

SPACE CLEARING TO ENERGETICALLY CLEANSE YOUR HOME

Space clearing is a ceremony or ritual performed to clean the energy of a space. As previously discussed, our homes are containers for our emotions. Over time, the predominant energies of the residents become imprinted into the fabric of the building, which is why visitors to a place can actually feel whether a home is happy or sad.

When we're cleaning up energy, we're dealing with something we can't see and we clean differently to cleaning up the physical elements of the space that we can see. We use sound, air and water. And we use our intention, which is also energetically potent.

Ideally, you would space clear after cleaning and decluttering. However, if you are feeling overwhelmed by the very thought of that, or even impatient to move on to more fun steps, you could start with a space clearing ceremony. It can help to shift things a little, so that you feel more ready to engage with the less fun decluttering and cleaning. But if you do start with this, then I would recommend you repeat with another space clearing after you've completed.

You can also space clear each individual room, as you complete the decluttering in that area. And then, when you have each area of the house completed, you could do a space clearing ceremony for the whole of your home.

And you can choose to work with only one of the elements instead of all three. Do what resonates best with you.

Times when it's helpful to space clear:

- After an argument in the space
- When going through a life-changing transition
- After an illness or traumatic event
- When you move into a new home

What you need:

- Sound-generating implements (discussed below – can be as simple as your own hands)
- Incense or white sage
- Spray bottle or bowl of clean water
- A candle
- A cleared surface in the centre of your home

HOW TO SPACE CLEAR

Gather together your tools

Begin your space-clearing ceremony by creating a temporary altar in the centre of your home. You can simply clear your kitchen table, coffee table, or a side table placed in a relatively central spot.

On this surface, place all the tools you will be using during the ceremony: the sound implements (unless it will be your hands), your sage or incense, candle, matches, and water bowl or bottle; paper and pen for your intention.

Set your intention

What do you want to clear away, energetically? And what do you want to invite in?

For example, if you've been feeling stuck in your life recently, you could intend to clear out all energetic stagnation – in your home and your personal energy field – and make way for new opportunities to unfold.

If you've been feeling depressed, you could intend to clear out all lower and negative energies that are lingering in your home, so that your home feels lighter and you feel lighter – and better – when you spend time there.

If you've been neglecting your home, ignoring things that need fixing, not cleaning regularly or allowing clutter to accumulate to overwhelming levels, you could set the intention to be personally motivated enough to finally get started with fixing, cleaning, decluttering, or whatever it is that your home needs to be a happy, healthy, peaceful environment.

With your intention clear in your mind, write it on a slip of paper. Light your candle, take a long slow breath and declare your intention to yourself. Out loud is best, but silently works too.

Sound

Holding your intention in your mind and heart, stand inside the front door of your home and start to move around your home in a clockwise direction, using sound to 'loosen' stuck vibrations. You can do this by simply clapping your hands up and down the walls.

You might notice a different sound and feel to the clapping in different spots, a bit 'thuddier' – particularly in corners or cluttered areas. If you do so, clap a bit more until it sounds and feels a bit crisper. (In cluttered areas, the vibration might not change – if that's the case, keep moving. You can repeat the exercise after you've finished decluttering.)

If you have a large home, and particularly if you have high ceilings, the clapping can be tiring. Another alternative is to get a saucepan and wooden spoon and bang the wooden spoon in the pot, again up and down the walls as you move around your home in a clockwise direction.

Needless to say, this is a noisy technique! But that doesn't matter. The purpose is to use the sound vibrations to get 'stuck' energy unstuck and moving again.

If you were to hire a space-clearing professional they would use tools like singing bowls and/or rattles and bells to clear the space. If you happen to own these items then by all means use them. But there is no need to rush out and buy them...use what you have to hand. Over time, if you do find yourself space-clearing regularly (and I hope you will), you could invest in some of these items for your ceremonies.

After you've completed a round of the whole house (on each floor, if it's multi-level), it would be good to complete a second round with a lighter sound if you can. Again, this is not essential if you don't have anything to hand, but this is the stage where you would use a light-sounding bell or something else that tinkles rather than clangs. (Keep an eye out in charity shops, where you might find a brass bell in the knick-knack section – avoiding the temptation to buy items that you don't need and won't use, of course!)

Air

With the noisy element passed, and hopefully some of the stagnation starting to shift, open a window in each room to allow any stale air to pass out and welcome in fresh air. (If you don't have very nearby neighbours who would be disturbed by the sound stage, feel free to do this at the very beginning of your ceremony.)

White sage is ideal for this and you can buy it in many health food shops as well as new-agey places. It is different to the sage you grow in your garden and put in your food.

If you can't get your sage soon enough for when you want to do your ceremony, you can also use a stick of incense. Please be careful when buying incense though, and choose brands made with natural ingredients. Many are made with synthetic ingredients and it isn't good for you or your home to be burning these in your space. (You'll kind of know by the smell – the synthetic ones tend to be overwhelmingly strong and cloying.)

