# Slemental Space Cleanns

Denise Linn



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## Welcome!

I'm delighted that you are here, and I look forward to our soul journey together over the months ahead.

This work is profoundly sacred to me. It's such an honor to share it with you. I have trained in many cultures around the world in the art of clearing energy and blessing spaces by calling spirit, and I have practiced and taught space clearing for many decades. Additionally, my clearest past life memories (from a multitude of lifetimes) are of performing clearings and blessings.

This work is holy to me in the depth of my being. I'm at the point in my life in which I want to share what I've learned over my lifetime and in numerous past lives. My dream and my intent is that through what you gain in our time together, you

bring light into darkness, clarity into confusion, love into fear, and that through you, the planet is a better place as a result of the work that you do. It is not an accident that you are here. You may find during our time together that your dreams and your intuition bring inklings of having done this work before, in other times and other places.

I believe that you and I have done this work together before, and it is amazingly wonderful to re-connect again, after all this time.

As you step into the rarified energy of space clearing,

you are not separate from the process. At the same time as you learn the techniques and methods of Elemental Space Clearing®, blockages, repeating negative patterns, and/or limitations in your life will begin to clear as well.

There are many in the realm of Spirit who will be working with you in the months ahead (no matter when vou take this course.) Be observant of your life over the next two months. Old patterns may rise (they are coming to the surface to be cleared the way cream floats to the surface to be skimmed off).

Powerful, profound shifts will occur deep beneath your energy field are being cleared and subsequently blessed.

This is a holy and hallowed path on which you have embarked. I'm so glad that you are here. This is not just an-

other online course to me; this is a profound and powerful path of the soul.

I believe that we know each other. I believe that we are reactivating memories of connecting with the Creator to bring harmony from the heavens to the earth.

For some, this course will awaken ancestral

memories of space clearing. For some, it will awaken past life memories clearing spaces. For some, it will be a journey of the heart, in which you learn - through your intention and through your love - how you can make an enormous difference in the lives of many.

No matter where your starting point is, I know that the Creator only sends me the best people, and I'm deeply and profoundly honored that we are sharing this journey together. More than I can convey in words.

the surface. Your life and For almost four and a half In this comprehensive decades, I have practiced the course you will learn the art of cleansing and harmoniz-basics of space clearing ing home energy, a skill that using different tools and I named "space clearing." I methods, you'll learn the had trained in many native power and grace of utiliztraditions around the world ing the four elements - Air, in the art of space clearing, Water, Fire, and Earth - in but almost 45 years ago when your clearings, and you'll



I began doing space clearing, you can also use in your there was no word that encompassed these skills.

When I originated the phrase, I thought people would laugh I'm honored that you are thinking it meant that some- here and I cherish our jourone had a broom up in space, ney together! but somehow the phrase stuck, and now it's in common usage.

No matter what name is used, present-day space clearing techniques have their source in ancient techniques practiced throughout human history.

learn a very special method that I have developed that combines essential oils and mudras, that seemed to flow to me directly from Spirit. It is a method that you can use in your home and in the living spaces of your clients.

You'll learn mudras that you can use for Elemental Space Clearing<sup>®</sup>... and that

life, if you need to release or activate an emotion or a pattern of energy.

Venise Tinn

# Overview

This certification training course is divided into two parts. The first part is an introduction to space clearing. The four lessons in this section include information on the physical and mental preparation necessary for space clearing, how to sense the energy in a room, home, or office, how to perform a space clearing, and how to bless the space afterward. In these first four lessons you'll also be introduced, in-depth, to the many tools available for different kinds of space clearings and how to use them.

The second part of this course (lessons 5 and 6) is an in-depth training in Elemental Space Clearing®, which will deepen your understanding of energy and how to clear a space in a home or office. Elemental Space Clearing® is a soulful journey, using mudras and essential oils to clear, enhance, and bless spaces. Although you can, of course, use Elemental Space Clearing® in your own home, since this is a certification training, Part Two will refer most often to performing this type of clearing in the home or office of a client.

#### **PART ONE (Lessons 1-4)**

#### INTRODUCTION TO SPACE CLEARING, PREPARATION AND BLESSINGS

#### LESSON ONE: REBIRTH OF AN ANCIENT TRADITION

This lesson includes the following:

- What is space clearing?
- When is it essential that you should space clear?
- How do you prepare for a clearing?
- The Four Steps of Space Clearing:
  - 1. Preparation
  - 2. Purification
  - 3. Invocation
  - 4. Preservation

#### LESSON TWO: PURIFICATION, BLESSINGS AND PRESERVATION

This lesson includes the following:

- Purifying, cleansing, and breaking up stagnant energy
- Calling Spirit and activating blessings
- Sacred Blessing Tray
- Sensitizing your hands and invoking blessings
- Six Steps of Purification for space clearing
- Using sacred sound
- Bells, gongs, chimes, drums, rattles, click sticks, chanting, and toning
- Preserving the new energy once it is established





#### LESSON THREE: ALCHEMY OF AIR AND FIRE

This lesson includes the following:

- Transformative magic of fire, smoke, and feathers
- Spirit Smoke
- The art of smudging and how to gather your own herbs for it
- Burning loose herbs and resins for clearing
- Remarkable mystical effect of feather clearing
- Use a quill as a healing channel
- Clearing an auric field with a feather
- Using sacred breath to clear a space

#### LESSON FOUR: HOLY WATER AND HEALING EARTH

This lesson includes the following:

- Transformative power of water for clearings
- Charging water and creating holy water
- Flower Essences and how to create your own for space clearing
- Water Flicking
- Water Purification Bowl
- Powerful salt ceremony
- Charging a space clearing crystal
- Sacred dance for clearing
- Pendulums and dowsing
- Mystic symbol to seal a room



#### **PART TWO (LESSONS 5-6)**

#### THE ESSENTIALS OF ELEMENTAL SPACE CLEARING®

LESSON FIVE: ELEMENTAL SPACE CLEARING®

This lesson includes the following:

What is Elemental Space Clearing®?

Understanding the potency of using essential oils with mudras to heighten the effect of your clearings and blessings

• Connecting with plant, tree, and flower Oversouls

• Using the vibrations and frequencies of plants in your clearing

• Creating essential oil blends

• Site assessment

Creating rapport with clients

#### **LESSON SIX: MYSTIC MUDRAS**

This lesson includes the following:

What are mudras?

