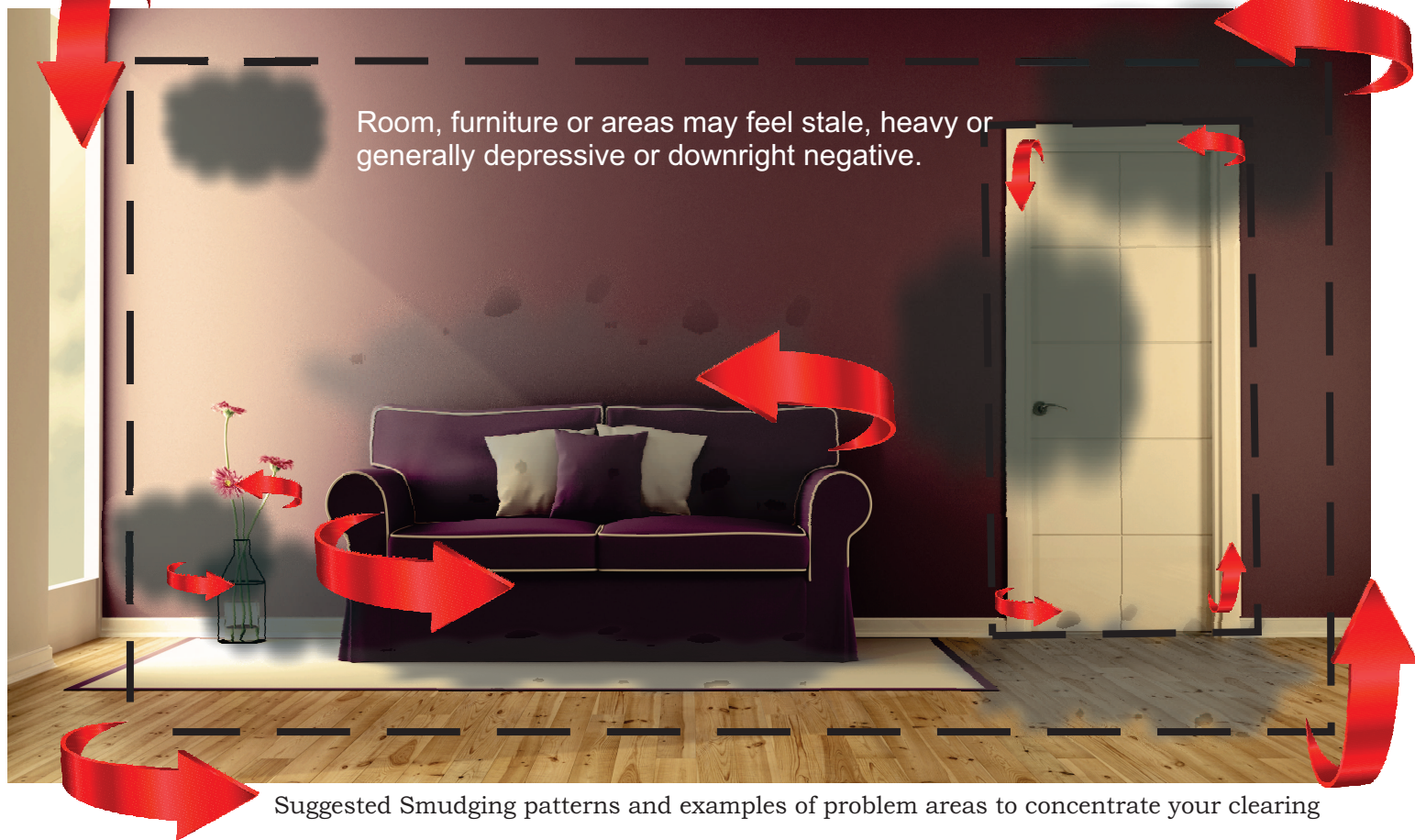


Before Clearing



After Clearing

Your area should feel considerably lighter, brighter, fresh and airy. If not, go back and concentrate on the area that still feels heavy.



Basic Smudging Instructions

What is Smudging? **Smudging is a ceremonial way to cleanse a person, place or an object of stale or negative energies or influences.** It is also an effective method for energizing or blessing a person, place or object.

Allow yourself enough time to do your entire home. If this is the first time you are clearing, or it has been a long time, it's best to wait if you don't have enough time. Depending on your space, an hour should be enough. You can do spot clearings once you have finished a thorough clearing.

Negative and stale energy is **easier to clear in the morning or during daytime**. Consider not having small children, sick or elderly people present while you move stale and/or negative energies around. If anyone has breathing problems, have them leave or use a liquid, smokeless smudge formula or other clearing tool like chimes, bells or rattles.

Remove overtly negative items. Be mindful of your surroundings and what you are allowing into your life. Don't invite problems with fighting, demonic images, distressing music, artwork or anything that would resonate with lower emotions of anger, fear, jealousy, etc...

Gather your tools such as smudge, incense, clearing spray, feather or fanning tool, shell or ashtray to catch ashes, essential oils, crystals and/or any protection items you will be using.

Before you begin, say a prayer, and **surround yourself and anyone in the house or office with protection**. Don't forget to protect your pets. **Have the intention of filling your home or space with white light, Love and joy**. Any of the low vibrations like, anger, hate, despair can't exist in the higher vibration of Love. They are incompatible, so your job is to bring the vibrations of your space up to something closer to Love. Some examples of prayers to use:

"This is a place of Light and Love. All who enter are transformed by the power of unconditional God Love!"

"The Light of God surrounds me. The Love of God enfolds me. The Power of God protects me. The Presence of God watches over me. Wherever I am, God is!" - James Dillet Freeman.

Energy doesn't need an open door or window to leave but it helps you visualize it going. So **open a window or crack the door** and have the intention that the stale energy leaves via that opening. Turn on a fan if available to facilitate even better movement of stale energy.

Pick a starting spot, usually front door, and begin at bottom right. **Go counter clockwise around sides, top and bottom of every door and window, tv, mirror and computer monitor. Then start at one corner of wall, and systematically move counter clockwise around side, top, down other side and across floor back to your starting point.** Use your intention to form a complete grid that goes up and down to each corner of the wall, ceiling and nooks and crannies. Be sure to go around furniture and large objects in the room. Open cabinets, closet doors and using your intention, fan the clearing smoke in and around the closets and cabinets. Don't forget to go around your toilet... it's literally where everyone's 'crap' ends up!

To clear crawl spaces and attics, open the door if possible, and using your intention, fan the smoke into the area to clear stale energy. It is not necessary to actually enter the area in order to clear it.

Once you are confident the area is clear, you can bless it and keep it clear with your prayers of gratitude and protection. If you have problems with negative energy or people entering your area, you can further protect your space with a thin line of salt along the threshold of the doorways and window sills. Putting salt, crystals, holy water or essential oils on the door and window sills is also very effective keeping negative energy outside of your sacred spaces.

Clear and Bless on a regular basis to keep your area clear, happy and healthy!