

## HOUSE CLEARING INSTRUCTIONS

It's best to do this on a Sunday during the day, preferably in the morning. The house should be empty of people and animals (including birds and fish, lizards, pet spiders, etc) and only entered by those who are doing the cleansing. It is best to do this with bare feet if it is your own home; shoes if you're doing someone else's. I recommend taking a shower before you begin and put on clean clothes that have not yet been worn since their last washing.

Preparation:

Have a small plate of flower heads surrounding a tea candle for every major room in the house (living room, bedrooms, not necessarily bathrooms). It's best to choose flowers that lay flat like a daisy instead of a rose which will not. If it is a small house, there can be a plate for every room. Place a little water in the bowl of the plate to keep the flowers fresh. These are kept either outside, in a cupboard or in the refrigerator as they are used last but need to be prepared first and easily available. As you will be pushing the negative energy around the house to get rid of it, leaving these out on a counter makes them susceptible to absorbing the negativity as it's moved around. So please have them put away somewhere.

Also have a drum (optional) and a series of beautifully clear bells, chimes or gongs (low, medium and high in pitch) for the cleansing. The final tool is myrrh incense. If you can't find just myrrh, it's okay to use frankincense and myrrh. Incense sticks are best but if you can only find cones, you will also need an incense holder.

It is also good to give the place a physical cleaning – dusting, vacuuming, etc. – before you start. This can be done the day before, but not more than two days before. If there are spots of clutter that are accumulated in areas, i.e piles of books, file boxes or clothes that are in the way, remove them or put them in a closet so they don't stop the flow of energy as you move around.

Removing unnecessary clutter and vacuuming are two easy ways of clearing up energy and are good to remember for after the fact so negative energy doesn't reinsert itself after it has been dismissed.

To begin: Assessing

First, take three deep, cleansing breaths, in through the nose, out through the mouth to get yourself centered.

Take a moment to ask for protection and guidance from those spiritual energies who are always with you, and from the energy of the house itself. If you don't know your guides, angels and ancestors who work with you, send out a prayer of help to do the best you can with protection. Protection of self is very important here.

Then shake your hands and forearms for a full minute as that sensitizes your ability to pick up energy.

Start at the front door, leaving the door open throughout this cleansing. If you're in an apartment and your front door leads to a hallway, start at either a balcony door or a large

window that opens. You will be moving to the right and go completely around the inside perimeter of your home, feeling the energy of the walls with an open hand. Example, starting at your front door, you move to the right and feel your way around half the living room before there is an entrance to your dining room. Instead of completing the living room, follow the perimeter and move along the wall through the dining room and wherever the perimeter leads you.

If you have stairs that lead up or down, when you encounter them, follow the perimeter if it leads you to the stairs. It might seem strange to have half the downstairs done while you're working on another floor, but what you're doing in moving to the right when you start clapping (the next step) is chasing the energy before you. When you have moved around the perimeter of all floors, you will be shoving that energy out the open door to banish from the place.

But for this first assessing step, you are establishing the perimeter pattern you will be walking several times. It will always be the same.

If you have a staircase that isn't connected in any way to your perimeter walking, finish everything but the room the staircase is in and then move to the other floor.

Even if you have a basement and an upstairs, start at the front door – it's the main entrance and as such has the power to allow energy to come in and go out more than any other entrance.

As you feel the energy, be aware of where there are hot spots, which will tell you where the stuck-ness that needs to be cleared with special effort. These can develop if someone with a lot of negativity repeatedly sat in a certain area. The walls in the area will have absorbed a lot of that person's energy and it will be very clear.

If you are right handed, your left hand (your receiving hand) will probably be more sensitive to picking up energy waves. However, it can be a little uncomfortable moving to the right with your left hand trying to be against the wall. It's ok to use your right hand if that feels better. Left handed people are naturally receptive on their right side.

When you have completed the full perimeter of assessing the place, you're ready for Step Two.

## Step Two: Clapping

Starting at the front door again, clap loudly to dislodge negative energy and keep it before you as you move to the right. Clap at the wall, clap up to get where the wall and ceiling join, again where the wall and floor join, clap extra loudly where two walls and either ceiling or floor come together. If there are hard to reach places, extend your arms out like a crocodile mouth and clap aiming and pushing the cacophonous sound into corners or behind furniture.

Clap around the entire perimeter (your hands will get very tired of doing this if you have a big place), pushing the energy you dislodge in front of you like a snowball that gets bigger and bigger, until you come around again to the open door and push it out. Shake the energy out of your hands, directing it out the door, finally dusting your hands clear of the energy, again

directing it out the door.

Take several deep, cleansing breaths, in through the nose, out through the mouth, to get centered.

### Step Three: Bells (or chimes or gongs – or any combination)

With the lowest sounding bell, move to the right around the perimeter, again starting at the open door, and ring the bell. This will dislodge any left-over negative energy the clapping didn't get. Walk the perimeter as you have before, putting special attention to corners, above and below.

When you return to the open door, use the sound of the bell to push the energy out.

Then with the middle sounding bell, walk the perimeter again, ringing the bell at the wall and in corners. This starts re-harmonizing the house with it's own natural higher vibes. Complete the perimeter walk to the open door. Chances are you won't have any negative energy left to shove out the door, but do so if you feel some was lingering.

With the highest bell (I use a Tibetan chime ball that has tiny silver bells within), again walk the perimeter, bringing in the higher vibes associated with the sound.

### Step Four: Incense

When that re-harmonizing has been completed with the bells, light the incense and direct it with your hand, a feather or a fan to the walls and into corners, above and below as you walk the perimeter for the final time.

### Step Five: Shielding

Close the front (or open) door. Feel the energy change. Stand at the front door facing in and begin to “shield” the house. This is done by extending your right arm above you and then down, sweeping to the right as if you are creating an invisible shield from the door to the end of the wall. Create it with all your senses: know what the shield looks like, smells like, sounds, tastes and feels like.

Then go to the corner at the right, where the shield ended and create another shield from that corner to the next. This does not require you to walk the perimeter as when you shield one wall, that may encompass several rooms. It's as if you're shielding the “box” that makes up the exterior of the house.

Go to the next corner and shield again, continuing until your shield is extended to the front door. You do not need to do this step on every floor. As you shield on one floor, just extend the shield to encompass the entire wall, above and below.

Call in protective energy for the house (the Roman goddess of hearth and home is Hestia, or the like) and ask it to bless the place and keep it harmonized and safe.

### Step Six: The Offering

When the shielding is complete, get the plates of flowers and candles out and put them in every major room. Light the candles as you place them in the most center location – on a bed, on the floor, on a table – whichever is closest to the center of the room. Obviously, this is done in a safe way so the candles have no opportunity to ignite anything. But as they are tea candles surrounded by water, there is a lesser danger than when using a larger candle.

Leave the house after all offering plates have been placed and their candles lit. Close the door after you and leave the house to re-settle itself until the candles are completely burned down and are out. That's usually about 4 hours.

As you leave, now outside the door (before you close the door), thank the energies that worked with you, close the door and go.

### Conclusion

When you return to the house after the candles have burned down, remove the offering plates and throw out the flowers outside the house, in like a garbage can. They have done their job and are not intended to stay in the house once their work is finished.

When you are done, wash the clothes you were wearing during the cleansing as soon as possible as cloth picks up and holds onto the energy you just cleared. It's also very good for you to take a shower or do energy cleansing on yourself once you finish so you don't carry any of the energy around with you. It can cause dis-ease and illness if you unconsciously take on any of the energy.

It is a real commitment of time and energy to do this properly, but it is well worth it.

Please let me know if there are any questions.

Good luck.