Using mudras in combination with plant energy

• Transforming and healing a space with mudras

• Using mudras with essential oils

• Using mudras to transform you

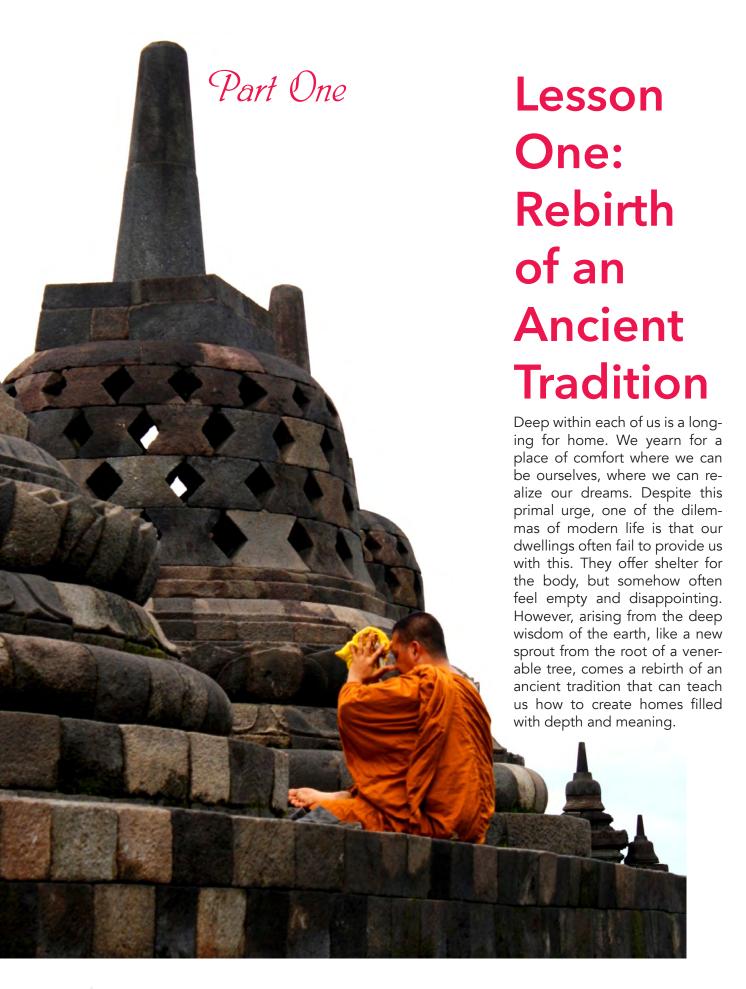
• Deciding which mudras are most effective for which use

Dispelling, activating, and invoking energy

#### **APPENDIX**

- Space Clearing Journeys
- What is a ghost and what isn't?
- House Protection ceremony
- Detailed list of essential oils, their uses, and combinations





In ancient times, people understood the importance of creating a sense of harmony in their dwellings. They developed techniques and methods to release stagnant energy and to invoke vitality in living spaces. Currently there's a resurgence of interest in this forgotten wisdom. Ceremonies that brought harmony to human structures generations ago are once again being used to instill peace and balance in today's homes and businesses. Some of the most powerful traditions that are emerging are based on ancient space clearing techniques. These methods reveal the spiritual possibilities lying dormant in our surroundings. They clear negative energy and call Spirit into a home or business.

**Every ancient civilization** and native culture used space clearing techniques. The methods and tools varied from one group to another, but the intent was the same - to create greater harmony and clarity in a living space

Native Americans used drums, rattles, and burning herbs in their rituals. The Chinese used gongs, chanting, and incense. In medieval Europe, salt and prayers cleared energy. In the Middle East, smoldering resins, such as frankincense and myrrh were used to dispel negativity. Some of these traditions have survived virtually unchanged into modern times. The priest swinging an incense censer in a church and the person who throws salt over the shoulder to avert evil are both employing ancient techniques of space clearing, but many more have been lost to time.

These forgotten ceremonies that brought vitality to human structures generations ago are once again being used to instill peace and equilibrium in today's homes and businesses. Many people are finding that these ancient rituals can be adapted very successfully for modern day use, and most importantly, they are discovering that they work!

Following a century of rapid technological advances, people are once again recovering lost space clearing traditions. They're finding ancient rituals can be adapted very successfully for



modern day use, and more importantly, they are finding that they work!

Traditional western businesses are hiring professional space clearers because they have found that doing so increases sales and productivity. Some of the largest real estate firms in America are using the services of space clearers in order to dramatically accelerate property sales. Land management corporations are employing space clearers to perform blessings on the land before beginning to build large suburban housing developments.

Home owners, who had never heard of space clearing only a year ago, are now ringing bells, burning sage, and chanting mantras because they have found that their homes feel better as a result.

#### **MYSTICAL EFFECT ON OUR LIVES**

How can space clearing make a difference in the energy and feeling in your home and even have an almost mystical effect on your life? The answer lies in the realm of energy. Our homes are not just inanimate physical structures. They are receptacles for vibrating, unseen energy fields. These energy fields respond to human thought and intention.

Have you ever entered a home where you immediately felt light and uplifted? Or have you had the experience of walking into a room where the very atmosphere left you feeling depleted and drained? Have you noticed how a room feels after an argument has taken place? Did you sense the tension and heaviness there? All of these responses can be explained in terms of the energy of environments.

Every space has energy. Your home is not only a composite of materials assembled for shelter, but also every cubic centimeter of it - whether solid or seemingly empty space - is composed of infinite flows of energy. When you enter a space that makes you immediately feel light and uplifted or walk into a room where the atmosphere leaves you feeling depleted and drained, you are responding to the energy of the environment. If you notice tension and heaviness in a room after an argument has taken place, you are experiencing a residual energy that can linger in a room long after the argument has ended.

Sometimes energy in a home or office can become stagnant and dull. When this is the case. you may feel tired and listless or become agitated and angry. However, learning a few simple techniques to cleanse the energy of your home can produce a remarkable and positive influence on the way you feel, and on



every aspect of your life. When you call for blessings and assistance from the unseen realms of Spirit, untold magic and joy can fill your heart so that your house becomes a home for vour soul.

The human psyche responds dramatically and powerfully to symbolic acts. Because of this, rituals designed to purify the energy in your home can have an enormous impact on every aspect of your life. When you call for blessings and assistance from the unseen realms of Spirit, untold magic and joy can fill your home and your heart.

In the following lessons, you will find specific information about tools you can use to clear your home, as well as ceremonies that you can adapt to your own specific needs and for your clients. But the most important requirements for any clearing will always be your own intuition and the promptings of your heart.

As you open your heart to Spirit, you will be led to the tools, the information, and the ceremonies that are right for you. It is my hope that our time together will be able to get you started on that path, so that your house will be a place that you love to come home to and so that your clients feel a deep sense of peace as a result of the good work that you do.

#### WHEN IS SPACE **CLEARING NEEDED?**

Although you can space clear

your home or office any time that you desire to uplift the energy, there are particular times when it is very important to clear and bless your environment. The type of clearing that you do will depend on the history of the space, and what has gone on there.

For example, after a sickness or death of a loved one, the energy of a home often becomes sluggish and heavy. To dispel the listless energy and restore balance in the area, clearing techniques that are vibrant and quick moving are used, those which are yang (active) in nature. Drums and gongs are excellent tools to use in such a case.

On the other hand, if the energy of your space feels continually agitated, to create an oasis of peace you might choose to use techniques and tools of a yin (soft) quality. The use of a crystal singing bowl or softly chanted mantras can create tranquility and calm.

#### **BEFORE CONSTRUCTION** OF A NEW HOME

In ancient traditions, it was considered a sacrilege to begin the construction of a building before clearing and consecrating the land. Anecdotal evidence supports the validity of such practices, as homes built on battle sites or hallowed ground have often been plagued by continuous problems. Simply taking the time to connect and communicate with the earth, clear the land of residual energy, and offer blessings can make an enormous difference in the fortunes of all the occupants of a home. Blessings for the land forge a symbolic link between the house and the life-giving earth it rests upon. The people who live in the home will reap the benefits of living in this location.