Now, light a stick of incense or a bundle of white sage. Returning to your front door, once again centering your intention in your mind and heart, start another clockwise round of your home wafting the sage or incense into every corner. Complete this stage on each level of your home. Once you're finished, return to your altar space and use the sage or incense to cleanse your aura before you quench it.

Water

Once again, return to the inside of your front door and bring your intention back to mind. Now begin another clockwise round of your home, this time spraying or flicking drops of water into the space. As with the other stages, complete on all levels of your home.

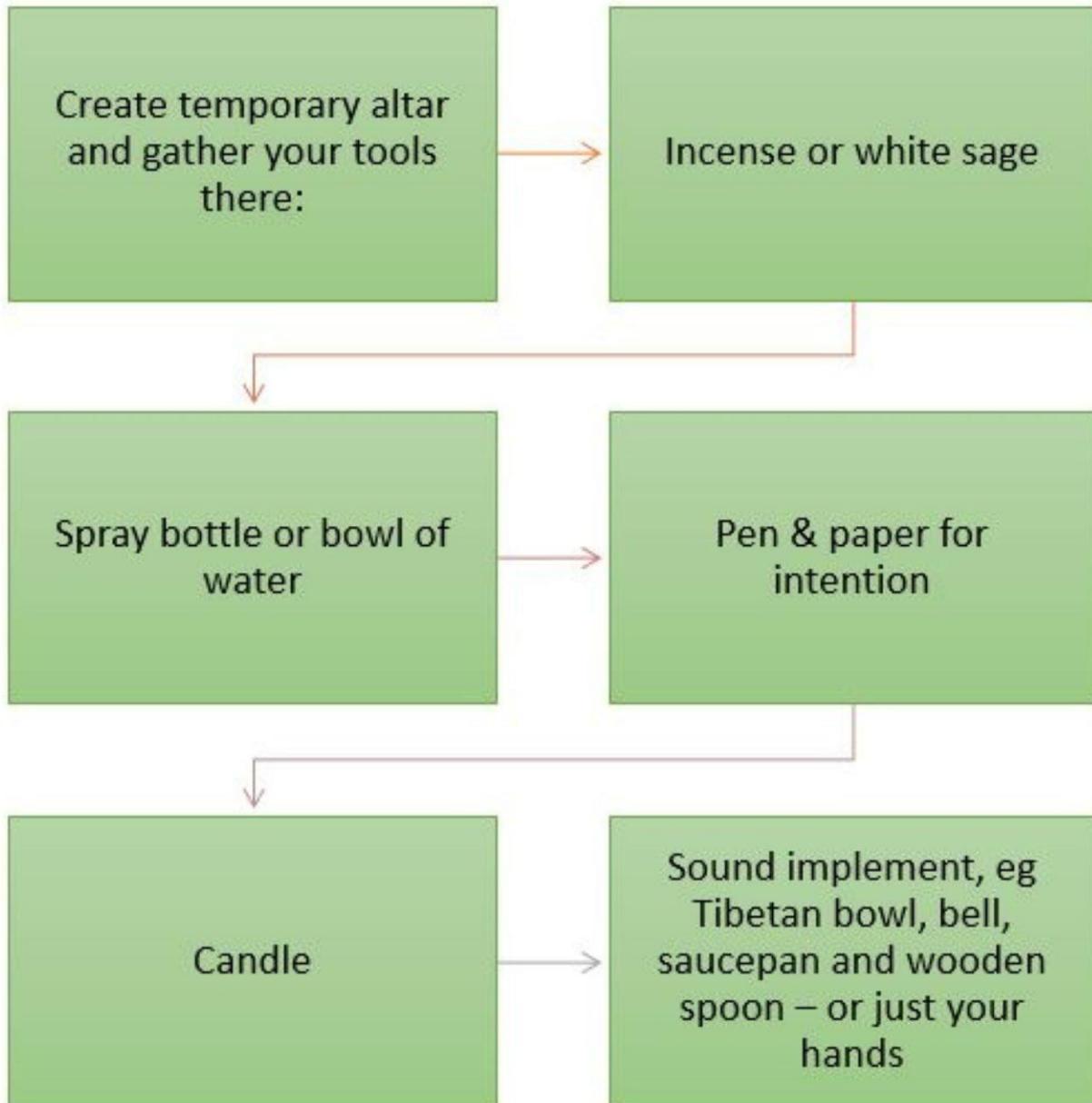
Completion

Return to your altar and pick up the piece of paper with your intention written on it. Read it over and now declare your gratitude to your home for being a safe space in which to release what no longer serves you and invite in what does.

If you wish, you can burn this piece of paper (in a safe place like a fire grate or over a sink). I like to close the ceremony by chanting Om three times, but this is entirely optional.

Once complete, you can blow out your candle and remove all items on your temporary altar to their normal storage place.

Space Clearing Ceremony



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