



Energy Clearing

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The basic idea behind it:

You are an energetic being. Your thoughts, emotions, and actions affect the energy inside you, and the energy around you. That is true for any other energetic beings in your home, whether they are people, animals, or, quite possibly, plants.

Energy is all around us—in the molecules of air, water, and matter that make up everything in our world. And I don't mean to freak you out, but your house is interacting with you—sopping up your energy the way you would a friend's, and reflecting it back to you.

And when it gets full of heavy or stuck energy, guess what your house is reflecting back? That's right.

Stuck energy may be bringing you down.

What we are going to do is to get all the stuck energy in your house moving again. Because circulating energy is healthy energy, and healthy energy is happy energy . . .

Proper energy flow in the house has been tied to lower stress levels, a greater sense of well-being, more harmonious relationships, and improvements in health.

How to clear stuck energy

The basic idea behind energy clearing, sometimes called energy cleansing, is to set an intention to clear any negative energy and get the energy in your home moving again. There are lots of ways to accomplish the actual clearing or cleansing, but the single most important part of the process is for you to set your intention. You can state your intention aloud, if you like, and can call on God, the Universe, or your angels to assist you, if that is something you want to do.

Once your intention is clearly set, the first steps are to tidy and clean the space as best as you can. If you can tidy, put things away, dust, and then either sweep or vacuum, that is best. Our daily challenges don't rely on a complete and thorough cleaning, but if you have the time and inclination, go for it!

To activate the energy and encourage it to move, here are some ideas:

- Open the windows and/or doors to let fresh air in
- Turn on all the lights in the space
- Turn on happy music and turn it up
- Light a candle—unscented candles, sandalwood, or sage are good choices
- Light incense in the space—scents such as sage, sandalwood, palo santo, and frankincense are especially good for this
- Sprinkle fine-grained salt on the carpet, let it sit for half an hour, then vacuum it up
- Clap your hands into every corner of the room to encourage energy to start moving again
- Ring bells, such as Tingsha bells, a hand bell, or wind chimes, in the space you are clearing, or use a singing bowl if you have one.

How to clear stuck energy, continued

- Smudge the space using bundles of dried herbs. This could be white sage or other dried herbs that are safe to burn indoors. smudge using dried herbs, first be certain you have a window or door open. Next, light a corner of the bundle with a candle, then blow out the flames. Move the bundle around the room so the smoke gets to all corners of the room. You can encourage the smoke to move with a feather or hand fan. Be sure to collect any ashes. (A shell is sometimes used for this purpose.)
- Burn palo santo in your space. As with smudging, be sure to have a window open, and please only use sustainably sourced palo santo wood. Light one end of the piece of palo santo, then blow it out so it is still smoking. Carry it around the room so the smoke reaches the entire space.
- Diffuse essential oils in the space to help clear the energy in the space. Good choices include frankincense, sandalwood, lemon, lavender, white sage, juniper, and cedarwood. Or you can select a blend, such as Purification from Young Living, or any oil that you like that lifts your mood or calms you down.
- You can use crystals to clear your space, such as black tourmaline, obsidian, amethyst, selenite, or smoky quartz. There are many different ways to use them, and we encourage you to look into them if working with crystals is something that appeals to you.
- Use pink Himalayan salt to clear the energy in your space. You can set bowls with Himalayan salt in them around your home, or use a Himalayan salt lamp. They give off negative ions, which are good for positive energy!

When to clear stuck energy

- When you are moving, whether it's to a new house or a new office. Clear the energy in the new space so you don't inherit anyone else's energy.
- After your space has been closed up for a while. If you've been away on vacation, or are just opening a second home for the season, it's a good time to get the energy moving.
- After an argument or other emotional upset in your space.
- After you (or someone who shares your home) has been ill. It's time to move any slow or stuck energy along and get some healthier energy going.
- Any time you want to perk the place up a bit!