#### **BEFORE MOVING INTO A HOME**

In many cultures it was unthinkable to move into a home that hadn't been cleared and blessed. Homes that have not been freed of residual energies will sometimes continue to foster patterns of behavior related to the emotions of the previous occupants. If there was a lot of anger experienced by previous owners, this can create an energy echo called residual energy. Residual anger in a home can make it easier for the current residents to have anger issues.

Also, it is not uncommon for a business to go bankrupt in a building that has seen previous bankruptcy. Although this could be attributed to a bad location, it is more likely that the negative energy created by the previous misfortune created a template for failure; this is called predecessor energy.

Even if the previous homeowners were healthy and happy, it is still advantageous to clear the space so you're free to create your own traditions and space there. You'll then be surrounded by your own energy, rather than another's.



#### AFTER MISFORTUNE

It's absolutely essential after illness, divorce, death, or misfortune that you space clear your home. Doing this facilitates the timely release of pain, suffering, sorrow, and discomfort, so that you can begin anew. It will literally help to "clear the air" of stagnant, unhealthy, negative, or unhappy energy. Also, space clear your home after arguments, home accidents, or the departure of an unpleasant visitor.

### ANYTIME YOU NEED A LIFT

You can also do space clearing anytime you need a lift in life. Have you been feeling sluggish or lackluster? If so, this would be an excellent time to perform a space clearing ceremony. Although a complete clearing involves an entire home or office, even the simple act of lighting a candle, misting a room, or ringing a bell will have a positive effect on how you feel, if it is done with the intent of transforming the energy in your environment.

You may want to do a light space clearing every morning to start your day with crisp, clear energy. Simply walking around each major room in your home ringing a bell, or lighting incense at an altar or wafting the smoke of burning sage with a feather in the morning hours can set a template of clarity for the rest of the day.

### ANNUAL SPRING CLEARING

At least once a year, it is valuable to cleanse and purify the energy of your home. This will "set" the energy for the coming year. Ideally, this complete clearing is done either at the Winter Solstice or in very early spring. Both times are auspicious for new beginnings. Your space clearing ritual creates an energy that will continue to feed and nourish your home for the coming twelve moons.

### CREATING SANCTUARY: FOUR STEPS

When you cleanse and purify the energy in your home, it becomes a sanctuary - a retreat from the discord of the world, a place of refuge and protection. It becomes an anchoring point from which you venture out into the world, as well as being a welcoming abode for your return. A home that has been cleansed and blessed becomes somewhere you feel safe enough to be yourself, a place to embrace your joy, and explore your pain. Space clearing can turn every inch of a home into a sanctuary of sacred space that nurtures the soul.

There are four steps in space clearing:

- 1. Preparation
- 2. Purification
- 3. Invocation
- 4. Preservation

Each step, taken with care and love, can contribute to bringing balance into your home

and life. These four steps can create a powerful integration of your outer life and your inner life. Space clearing ceremonies and specific tools described in other sections of the book can be adapted to the four steps described here.

#### **PREPARATION**

The success of any journey depends on the attention given to preparations made at its outset. There is immense power in beginnings for as the seed is nurtured, so grows the tree. Taking the time to prepare yourself, your tools, and the space you are clearing will dictate how powerful the transformation will be.

#### PREPARING YOURSELF

The strength of your space clearing depends on your ability to intuitively sense energy, clarify your intention, and project your will into a space.

Your intuition is the key that will open the door into the revealing world of energy in your home or business. One way to develop and prepare your intuition is to spend time being absolutely still in nature. Only when you learn to silence your thoughts can your inner voices be heard, and this is easier in a natural environment.

All space clearing has its roots in shamanism, and shamanism has its basis in attunement to the natural cycles of nature. So, to develop your intuition, spend time out of doors. Lay on the earth. Feel her energy

radiate through your body. Look up to the heavens. Watch the clouds as they form and reform above you. Notice any signs or messages in what you see. Doing this exercise helps you develop your intuition for perceiving the hidden messages indoors in houses or businesses.

#### **SENSING ENERGY**

One of the skills necessary for space clearing is the ability to sense energy fields. Developing this awareness is what will allow you to sense when energy is out of balance in a room and what changes need to be made in order to restore harmony. To develop this skill, go around the periphery of a space very slowly with one hand extended. Notice places where you feel a difference. Your arm may feel heavy or light, warm or cold in places. There may be places that seem to feel sticky and places that feel smooth. This is not your imagination. You are sensing energy. The secret is to slow down, still your mind and trust what you are perceiving.

#### **CLARIFYING YOUR INTENTION**

Where intention goes, energy flows. Before you begin any space clearing, it is essential that you become very certain about what you hope to accomplish in a dwelling. The clarity and vigor of your intention will determine the direction and focus of the clearing. If your intention is to create a calming energy, this is what will occur. If you resolve that your space clearing will bring a dynamic vitality to a household that has been stagnant, then this will be the outcome.

#### PROJECTING YOUR WILL

The more chi (inner energy) you have, the more powerful your space clearing will be. When your chi is flowing, you can project your intention into a space magnificently and gracefully. To develop your chi, you might consider practicing meditation or taking tai chi or yoga classes. An exercise to activate this unseen, yet very real inner life force is to imagine that you have a ball of energy in your hands. Slowly move this energy ball around. After a while you should feel an increasing sensation in your palms. This is your chi increasing. A visualization to project your will into a space is to imagine that your body is a sacred vessel through which vast, loving energies of the universe are pouring through your hands and into your home.

#### PROTECTING YOURSELF

There is a mystical dimension within each of us wherein dwells the entire universe. It is a domain where you are not separate from the mountains, clouds, or great seas. Ancients, sages, and visionaries have spoken of this dimension with awe and reverence. On a very deep level, there is nothing that is separate from you, so there is no need to protect yourself...because everything is "you." From a spiritual perspective, there is nothing out there that isn't you. You are truly ONE with all things. We are a part of all things and to the extent that you experience this, there is nothing that can harm you and there is no need for protection. It is not uncommon when space clearing to enter this state, in which case you do not need protection.

As soon as you protect yourself, you are defining what is out there as "bad" or "harmful." In a strange way, this makes it become even more so. It is a kind of polarization. (What you resist persists. If you spend a lot of time and energy resisting "bad" energy and protecting yourself, in a strange way, you are creating the very things that you need to protect yourself from.) Someone who is constantly protecting herself has a tendency to be a victim of life or they are a person who often feels a lack of personal power. They are actually continually defining themselves as helpless and affirming their own powerlessness. It's important to be aware of this.

However, as most of us don't experience a beneficent state of grace on an on-going basis and as it is not always possible to maintain this feeling of unity and oneness with the space around you, there are occasions when it is essential to cloak your energy field so that you can be more effective in your space clearing. You should not hesitate to protect yourself if you feel the need.

You may want to imagine a golden sphere of sacred space around you. This will provide you with a personal protective shield while you are working. You may also want to wear a religious or spiritual amulet while you work. Additionally, you may want to put a small amount of salt in your pockets while you work. This is grounding and offers protection while you work.

