.

- Visualize a grounding cord being attached to the foundation / base of your house and see it extending deep into the Earth.
- Visualize a golden ball of energy like a small sun about two feet in diameter in the centre of your home.
- Expand the sun gradually until it fills the entire house, letting it sweep over (see if you can feel the energy and it moves passed you)
- Expand the ball of energy until it surrounds the outside of your house (see it going all around and below it as well)
- Envision a 4 – 8 foot thick wall of violet light surrounding the golden sun.
- State an affirmation: "The ball of violet light will remain intact until I do the process again – so be it."
- State an invocation: "In the name of I Am that I Am I command that this home and grounds be filled with golden light from the Universal Source and only that which is divine may enter. This will remain so – so be it."

Amethyst / Crystals

Keep pieces of amethyst or large crystals in rooms to continually absorb negative energy. Remember to clean them every now and then by leaving them to soak overnight in a bowl of sea salt and spring water. You can also symbol them.

Life Visions

Take some time to consider your Life Vision and hold that thought as you go about cleaning. To set a Positive Intention, hold a vision of how you want your life to be. That vision might be a home that exudes love and harmony or perhaps you want your home to be a creative sanctuary. When you clean with your Life Vision firmly in mind, the energy this creates actually goes into your living space.

While you clean try using these affirmations, or write your own.

- With each window I clean, my inner vision becomes more clear and focused.
- As I polish and dust my furniture, I give thanks for the blessings in my life.
- As I wash my dishes, I let go of any self-limiting thoughts.
- As I sweep the floors, I affirm that this work creates a sanctuary for all who enter this house.

As you clean, choose music to suit the mood and make your task lighter and mood brighter. Especially effective are recorded classical and baroque music such as Bach, Mozart, and Brahms; and human voice such as Gregorian Chant.