#### PRIOR TO PROTECTING YOURSELF

Before you do any protection techniques:

#### 1. SET YOUR INTENTION

Set the intention that you are divinely protected from all that doesn't serve your highest purpose

#### 2. SAY A PRAYER

- a. Offer a prayer for the highest good
- b. The best prayers are straight from the heart

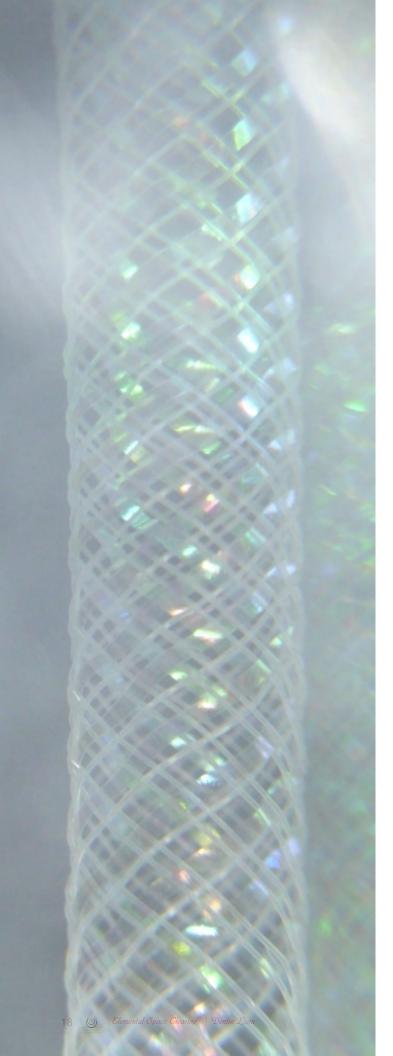
#### 3. ACTIVATE GENERAL BALANCE AND HARMONY

- a. Stay grounded and connected with earth energy
- b. Allow roots to flow from you deep into Mother Earth
- c. Walk on the earth
- d. Touch a tree

#### 4. STAY CONNECTED WITH YOUR HIGHER POWER

- a. Ask for assistance from God/Goddess/Creator/ Great Spirit, guides, guardians, and angels, and humbly beseech guidance, assistance, and protection.
- b. Remember Divine Energy is within you as well as around you or above you. You are Divine Energy.
- c. Maintain a high vibration of gratitude, love, compassion, and joy. Like attracts like. Negative thoughts, feelings, and vibrations can deplete your energy. Do not suppress your emotions. Process all your emotions in a healthy manner and allow them to release so you can move forward with vibrant health and vitality.
- d. Be clear and full of light. Cleanse yourself as appropriate.
- e. Have a healthy respect for less than positive energies. However, do not allow yourself to come from a place of fear. Instead, come from a place of confidence, strength and compassion. Ask for assistance when needed.





# Protection Techniques

Remember that in the highest sense, protection isn't needed, though if you ever feel the need to use protection techniques, here are a few highly effective ones. You do not need to use all of these techniques.

However, as a suggestion, try them all out to discover the one that works best for you. Alternatively, you might want to combine a few of them.

The best way to experiment with them is to go into a situation in which you are aware that you need your energy "mantle" (maybe at a family reunion that always leaves you drained) and experiment with them to see which one seems to work the best for you.

**1. SPIRAL** – imagine two intertwined spirals (like a DNA strand) going fast, twirling up from earth like a whirlwind. Visualize yourself in the center.

Stomp twice (once with each foot) to activate the spirals, saying "Haa!" with passion with each stomp. (An interesting side-note is that in the Hawaiian language the word "Haa" means both "breath" and "spirit").

If you use colors in your visualization of the spiraling energy make sure the entire whirlwind column of color is surrounded in shimmering radiant white light.



#### **COLOR**

Use colors as needed. Visualize them as incredibly bright and sparkling:

- 1. Red to protect from the physical denser energies
- 2. Orange to protect from emotional energies
- 3. Yellow to protect from mental energies
- 4. Green to protect from anything less than positive for your health
- 5. Blue to protect from any psychic energies
- 6. Purple to protect from astral or etheric energies

#### 2. BREATH OF FIRE

Breath of Fire is a powerful protecting and clearing kind of breath that has been done in Indian healing traditions for many hundred years. It clears your energy field and also creates a healing, protective energetic boundary around you. Breath of Fire is also good for clearing your auric field after your space clearing.

- a. Start with slow deep breaths through your nose and then increase the speed until you are doing a very rapid in-and-out breath. It's best to do this standing and allowing your pelvis and your body to be unrestricted as you do it, so that energy can pump up from the earth and through your entire body.
- b. Imagine that each breath is reinforcing your personal shield of energy around your body. The visualization is very important for this technique.

#### 3. TALISMAN

- a. Whatever feels powerful and protective to you; a crystal, stone, symbol, word, special gift, can be used as a talisman. The item is less important than the meaning that you assign to it.
- b. Make sure your talisman is cleansed periodically, via one of the below:
  - 1. Sunlight
  - 2. Smoke
  - 3. Prayers or chants
  - 4. Sound vibration
  - 5. Salt
- c. Stones: The stones below are particularly good talismans for protection; however, any stone that feels powerful and protective to you is a good one to use.
  - 1. Black tourmaline
  - 2. Iron pyrite
  - 3. Lingham
  - 4. A crystal can be used if it is cleared immediately and reprogrammed (be aware that a crystal can absorb energy, rather than dispel energy, if not used in a discerning way.)
- d. Talismans can be worn around the neck or they can be taped on the body with surgical tape (if you use this method, consider taping on to the solar plexus area.)

#### 4. SALT

- a. Salt can be carried in a pouch around the neck or in pockets.
- b. Although the difference is subtle, rock salt is slightly more grounding than sea salt, but both are excellent the less processed the better and the bigger the crystals the better.
- c. As an alternative, take a salt bath before and afterwards. (Epsom salt can also be used.) If before, don't rinse it all off so there is a subtle mantle of salt on your body.
- d. You can also take a shower and scrub with salt to create this mantle of energy. Make sure that you remember to use the salt under your armpits. Energetically your arms usually cover this area but when you lift your arms in your space clearing, it is exposed.

#### 5. ANGELS AND SPIRITUAL MENTORS

- a. Call upon Angels, Guardian Spirits, and Spirits of the Four Elements to stand before you, behind you and on either side of you, so that your spirit helpers surround and protect you.
- b. Call upon your ancestors for protection. This is powerful beyond measure.

#### 6. ESSENTIAL OILS

- a. Spray or dab on protective essential oils such as: pine, fir, spruce, lemon, lime, grapefruit, bay laurel, rosemary, juniper, frankincense, or cardamom.
- b. Use rose oil if you are calling upon angels for "angel protection."

#### 7. CLOTHING COLOR

- a. White is a reflective color so, for added protection, white is good to wear for space clearing.
- b. Other colors can be used for specific purposes (see colors in the "Spiral" section).

#### 8. THE POWER OF YOUR WORD

- a. Declare out loud (or silently to yourself), "My word is law in my universe, and I am safe and strong no matter where I am."
- b. Thump the center of your chest three times with passion and say out loud. "I am safe!" This can be done several times during a clearing if needed. Thumping the chest dispels anything that is not needed out of your energy field.

#### 9. THE MAJESTY OF THE CROSS

Long before Christianity, the Cross was a symbol of protection and sanctuary. Imagine fine netting surrounding you that's made of thousands of Crosses. You might imagine that the Creator (or Christ) is tossing this netting over you wherever you need protection.

#### 10. CRYSTAL SEAL

- a. Obtain a hand-written outline of the home or business from your client.
- b. In a meditative state, allow your fingers to lightly run over the map to sense which areas feel stuck or out of harmony. (This will help you later in your space clearing to determine where to spend the most time and energy.)
- c. After noting these areas, take nine cleansed crystals and place eight in a circle around the map of the house...and one in the center of the house. "See" a circle of healing energy surging into and sealing the space. Leave this in your home while you do this clearing. This creates a protective energy in the space while you are working there.
- d. After you have done the clearing, take the drawing of the house and burn it with the intent that the old energy has been replaced with new energy. Sprinkle the ashes outdoors.
- e. Absolutely make sure that you re-cleanse the crystals.

#### 11. TREE OF LIGHT

- a. Visualize yourself standing in the center of a trunk of a huge and very old, wise tree (old oak trees work well for this technique).
- b. Imagine the branches that rise high above your head reaching to the heavens and attracting vibrant energy. Visualize the massive roots from the tree going deep into the earth. Be aware of the grounding energy of the earth surging up through you.
- d. Call upon the Spirit of the Tree to guard and protect you. And make sure to offer thanks for all the protection that is given. Keep this visualization as you do the space clearing. If you need to renew it periodically feel free to do so.
- e. If you live in an area with some soulful trees, you might want to adopt one so that not only do you have a Spirit Tree as your Protector, but also you have a physical tree that you can call upon. (Most trees LOVE to serve in this way. It's one of their gifts to humanity.)

#### 12. BUBBLE OF DIVINE LIGHT SURROUNDING YOU

- a. Immerse yourself in a sphere of divine white light, allowing it to flow through and surround you.
- b. Imagine a Bubble of Pink Light filled with pink etheric roses to represent unconditional love.

#### 13. LIGHT SHOWER

a. As you shower, imagine yourself showered by divine white light, cleansing your entire body and all your energy fields, then replenishing your energy, and creating a bubble of divine white light to protect you.

#### 14. MIRROR BUBBLE

a. Surround yourself in a mirror bubble with the mirror facing out. Anything less-than-positive sent your way is cleansed and reflects back into the universe. You may wish to set the intention that anything serving your highest purpose is allowed to pass through and anything else is reflected away.

#### 15. WALL OF GOLDEN LIGHT

a. Imagine a wall of golden light between you and whatever you wish to be protected from. Nothing can penetrate the wall of golden light.

#### 16. HELP!

a. If all else fails, holler for help and protection from your guides and angels.

# Cleansing Yourself

Before you purify and bless a dwelling, it is essential that you cleanse yourself. If possible, bathe or shower before a clearing and wash your hair. If you can't wash your hair, then at least stroke water over the top of your head. This traditional cleansing of the top of the head allows for an unclouded connection between you and Spirit.

Your clothes should be clean and carefully chosen for the occasion. They can be of your choosing but should be appropriate to the situation and shouldn't be casual, everyday clothes. It's best to have clothes that are only used for space clearing. For beginners, light pastel clear shades or white are often best because of the reflective nature of light colors.



#### YOUR STATE OF MIND

It is important that you feel emotionally balanced when space clearing.

If you feel any apprehension or fear about it, you should postpone your clearing until you feel confident and relaxed.

If you are pregnant or menstruating, you need to tune into yourself to see if your energy is right for space clearing. A woman's moon time and pregnancy are times when her energy naturally turns inward. When doing space clearing you need to project energy outward.

The space clearing techniques described in this course are safe for everyday use in your home and in the homes of your clients.

However, DO NOT attempt advanced techniques, such as the release of an earthbound spirit, until you've had further training and experience.

#### PREPARING YOUR TOOLS

The tools that you use for space clearing are only a vehicle for your intention and prayers. By themselves, they cannot sanctify a home. Your bell, drum, or gong only serves as a focal point for you to direct energy into a space. However, the tools that you choose are important because when you feel a close connection to them, they serve to amplify your intention.

#### **CHOOSING A SPACE CLEARING TOOL**

Choosing a tool for space clearing is very individual. One person may fall in love with the frame drum and find that every time they hear its sound, they can sense energy more perceptively. Someone else may find that burning incense resins creates a powerful shift of consciousness in a space.

The best space clearing tool is the one that you feel most attracted to. How much you pay for it or where it came from does not matter as much as your love for it.

A tool that is loved will be a powerful ally in your quest to bring harmony into living spaces.

#### **EMPOWERING YOUR SPACE CLEARING TOOLS**

To empower your space clearing tool, hold it close to your body and visualize it becoming an extension of your body and soul. When you and your space clearing instruments are thus attuned to each other it creates a special kind of alchemy that strengthens every space clearing ceremony that you perform.

#### **NAMING YOUR SPACE CLEARING TOOL**

Naming your tools further facilitates its effectiveness. Naming is a powerful and magical act. In ancient cultures an instrument used for ceremonies

was revered and named.

Words structure reality and anytime you name something you develop a much more intimate connection with it.

The feather fan I use for smudging is named "Dragon Wind." Every time I use it, I imagine that a powerful healing wind created by the wings of a magnificent emerald-green dragon is fanning the sage smoke into a room.

addressing Mentally space clearing tool by its name, before you use it, will automatically call forth stronger, more resonant energy.

#### **CLEANSING YOUR SPACE CLEARING TOOLS**

Before and after space clearing, you should cleanse the objects that you use.

For example, if you use quartz crystals, place them in the sun, or run clear cold water over them to purify them.

A drum, bell, or feather can be held in the smoke over smoldering sage leaves or cedar needles for cleansing. Altar cloths should be shaken out or washed and incense burners should be cleaned and washed.

Your space clearing tools should then be placed in a special place and kept clean. This is important because it keeps a freshness and vitality around them.

#### PREPARING THE SPACE

The most powerful space clearing occurs in a place that has been physically cleaned and cleared of clutter. Clutter clearing is modern day alchemy. It is one of the fastest ways to transform your life and shift energy in a space.

Clutter is any accumulation of things that impedes the flow of energy in your home. Anything that you don't use or love can be considered clutter.

As a suggestion, before any major space clearing of your home, go through every room removing as much clutter as possible.

Get rid of piles of magazines you will never read.

Transplant or throw out plants that are dying or dead.

Repair or toss anything that has been broken for a long time or has parts missing.

In addition, do a thorough cleaning.

Vacuum the rugs, mop the floors, wash the windows.

Open the windows wide to allow sunshine and fresh air to fill your home.

All of this will contribute to making the space clearing more potent.



# Clutter Clearing is Modern Day Alchemy

#### WHAT IS CLUTTER?

Clutter is an accumulation of things that are no longer needed or loved. It can represent our identity (which is why it can be hard to release). It can make a statement about who we are, and it can represent aspects of our lives. In addition, often clutter is connected to emotional issues from the past.

#### Examples of clutter:

- Any object that you don't love or use
- Half-finished and never-started projects
- Anything that has been broken for a long time or that has parts missing
- Clothes that don't fit or that you don't like
- Too many objects or pieces of furniture for the size of the space
- Old letters, photos, coupons, etc. that do not bring you joy

#### Common Reasons People Collect Clutter:

- It represents security a cushion against life
- It's "evidence junk" (i.e. the blue ribbon that was "evidence" of being a fast runner in high
- It represents unfulfilled dreams or self esteem
- For sentimental reasons; it's from a friend/family member
- It's been in the family a long time
- It cost a lot of money

#### Why Clutter in a Home is a Problem

- Affects the flow of life-force energy throughout a home. It's easy to feel bogged down and tired in an environment that is bogged down with stuff.
- Creates a feeling of disorganization, chaos, and even failure or depression
- Costs time, money, and energy to take care of and look after things
- Creates a feeling of being physically and emotionally heavy.

#### **DE-CLUTTER SESSION FOR SELF OR CLIENTS**

Start small! Don't overwhelm yourself. Choose one drawer, one closet, or one small room. Decide how much time you are going to spend de-cluttering. Set a timer for half of the allotted time and begin sorting things into categories (see below). When the timer goes off, re-set it for the remaining time so you can bring closure to the things you've sorted.

Get three boxes and label them:

- 1. Keep/Relocate/File
- 2. Discard/Donate/Giveaway
- 3. Unsure

Go through the items in the area you have chosen, asking yourself of each one:

- Does this item make my energy go up, down, or stay neutral?
- Why am I keeping this? What do I gain in life by owning it?
- Do I really need this?
- Does this really fit who I am? Does this fit who I am becoming?
- Does the freedom I gain by getting rid of this outweigh the possible regrets I may have by getting rid of it?

A useful phrase when deciding whether or not something is clutter is "Use it, love it, or get rid of it."

Take your de-cluttering one step at a time. Don't move on to another area until the previous is completely finished - that includes emptying the "Unsure" box.

Keep in mind: Clearing clutter can be a spiritual experience. We came into this world without possessions and we will leave this world without any. We have possessions, but they are not who we are.



#### THE SACRED BLESSING ALTAR

Creating a Blessing Altar is essential for your space clearing ritual because it provides a spiritual backdrop so that every action has meaning and power. The ceremonies performed within this sacred space deepen the overall effect of your space clearing. In no small way, the altar mystically magnifies every part of your clearing and blessing and it also serves as a kind of beacon to 'call' spiritual assistance and then radiate sparkling energy into the space.

#### WHY ALTARS WORK

During space clearing, the altar not only grounds and stabilizes the energy (which is very important so the space can adjust gently to the clearing and so there isn't any ensuing chaotic energy) but also it magnifies the efforts of the space clearer during the clearing and activates spiritual quidance.

In many ways the power of the altar lies in its visible appearance. The structure and objects of the altar appeal to our psyche because they give form to the formless and provide a visual representation of the Divine. It is difficult to comprehend the spiritual realm because of its unseeable nature. However, when objects are thoughtfully placed on an altar to physically represent thoughts, plans, ideas, or dreams - which by their very essence are invisible - this gives substance to your intentions.

#### THE PURPOSE OF YOUR BLESSING ALTAR

A Blessing Altar is created by arranging objects on an altar cloth that will be used in your clearing rites. This temporary altar serves as a beginning point and ending point for your ceremony. It serves three purposes and is perhaps the single most important aspect of space clearing. First, it initiates energy for the clearing. It is here where you will call upon spiritual assistance and support. Secondly, it acts as a kind of beacon that radiates a protective, loving energy throughout the home during the entire space clearing. Finally, the Blessing Altar will anchor, ground and integrate the new energy that has been generated by your clearing ceremony.

#### CALLING FOR SPIRITUAL ASSISTANCE AT THE BLESSING ALTAR

Beginnings are important, and the initiation of any Space Clearing is a sacred time. If you start clearing a house or office without first taking the proper steps, your ceremonies will not be as profound and powerful as they could have been. Your Blessing Altar is the place where you begin your ritual, open your heart, and call for spiritual guidance. Angels, spirit guides and guardians, ancestors, and totem allies respond and send beneficial healing energy when prayers are sent straight from the heart.

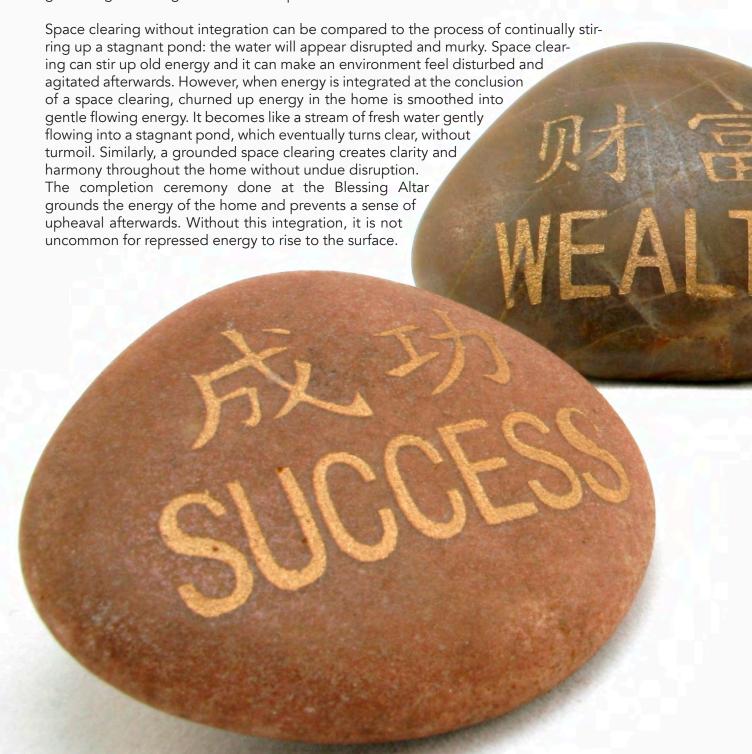
#### GENERATING AND ANCHORING ENERGY AT THE BLESSING ALTAR

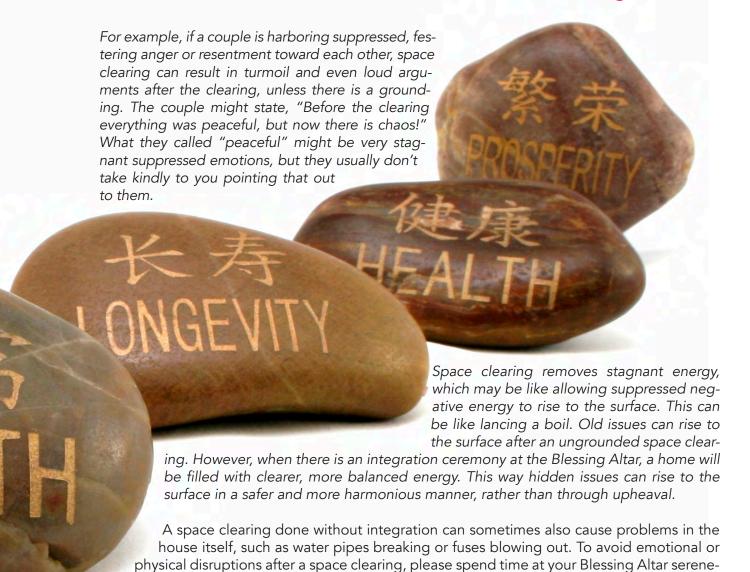
The Blessing Altar creates a vortex of energy for the clearing. It becomes a sacred center from which you can draw energy as you work throughout the home. It also helps anchor and strengthen you during the space clearing.

Every object on the altar, as well as the placement of these objects, is meaningful. The organization of the altar creates a template for the rest of your ceremony and the overall intention for your space clearing should be reflected in your Blessing Altar. For example, if your intention is to bring more love into a home, you may want to use a pink altar cloth adorned with a mandala made of rose quartz pebbles. Fragrant rose petals sprinkled on the altar, pastel pink candles, an oil burner with ylang ylang, rose, or neroli essential oil would all help to generate the energy of your clearing, as all these objects/scents are symbols of love.

#### INTEGRATING ENERGY FOLLOWING THE SPACE CLEARING

The completion ceremony performed at the Blessing Altar is as significant as the one done at the beginning because it integrates the energy in the home. If a space clearing is done without grounding and integration then disruption and turmoil can occur afterwards.





#### PRAYERS AT THE BLESSING ALTAR BEFORE SPACE CLEARING

ly sending forth prayers for the home and its occupants.

The best blessings come from your heart. When you call for assistance from the divine realms, it comes. A simple prayer, straight from the heart, can prompt a wonderful, sacred energy to fill you and the space that you are clearing. The words you use are less important than your intent. At the beginning of your space clearing you can either arrange your space clearing tools and altar objects in silence, or you can say a blessing for each item on your Blessing Altar. For example, as you place an offering bowl filled with rice on your altar cloth, you might say, "I dedicate this offering of rice to abundance and prosperity for this home."

After you have arranged the Blessing Altar, take a moment to center your thoughts. Then, either in silence or aloud, state your intention and ask for blessings for the home.

An example of a prayer might be:

I dedicate this space clearing to love, joy, and good health. May harmony and peace embrace all the members of this family and may all who enter this place find comfort here. I humbly ask for spiritual guidance during this clearing.

#### PRAYERS AT THE BLESSING ALTAR AFTER SPACE CLEARING

An example of a prayer at the conclusion of your clearing:

Creator, spiritual guardians and angels, thank you for the loving assistance that was given to us during this space clearing. Thank you for the peace and joy that is now flowing into this home. May the benefits of this clearing and blessing continue for the months ahead, and may the wonderful positive energy that has been instilled in this home bring comfort and rejuvenation to all.

#### PREPARING YOUR BLESSING ALTAR

The care that goes into a Blessing Altar can positively impact an entire home. Carefully chosen objects placed on your altar in a deliberate and conscious way can create a mystic center of powerful energy that ripples in all directions.

The first step is to become clear about your overall intention for the entire house. Decide what altar objects would best symbolize this. Your intuition will be your guide in your selection. The following is a list of some qualities commonly associated with a number of objects. It is intended only to get you started and is by no means complete.

Symbols and their interpretations vary widely from culture to culture. Use what works for you. As a professional space clearer, you might consider having a selection of items that you choose from for the specific need of each client.

#### COLOR OF YOUR ALTAR CLOTH AND ALTAR OBJECTS

Our spectrum of consciousness is not separate from the spectrum of light. Color is a part of the radiation from the sun. Within the visible electromagnetic spectrum the longest wavelength (lowest frequency) is red light and the shortest wavelength (higher frequency) is violet light.

Each and every color and light in its totality has an enormous effect on us physically, emotionally, and spiritually. The enzymes and hormones in our bodies are affected by different colored lights and go through molecular changes. Our response to light is very deeply ingrained in our nervous system. Because consciousness is so closely related to the spectrum of light, the color of your altar cloth will dramatically affect the energy of your space clearing. Here are some color associations you might want to consider:

Red Altar Cloth: Strength, courage, steadfastness, health, vigor, passion, and sensuality. Revitalizing and stimulating, red can assist in overcoming inertia, depression, fear, or melancholy. It's dynamic, tenacious, fire, zest, drive, and physical energy.

Orange Altar Cloth: Optimism, expansiveness, emotional balance, confidence, self-motivation, changeability, enthusiasm, and a sense of connection and community.

Yellow Altar Cloth: Heightened expression, freedom, joy, clarity of thought, organization, and attention to detail. It also stimulates the intellect and aids in communication. Associated with clarity, mental discrimination, organization, attention to detail, evaluation, active intelligence, academic achievement, discipline, administration, and heightened expression and freedom.

Green Altar Cloth: Stimulates feelings of balance, harmony, peace, hope, growth, and healing. Green is found everywhere in nature, symbolizing the abundant, replenishing forces of the universe.

Blue Altar Cloth: Stimulates inspiration, creativity, spiritual understanding, faith, and devotion. It allows for gentleness, contentment, patience, and composure.

Purple Altar Cloth: Activates spiritual awareness and intuition. It stimulates our inner wisdom and connection to unseen realms. It is also associated with heightening spiritual perspective and intuition; it's calming, soothing, and comforting.

White Altar Cloth: Purity, clarity, and transformation. White Cloth encompasses all colors. White vibrations are the fastest wavelength of the color spectrum. Its effects on our being are divine realization, humility, and creative imagination. It can also be purifying.

Black Altar Cloth: Visionary, introspection, germinating, silence, and stillness. Incubation.

Pink Altar Cloth: Love, softness, grace, kindness, and self-nurturing.

The colors of the clothes you wear are important. Light colors reflect and dark colors absorb; and during your clearing, it's best to reflect the energy rather than absorb it.





#### STONES AND GEMSTONES ON YOUR BLESSING ALTAR

Polished stones and gemstones have been used on altars since the earliest times. It was felt that each type of stone or gem could elicit a particular and unique kind of energy. Some activated healing, others were used for soothing and relaxing, while others were used to evoke vitality. Using specially chosen stones or metals on your Blessing Altar can quicken the specific kind of energy associated with them. Here are some qualities commonly associated with some gems and stones:

Aventurine - healing Agate - success, happiness Amber - protection, healing Amethyst – compassion, clairvoyance Aquamarine – harmony Bloodstone - healing, physical strengthening Carnelian – physical grounding Citrine - mental clarity Emerald - spiritual healing Fluorite - mental attunement, calming Garnet – physical strength, assertiveness Jade - healing, wisdom Lapis – spirituality, intuition, royalty Malachite - psychic power, healing, cleansing Moonstone – emotional balancing, lunar qualities Obsidian - grounding Opal – emotional clarity Peridot – mental and physical healing, rejuvenation Prehnite - calmness, unconditional love, healing Quartz crystal - spiritual attunement Ruby - strength, health, and spiritual passion Sapphire – devotion and spirituality Selenite – dreaming skills, intuition, meditation Topaz - expansion, knowledge Tourmaline - purification, healing Turquoise - healing, balancing

Natural stones that you gather from special locations can be sources of healing energy for space clearing. Similarly, a stone given to you by a teacher or someone special to you will contain the energy of that connection. Placing these stones on your Blessing Altar is one way of implanting their energy in the space.

#### PLANT AND FLOWER OFFERINGS

On altars throughout the world, you will find offerings of fruit, flowers, and grains. These are traditionally used because they represent the bounty brought forth from the Earth Mother. A glowing orange, a small bowl of rice, a beautiful arrangement of bright flowers - all of these things add richness, beauty and a feeling of abundance to the Blessing Altar, as well as anywhere else they are placed in the home. They call in these qualities for your clearing, and can secure them into the energy of the home once your ceremony is complete.

Flower offerings are a lovely way to seal the energy of each room once you have finished clearing it. They are a simple and elegant expression of love, beauty and Spirit. Once you are done clearing a room, leave the flower offering in a place where it will not be disturbed by children or animals.

To make a flower offering, place a small tea light candle (the type in small metal containers) in the center of a heat-resistant plate, saucer or dish. (Make sure that no flammable materials or curtains are nearby.) Arrange the flowers around the candle. Use colors and flowers that are appropriate to your overall intention. To energize your arrangement, take the head of one flower and use it to gently sprinkle holy water over the other flowers in the offering. You can

also place a stick of incense in the candle wax, or in an incense holder, next to the offering. Ideally, these offerings should be left in all the major rooms of the home after a space clearing, and should remain there for at least 24 hours. If desired, they can also be left much longer.

In addition to sealing the energy of a room, these beautiful offerings are also a way of giving thanks to the Creator and the spirit guardians for all the love and assistance they have given to your home. They honor the four sacred elements. Incense honors the Spirit of the Air, flowers acknowledge the Spirit of the Earth, the candle represents the Spirit of Fire, and the holy water venerates the Spirit of Water.

When you are done with your offerings, return them to nature. You can place them in an inconspicuous part of your garden or add them to your compost heap. In this way, you let them complete their natural cycle. As you do so, remember to offer a prayer of thanks for the "giveaway" that they have provided.

Flowers and plants are a wonderful way of generating energy for your space clearing. Here are a few varieties you can use and their associated qualities.



#### **FLOWERS**

Chrysanthemum – introspection, meditation, longevity
Daffodil – childlike joy, laughter
Daisy – innocence, happiness
Lily – purity, perfection
Lily of the valley – springtime, new life
Marigold – joy, longevity
Iris – delicate sensuality
Rose – love
Sunflower – optimism, joy
Tulip – vitality, sensual love
Violet – tenderness, trust

#### **FRUITS AND GRAINS**

Apple – health, vitality
Corn – harvest, abundance, fertility, blessing
Peach – immortality, marriage, tenderness
Pomegranate – fertility, unity of diversity
Mustard seed – faith
Wheat – abundance, harvest, intuition
Grains – prosperity, renewal
Rice – good fortune

#### **OTHER OFFERINGS**

When you are choosing items for your Blessing Altar it is valuable to keep in mind the meaning that each item can bring to the overall energy of the home.

Here are just a few of some commonly used offerings and their meanings:

Ashes – purification, regeneration

Figurines of angels, holy deities, or totem animal allies – calls forth spiritual assistance

Representations of the Four Elements:

Air (feathers, "empty" bowl ) – uplifting,

Water (holy water) - cleansing and purifying,

Fire (candles, incense) - transforming

Earth (sand, stones, or salt) - grounding

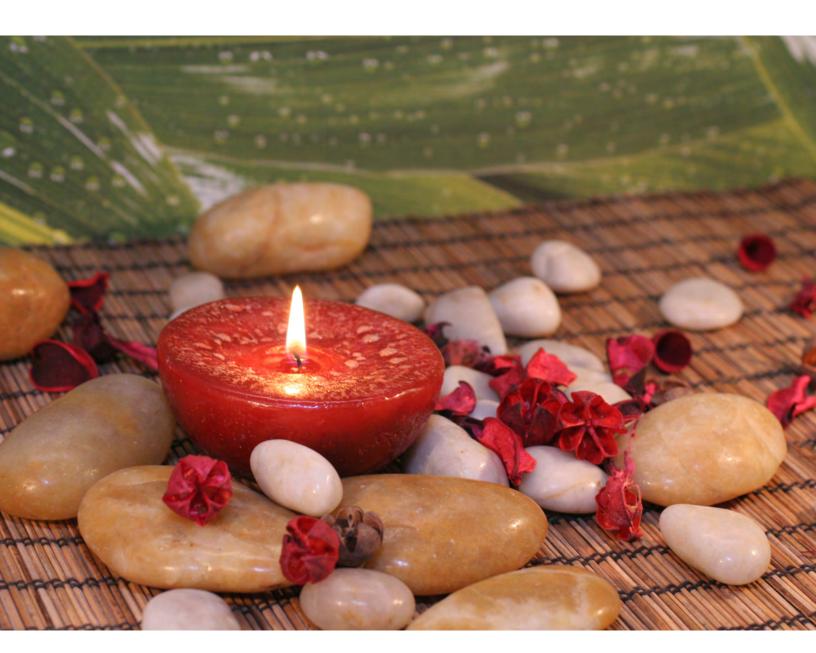
Shells – (water) feminine energy, power of the sea and the moon

Wreathes - (earth) cycle of life

#### **SETTING UP YOUR BLESSING ALTAR**

Once you have decided which objects to use for your altar, in a deliberate, soulful way, set up your altar. You can set it on the floor, on a coffee table or table, or any place that feels central to the space that you are clearing. Here is a drawing below to give you an example of a suggested arrangement. (As a suggestion, have all your tools and altar cloths in a special basket or wooden box that you use for transport.) Take each item out of the container in a ceremonial way with love and care.

After your Blessing Altar has been set up, hold the intention of what results you desire for the clearing. Then, either aloud or silently, offer prayers for the space and all who occupy the space. The best prayers come straight from your heart.



### Overview: Preparation on the Day of Your Clearing

- 1. On the morning of your clearing, meditate for at least twelve minutes on the task before you. To do this sit quietly, close your eyes and visualize the home space joyous, shimmering, and light.
- 2. Drink plenty of water, preferably spring water rather than tap water. It is vital that you are properly hydrated before, during, and after the space clearing. The water will help transport energy through your body and will help release any unneeded energy that you may have taken on during the clearing.
- 3. Cleanse yourself. Pay particular attention to the top of your head. Make sure that the clothes you wear and your tools have all been cleansed.
- 4. Put food away in cupboards of the space that will be cleared. It is best not to leave open containers of food out during the clearing as they may absorb some of the energy being cleared.
- 5. Prepare your flowers offerings (if you are going to use them).
- 6. Tidy and clean the space, if it hasn't already been done.
- 7. It is best to remove jewelry, particularly rings and bracelets. They can subtly impede your ability to sense energy during the space clearing.
- 8. Talk to members of the household about their intention for themselves and the home.
- 9. Focus your intention on the results you desire for the home, the occupants, and yourself.
- 10. Make sure animals are out of the space. The wagging tail of a friendly dog can send space clearing tools flying.
- 11. Setup your Blessing Altar with your tools and altar objects, ceremoniously and with focused intent.
- 12. Offer prayers at the Blessing Altar for the success of your clearing and blessing.

